

Supplemental material 1 – Search strategies and studies excluded after full-text review

Search strategies

Medline

1. Dementia/
2. dementia.mp.
3. exp Dementia, Vascular/
4. (Arteriosclerotic dementia* or Arteriosclerotic encephalopath* or Binswanger* encephalopath* or Binswanger* disease or Small vessel dementia or Subcortical leukoencephalopath* or (Subcortical adj 3 encephalopath*)).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
5. Alzheimer Disease/
6. alzheimer*.mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
7. vascular cognitive impairment.mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
8. exp Frontotemporal lobar degeneration/
9. (pick* disease or primary progressive aphasia or frontotemporal lobar degeneration or semantic dementia or disinhibition-dementia-parkinsonism-amyotrophy or hereditary dysphasic disinhibition or Wilhelmsen-lynch).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
10. Lewy Body Disease/
11. lewy body disease.mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
12. (mixed dementia or multiple-etiology dementia).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
13. exp Aged/

14. ((old* adj (adult* or people or person* or individual* or patient* or population*)) or elder* or aged or aging or senior* or geriatric*).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
15. 13 or 14
16. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12
17. 15 and 16
18. exercise/ or gymnastics/ or muscle stretching exercises/ or exp running/ or swimming/ or exp walking/
19. exp Exercise Therapy/
20. exp Resistance Training/
21. (Physical activit* or Exercis* or Muscle Stretch*).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
22. ((resistance or strength* or balance or physical) adj3 (train* or condition*)).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
23. (Pilates or aerobics or cycling or dance or dancing or biking or swim* or walk* or yoga or taichi or taiji or tai chi or tai ji or taijiquan or Weight-bearing* or Weight lifting*).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
24. or/18-23 [exercise]
25. Cognition/ or Cognitive Dysfunction/
26. (((cognition or cognitive or mental) adj3 (function or decline or dysfunction or impairment or deterioration or performance or disorder or defect or deficit or disability or disorder)) or cognitive thinking or cognitive symptom* or cognitive task* or neurobehavior?ral manifestation*).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
27. Executive Function/
28. (executive control* or executive function* or cognitive control).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
29. Attention/

30. (attention or monitoring or attentiveness or vigilance or concentration).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
31. Problem Solving/
32. problem solving.mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
33. Inhibition, Psychological/
34. inhibition*.mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
35. Conditioning, Psychological/
36. conditioning.mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
37. exp Learning/
38. learning.mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
39. decision making.mp. or Decision Making/
40. Concept Formation/
41. concept formation*.mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
42. exp Memory/
43. (memor* or recall or remember*).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
44. ((brain adj3 (health or function)) or cerebral function).mp. [mp=title, abstract, original title, name of substance word, subject heading word, floating sub-heading word, keyword heading word, organism supplementary concept word, protocol supplementary concept word, rare disease supplementary concept word, unique identifier, synonyms]
45. or/25-44 [cognition]
46. 17 and 24 and 45

47. limit 46 to yr="1990 -Current"

Central

1. (((cognition or cognitive or mental) adj3 (function or decline or dysfunction or impairment or deterioration or performance or disorder or defect or deficit or disability or disorder)) or cognitive thinking or cognitive symptom* or cognitive task* or neurobehavioral manifestation*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
2. (executive control* or executive function* or cognitive control).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
3. (attention or monitoring or attentiveness or vigilance or concentration).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
4. problem solving.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
5. inhibition*.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
6. conditioning.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
7. learning.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
8. decision making.mp.
9. concept formation*.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
10. (memor* or recall or remember*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
11. ((brain adj3 (health or function)) or cerebral function).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
12. dementia.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
13. (Arteriosclerotic encephalopath* or Binswanger* encephalopath* or Binswanger* disease or subcortical leukoencephalopath* or CADASIL or (subcortical adj 3 encephalopath*)).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
14. alzheimer*.mp.

15. vascular cognitive impairment.mp.
16. (pick* disease or pick* complex or primary progressive aphasia or frontotemporal lobar degeneration).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
17. lewy body disease.mp.
18. ((old* adj (adult* or people or person* or individual* or patient* or population*)) or elder* or aged or aging or senior* or geriatric*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
19. (Physical activit* or Exercis* or Muscle Stretch*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
20. ((resistance or strength* or balance or physical) adj3 (train* or condition*)).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
21. aerobic training.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
22. (physical training or yoga or rehabilitation exercise* or remedial exercise*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
23. (Pilates or aerobics or cycling or dance or dancing or biking or swim* or walk* or yoga or taichi or taiji or tai chi or tai ji or taijiquan or Weight-bearing* or Weight lifting*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
24. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11
25. 12 or 13 or 14 or 15 or 16 or 17
26. 19 or 20 or 21 or 22 or 23
27. 18 and 24 and 25 and 26
28. limit 27 to yr="1990 -Current"

Embase

1. cognition/
2. (((cognition or cognitive or mental) adj3 (function or decline or dysfunction or impairment or deterioration or performance or disorder or defect or deficit or disability or disorder)) or cognitive thinking or cognitive symptom* or cognitive task* or neurobehavioral manifestation*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
3. cognitive defect/
4. executive function/
5. (executive control* or executive function* or cognitive control).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
6. attention/
7. (attention or monitoring or attentiveness or Vigilance or Concentration).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
8. problem solving/
9. problem solving.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
10. inhibition*.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
11. conditioning/
12. conditioning.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
13. learning/
14. learning.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
15. decision making.mp. or decision making/
16. concept formation/
17. concept formation*.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
18. exp memory/

19. (memor* or recall or remember*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
20. brain function/
21. ((brain adj3 (health or function)) or cerebral function).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
22. 1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21
23. dementia/
24. dementia.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
25. cadasil/ or multiinfarct dementia/
26. (Arteriosclerotic encephalopath* or Binswanger* encephalopath* or Binswanger* disease or subcortical leukoencephalopath* or (subcortical adj 3 encephalopath*)).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
27. alzheimer disease/
28. alzheimer*.mp.
29. vascular cognitive impairment.mp.
30. exp frontotemporal dementia/
31. (pick* disease or pick* complex or primary progressive aphasia or frontotemporal lobar degeneration or frontotemporal lobar dementia).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
32. lewy body disease/
33. lewy body disease.mp.
34. aged/
35. ((old* adj (adult* or people or person* or individual* or patient* or population*)) or elder* or aged or aging or senior* or geriatric*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]
36. 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33
37. 34 or 35
38. 36 and 37

39. 22 and 38

40. exp exercise/

41. (Physical activit* or Exercis* or Muscle Stretch*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]

42. physical activity/ or "physical activity, capacity and performance"/ or cycling/ or jogging/ or running/ or stretching/ or swimming/ or walking/

43. ((resistance or strength* or balance or physical) adj3 (train* or condition*)).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]

44. aerobic training.mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]

45. (physical training or yoga or rehabilitation exercise* or remedial exercise*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]

46. exp aerobic exercise/

47. (Pilates or aerobics or cycling or dance or dancing or biking or swim* or walk* or yoga or taichi or taiji or tai chi or tai ji or taijiquan or Weight-bearing* or Weight lifting*).mp. [mp=title, abstract, heading word, drug trade name, original title, device manufacturer, drug manufacturer, device trade name, keyword, floating subheading word, candidate term word]

48. 40 or 41 or 42 or 43 or 44 or 45 or 46 or 47

49. 39 and 48

CINAHL

Limiters - Published Date: 19900101-20201231

Search modes - Boolean/Phrase

- S1 (MH "Dementia") OR (MH "Dementia, Senile+") OR (MH "Dementia, Vascular+") OR (MH "Frontotemporal Lobar Degeneration+") OR (MH "Lewy Body Disease") OR (MH "Alzheimer's Disease")
- S2 Dementia or "Arteriosclerotic encephalopath*" or "Binswanger* encephalopath*" or "Binswanger* disease" or "Subcortical leukoencephalopath*" or "Subcortical n3 encephalopath*" or CADASIL
- S3 Alzheimer* or "vascular cognitive impairment" or "pick* disease" or "pick* complex" or "primary progressive aphasia" or "frontotemporal lobar degeneration" "frontotemporal lobar dementia" or "Lewy body disease" or "primary progressive aphasia" or "frontotemporal lobar degeneration" or "semantic dementia" or disinhibition-dementia-parkinsonism-amyotrophy or "hereditary dysphasic disinhibition" or Wilhelmsen-lynch or "mixed dementia" or "multiple-etiology dementia"
- S4 (MH "Aged+")
- S5 ((old* n (adult* or people or person* or individual* or patient* or population*)) or elder* or aged or aging or senior* or geriatric*)
- S6 S1 OR S2 OR S3
- S7 S4 OR S5
- S8 S6 AND S7
- S9 (MH "Exercise+") OR (MH "Physical Activity")
- S10 "Physical activit*" or Exercis* or "Muscle Stretch"
- S11 (resistance or strength* or balance or physical) n3 (train* or condition*)
- S12 (MH "Dancing+") OR (MH "Balance Training, Physical")
- S13 Pilates or aerobics or cycling or dance or dancing or biking or swim* or walk* or yoga or taichi or taiji or "tai chi" or "tai ji" or taijiquan or Weight-bearing* or "Weight lifting"
- S14 S9 OR S10 OR S11 OR S12 OR S13
- S15 S8 AND S14
- S16 (MH "Cognition+")
- S17 ((cognition or cognitive or mental) n3 (function or decline or dysfunction or impairment or deterioration or performance or disorder or defect or deficit or disability or disorder)) or "cognitive thinking" or "cognitive symptom*" or "cognitive task*" or "neurobehavi#ral manifestation"
- S18 (MH "Executive Function")
- S19 "executive control*" or "executive function*" or "cognitive control"
- S20 (MH "Attention+")
- S21 attention or monitoring or attentiveness or Vigilance or Concentration
- S22 (MH "Problem Solving+")

- S23 "Problem Solving"
- S24 inhibition*
- S25 (MH "Conditioning (Psychology)+")
- S26 conditioning
- S27 (MH "Learning+")
- S28 learning
- S29 (MH "Decision Making+")
- S30 "Decision Making"
- S31 (MH "Concept Formation")
- S32 "Concept Formation*"
- S33 (MH "Memory+")
- S34 memor* or recall or remember*
- S35 ((brain n3 (health or function)) or cerebral function)
- S36 S16 OR S17 OR S18 OR S19 OR S20 OR S21 OR S22 OR S23 OR S24 OR S25 OR S26 OR S27 OR S28 OR S29 OR S30 OR S31 OR S32 OR S33 OR S34 OR S35
- S37 S15 AND S36

PsycInfo

Limiters - Published Date: 19900101-20201231

Search modes - Boolean/Phrase

- S1 (DE "Cognition") OR (DE "Cognitive Processes" OR DE "Cognitive Ability" OR DE "Cognitive Appraisal" OR DE "Cognitive Flexibility" OR DE "Cognitive Processing Speed" OR DE "Cognitive Reserve" OR DE "Concentration" OR DE "Thinking")
- S2 ((cognition or cognitive or mental) n3 (function or decline or dysfunction or impairment or deterioration or performance or disorder or defect or deficit or disability or disorder)) or "cognitive thinking" or "cognitive symptom*" or "cognitive task*" or "neurobehavioural manifestation*"
- S3 DE "Executive Function" OR DE "Cognitive Control" OR DE "Set Shifting" OR DE "Task Switching"
- S4 "executive control*" or "executive function*" or "cognitive control*"
- S5 DE "Attention" OR DE "Distraction" OR DE "Monitoring" OR DE "Vigilance" OR DE "Concentration"
- S6 attention or monitoring or attentiveness or Vigilance or Concentration
- S7 DE "Problem Solving"
- S8 "Problem Solving"
- S9 DE "Retroactive Inhibition" OR DE "Proactive Inhibition" OR DE "Response Inhibition" OR DE "Behavioral Inhibition System" OR DE "Prepulse Inhibition" OR DE "Latent Inhibition" OR DE "Proactive Inhibition" OR DE "Retroactive Inhibition" OR DE "Behavioral Inhibition" OR DE "Timidity" OR DE "Interference (Learning)" OR DE "Latent Inhibition" OR DE "Proactive Inhibition" OR DE "Retroactive Inhibition"
- S10 ((brain n3 (health or function)) or cerebral function)
- S11 inhibition*
- S12 DE "Learning"
- S13 learning or conditioning
- S14 DE "Decision Making"
- S15 "Decision Making"
- S16 DE "Concept Formation"
- S17 "Concept Formation"
- S18 DE "Memory"
- S19 memor* or recall or remember*
- S20 DE "dementia" OR DE "senile dementia" OR DE "vascular dementia" OR DE "Alzheimer's disease" OR DE "semantic dementia" OR DE "Picks Disease" OR DE "Dementia with Lewy bodies"
- S21 "Arteriosclerotic encephalopath*" OR "Binswanger* encephalopath*" OR "Binswanger* disease" OR "Subcortical leukoencephalopath*" OR "Subcortical n3 encephalopath*" OR "CADASIL"
- S22 "Alzheimer*" OR "vascular cognitive impairment"
- S23 "pick* disease" OR "pick* complex" OR "primary progressive aphasia" OR "frontotemporal lobar degeneration"

- S24 "Lewy body disease"
- S25 ((old* n (adult* or people or person* or individual* or patient* or population*)) or elder* or aged or aging or senior* or geriatric*)
- S26 DE "older adulthood"
- S27 S20 OR S21 OR S22 OR S23 OR S24
- S28 S25 OR S26
- S29 (DE "Exercise" OR DE "Aerobic Exercise" OR DE "Weightlifting" OR DE "Yoga" OR DE "Physical Activity") OR (DE "Movement Therapy")
- S30 "Physical activit*" or Exercis* or "Muscle Stretch*"
- S31 (resistance or strength* or balance or physical) n3 (train* or condition*)
- S32 (DE "Dance") OR (DE "Dance Therapy")
- S33 Pilates or aerobics or cycling or dance or dancing or biking or swim* or walk* or yoga or taichi or taiji or "tai chi" or "tai ji" or taijiquan or Weight-bearing* or "Weight lifting*"
- S34 S29 OR S30 OR S31 OR S32 OR S33
- S35 S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7 OR S8 OR S9 OR S10 OR S11 OR S12 OR S13 OR S14 OR S15 OR S16 OR S17 OR S18 OR S19
- S36 S27 AND S28 AND S34 AND S35

Studies excluded after full-text review

The table below demonstrate excluded articles that might appear to meet the inclusion criteria but were excluded.

Study	Reason for exclusion
Arrieta et al. (2020) ¹	Inclusion of participants without dementia or with MCI
Barnes et al. (2015) ²	Not a RCT
Bo et al. (2019) ³	Participants < 60 years old
Borges et al. (2018) ⁴	Inclusion of participants without dementia or with MCI
Canonici et al. (2012) ⁵	Not a RCT
Cassilhas et al. (2007) ⁶	Inclusion of participants without dementia or with MCI
Cheung et al. (2018) ⁷	Combined intervention
Christofoletti et al. (2008) ⁸	Combined intervention
Coelho et al. (2013) ⁹	Not a RCT
Ferreira et al. (2017) ¹⁰	Not a RCT
Ferretti (2014) ¹¹	Not in English
Frederiksen et al. (2018) ¹²	Participants < 60 years old
Friedman & Tappen (1991) ¹³	Combined intervention
Goldberg et al. (2019) ¹⁴	Inclusion of participants without dementia or with MCI
Henwood et al. (2017) ¹⁵	Not a RCT
Hernandez et al. (2010) ¹⁶	Not a RCT
Hoffmann et al. (2016) ¹⁷	Participants < 60 years old
Holthoff et al. (2015) ¹⁸	Participants < 60 years old
Hong (2014) ¹⁹	Not in English
Hopman-Rock et al. (1999) ²⁰	Combined intervention
Khan et al. (2019) ²¹	Did not include new cognitive data beyond parent study
Kubicki et al. (2014) ²²	Not in English
Lamb et al. (2018) ²³	Participants < 60 years old
Lautenschlager et al. (2013) ²⁴	Not a RCT
Lindenmuth & Moose (1990) ²⁵	Not a RCT
Littbrand et al. (2009) ²⁶	No cognitive function outcome
Lowery et al. (2014) ²⁷	No cognitive function outcome
Manckoundia et al. (2014) ²²	Not a RCT
Maraldi et al. (2006) ²⁸	Not in English
Mehling et al. (2020) ²⁹	Combined intervention
Morris et al. (2017) ³⁰	Inclusion of participants without dementia or with MCI
Nascimento et al. (2012) ³¹	Combined intervention
Niu et al. (2019) ³²	Not an exercise intervention
Ogoh et al. (2019) ³³	Not a RCT
Öhman et al. (2016) ³⁴	Combined intervention
Parfitt et al. (2020) ³⁵	Not a RCT
Pedroso et al. (2018) ³⁶	Not a RCT
Sampaio et al. (2019) ³⁷	Not a RCT
Santana-Sosa et al. (2008) ³⁸	No cognitive function outcome

Satoh et al. (2017) ³⁹	Combined intervention
Smith et al. (2020) ⁴⁰	Secondary study that did not present new results
Sobel (2001) ⁴¹	Not a RCT
Straus & Watt (2018) ⁴²	Not a RCT
Suo et al. (2016) ⁴³	Inclusion of participants without dementia or with MCI
Tabei et al. (2018) ⁴⁴	Combined intervention
Tappen et al. (2000) ⁴⁵	No cognitive function outcome
Thurm et al. (2011) ⁴⁶	Not a RCT
Todri, Lena & Gil (2019) ⁴⁷	Not an exercise intervention
Toots et al. (2016) ⁴⁸	No cognitive function outcome
Trautwein et al. (2020) ⁴⁹	Combined intervention
Vidoni et al. (2019) ⁵⁰	Inclusion of participants without dementia or with MCI
Vital et al. (2012) ⁵¹	Not a RCT
Vizzi et al. (2020) ⁵²	Combined intervention
Vreugdenhil et al. (2012) ⁵³	Participants < 60 years old
Yágüez et al. (2011) ⁵⁴	Intervention less than eight weeks or less than once a week
Yerokhin et al. (2012) ⁵⁵	Inappropriate comparison group

References

1. Arrieta H, Rezola-Pardo C, Kortajarena M, et al. The impact of physical exercise on cognitive and affective functions and serum levels of brain-derived neurotrophic factor in nursing home residents: A randomized controlled trial. *Maturitas*. 2020;131:72-77.
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