

**Supplementary Table 1. Selection criteria and search terms using the PICOS framework.**

PICOS	Selection Criteria	Search Term
Population	Hormone-naïve transfemales at Tanner stage 4 or later	#1 transgender OR transsexual OR trans people OR transwomen #1A transgender OR transsexual OR transwomen
Intervention	Gender Affirming Hormone Therapy	#2 cross-sex hormone therapy OR hormonal treatment OR testosterone OR oestradiol #2A hormone OR testosterone OR oestradiol #2B hormone OR testosterone OR oestrogen #2C hormone OR therapy OR testosterone OR oestrogen
Comparison		
Outcome	Changes in LBM, CSA, strength, Hgb or HCT	#3 grip strength OR muscle OR lean body mass OR haematocrit OR haemoglobin OR metabolic changes #3A strength OR muscle OR lean OR haematocrit OR haemoglobin OR metabolic #3B haematocrit OR haemoglobin OR muscle OR strength #3C haematocrit OR haemoglobin OR muscle OR strength OR lean
Study design		

Note: Pubmed searched as #1 AND #2 AND #3. Web of Science searched as #1 AND #2A AND #3A. Scopus searched as #1A AND #2B AND #3B. BioMed Central as #1A AND #2C AND #3C. The searches were limited to studies published in English.