

**Appendix H. Quality of evidence assessment (GRADE) for the secondary outcome**

Outcome	Follow-up time point	Study Limitation	Inconsistency	Imprecision	Overall quality
<b>General Population</b>					
<b>Exercise vs. Control</b>					
Quality of Life (SF-36 Physical) <sup>27</sup>	Short-term	-1	-1	-1	Very Low-quality <sup>a</sup>
Quality of Life (SF-36 Mental) <sup>27</sup>	Short-term	-1	-1	-1	Very Low-quality <sup>a</sup>
Workability (WAI) <sup>17,27</sup>	Short-term	-1	None	-1	Low-quality
<b>Exercise and Education vs. Control</b>					
Quality of Life (SF-8 Physical) <sup>30</sup>	Short-term	-1	-1	-1	Very Low-quality <sup>a</sup>
Quality of Life (SF-8 Mental) <sup>30</sup>	Short-term	-1	-1	-1	Very Low-quality <sup>a</sup>
Quality of Life (COOP-WONCA) <sup>32</sup>	Short-term	-1	-1	-1	Very Low-quality <sup>a</sup>
Quality of Life (SF-12 Physical) <sup>8</sup>	Long-term	None	-1	-1	Low-quality <sup>a</sup>
Quality of Life (SF-12 Mental) <sup>8</sup>	Long-term	None	-1	-1	Low-quality <sup>a</sup>
Quality of Life (COOP-WONCA) <sup>32,37</sup>	Long-term	-1	None	-1	Low-quality
<b>Education vs. Control</b>					
Quality of Life (Dartmouth CO-OP) <sup>29</sup>	Short-term	-1	-1	None	Low-quality <sup>a</sup>
Quality of Life (SF-36 Physical) <sup>41</sup>	Short-term	-1	-1	-1	Very Low-quality <sup>a</sup>
Quality of Life (SF-36 Mental) <sup>41</sup>	Short-term	-1	-1	-1	Very Low-quality <sup>a</sup>
Quality of Life (SF-36 Physical) <sup>41</sup>	Long-term	-1	-1	-1	Very Low-quality <sup>a</sup>
Quality of Life (SF-36 Mental) <sup>41</sup>	Long-term	-1	-1	-1	Very Low-quality <sup>a</sup>
<b>Ergonomic and Education vs. Control</b>					
Quality of Life (SF-12 Physical) <sup>28</sup>	Short-term	-1	-1	-1	Very Low-quality <sup>a</sup>
Quality of Life (SF-12 Mental) <sup>28</sup>	Short-term	-1	-1	-1	Very Low-quality <sup>a</sup>
Quality of Life (SF-12 Physical) <sup>28</sup>	Long-term	-1	-1	-1	Very Low-quality <sup>a</sup>
Quality of Life (SF-12 Mental) <sup>28</sup>	Long-term	-1	-1	-1	Very Low-quality <sup>a</sup>
<b>Pregnant Population</b>					
<b>Exercise vs. Control</b>					
Quality of Life (SF-8 Physical) <sup>21</sup>	Short-term	None	-1	-1	Low-quality <sup>a</sup>
Quality of Life (SF-8 Mental) <sup>21</sup>	Short-term	None	-1	-1	Low-quality <sup>a</sup>
<b>Children Population</b>					
<b>Exercise and Education vs. Control</b>					
Quality of Life (MHI-5) <sup>22</sup>	Short-term	-1	-1	-1	Very Low-quality <sup>a</sup>

Abbreviations: GRADE, Grading of Recommendations Assessment, Development and Evaluation.

<sup>a</sup> Quality of evidence assessment based on a single trial.

The quality of evidence was downgraded one level (-1) if the study did not comply with each GRADE criteria.

Short-term indicates follow-up assessment of less than 12-months.

Long-term indicates follow-up assessment of 12-months or more.