

**Supplement 2. Studies excluded (full-text selection).**

Nr.	Author	Year	Title	Reason for exclusion
1	Agarwal, et al. <sup>1</sup>	2015	Lupus: Vocational aspects and the best rehabilitation practices	Intervention not described
2	Alpay and Cassem <sup>2</sup>	1999	Mood disorders in rheumatic disease: evaluation and management	Intervention not described
3	Alpiner, et al. <sup>3</sup>	1995	Rehabilitation in joint and connective tissue diseases. 1. Systemic diseases	Intervention not described
4	Anolik <sup>4</sup>	2012	New hope for lupus sufferers	Intervention not described
5	Ayán and Martin <sup>5</sup>	2007	Systemic lupus erythematosus and exercise	Intervention not described
6	Barnes and Tanaka <sup>6</sup>	2012	Cardiovascular benefits of habitual exercise in systemic lupus erythematosus: a review	Intervention not described
7	Bauman, et al. <sup>7</sup>	1989	The unmet needs of patients with systemic lupus erythematosus: Planning for patient education	Intervention not described
8	Benatti and Pedersen <sup>8</sup>	2015	Exercise as an anti-inflammatory therapy for rheumatic diseases-myokine regulation	Intervention not described
9	Brady, et al. <sup>9</sup>	2003	Intervention programs for arthritis and other rheumatic diseases	Intervention not described
10	Buenaver, et al. <sup>10</sup>	2006	Cognitive-Behavioral Self-Help for Chronic Pain	Intervention not described
11	Carr, et al. <sup>11</sup>	1997	Use of continuous passive motion to increase hand range of motion in a woman with scleroderma: a single subject study	Abstract/no details
12	Casale, et al. <sup>12</sup>	1997	Systemic sclerosis (scleroderma): an integrated challenge in rehabilitation	Intervention not described
13	Clar, et al. <sup>13</sup>	2014	Clinical effectiveness of manual therapy for the management of musculoskeletal and non-musculoskeletal conditions: Systematic review and update of UK evidence report	Intervention not described
14	Connolly <sup>14</sup>	1984	Scleroderma: therapeutic options	Abstract/no details
15	Crofts and D'Cruz <sup>15</sup>	1997	Systemic lupus erythematosus. Part 2: The role of the nurse	Intervention not described
16	Daltroy <sup>16</sup>	2013	Psychoeducational Approach to Improve Health in Lupus	Intervention not described
17	Daste, et al. <sup>17</sup>	2018	Patient acceptable symptom state and minimal clinically important difference for patient-reported outcomes in systemic sclerosis: a secondary analysis of a randomized controlled trial comparing personalized physical therapy to usual care	Intervention not described
18	de Oliveira, et al. <sup>18</sup>	2017	Aerobic and resistance exercise in systemic sclerosis: State of the art	Intervention not described
19	Delisle, et al. <sup>19</sup>	2016	Effect of support group peer facilitator training programmes on peer facilitator and support group member outcomes: a systematic review	Abstract/no details
20	Dorsey, et al. <sup>20</sup>	2004	Health-Related Quality of Life and Support Group Attendance for Patients with Systemic Lupus Erythematosus	Intervention not described
21	Feldman, et al. <sup>21</sup>	2012	Designing an intervention for women with systemic lupus erythematosus from medically underserved areas to improve care: a qualitative study	Intervention not described
22	Flournoy-Floyd, et al. <sup>22</sup>	2018	"We Would Still Find Things to Talk About": Assessment of Mentor Perspectives in a Systemic Lupus Erythematosus Intervention to Improve Disease Self-Management, Empowering SLE Patients.	Intervention not described
23	Fortin <sup>23</sup>	2007	HIPP Learning to Live Better With Lupus: the Health Improvement and Prevention Program in Systemic Lupus Erythematosus	Intervention not described
24	Furness, et al. <sup>24</sup>	2013	Interventions for the management of dry mouth: non-pharmacological interventions	Wrong disease
25	Giguère, et al. <sup>25</sup>	2012	Printed educational materials: effects on professional practice and healthcare outcomes	Intervention not described
26	Gualano, et al. <sup>26</sup>	2011	Therapeutic effects of exercise training in patients with pediatric rheumatic diseases	Intervention not described
27	Gumuchian, et al. <sup>27</sup>	2017	Reasons for attending support groups and organizational preferences: the European scleroderma support group members survey	Intervention not described
28	Haythornthwaite <sup>28</sup>	2017	Psychological Treatments for Scleroderma	Intervention not described
29	Hoving, et al. <sup>29</sup>	2014	Non-pharmacological interventions for preventing job loss in workers with inflammatory arthritis	Intervention not described
30	Kelley, et al. <sup>30</sup>	2015	Effects of exercise on depression in adults with arthritis: a systematic review with meta-analysis of randomized controlled trials	Intervention not described
31	Kier, et al. <sup>31</sup>	2016	How do women with lupus manage fatigue? A focus group study	Intervention not described
32	Klyszcz, et al. <sup>32</sup>	1999	Biomechanical stimulation therapy. A novel physiotherapy method for systemic sclerosis	Bookchapter/no details

Nr.	Author	Year	Title	Reason for exclusion
33	Ko, et al. <sup>33</sup>	2016	A Comprehensive Rehabilitation Approach in a Patient With Serious Neuropsychiatric Systemic Lupus Erythematosus	Intervention not described
34	Maddali-Bongi and Del Rosso <sup>34</sup>	2016	Systemic sclerosis: rehabilitation as a tool to cope with disability	Intervention not described
35	Merz, et al. <sup>35</sup>	2009	A longitudinal analysis of humor coping and quality of life in systemic sclerosis	Intervention not described
36	Meunier, et al. <sup>36</sup>	2015	Characteristics and information searched for by French patients with systemic lupus erythematosus: A web-community data-driven online survey	Intervention not described
37	Miozzi, et al. <sup>37</sup>	2012	Using exercise training to counterbalance chronotropic incompetence and delayed heart rate recovery in systemic lupus erythematosus: a randomized trial	Abstract/no details
38	Miyamoto, et al. <sup>38</sup>	2019	Supervised walking improves cardiorespiratory fitness, exercise tolerance, and fatigue in women with primary Sjögren's syndrome: a randomized-controlled trial.	Wrong disease
39	Ng, et al. <sup>39</sup>	1990	Management of systemic sclerosis--a review	Abstract/no details
40	O'Dwyer, et al. <sup>40</sup>	2017	Exercise and physical activity in systemic lupus erythematosus: a systematic review with meta-analyses	Intervention not described
41	Otterness <sup>41</sup>	2005	Advanced practice notes. Scleroderma: a case presentation	Abstract/no details
42	Otterness <sup>42</sup>	2006	Scleroderma: a case presentation	Abstract/no details
43	Panchbhai, et al. <sup>43</sup>	2016	Review of orofacial considerations of systemic sclerosis or scleroderma with report of analysis of 3 cases	Intervention not described
44	Peterson, et al. <sup>44</sup>	1993	Effect of counselor training on skills development and psychosocial status of volunteers with systemic lupus erythematosus	Intervention not described
45	Piga, et al. <sup>45</sup>	2017	Telemedicine for patients with rheumatic diseases: Systematic review and proposal for research agenda	Intervention not described
46	Poiraudeau <sup>46</sup>	2018	Effects of a Personalized Standardized Rehabilitation Program on the Quality of Life of Patients With Systemic Sclerosis Patients : a Randomized Controlled Trial	Intervention not described
47	Poole <sup>47</sup>	2010	Musculoskeletal rehabilitation in the person with scleroderma	Intervention not described
48	Poole, et al. <sup>48</sup>	2013	Evidence-based management of hand and mouth disability in a woman living with diffuse systemic sclerosis (scleroderma)	Intervention not described
49	Ramos-Remus, et al. <sup>49</sup>	2000	How important is patient education?	Intervention not described
50	Rhee, et al. <sup>50</sup>	2013	Readability and suitability assessment of patient education materials in rheumatic diseases	Intervention not described
51	Riksen, et al. <sup>51</sup>	1992	Rehabilitation in systemic sclerosis. A case-report and a review of the literature	Abstract/no details
52	Rizk and Park <sup>52</sup>	1981	Transcutaneous electrical nerve stimulation and extensor splint in linear scleroderma knee contracture	Abstract/no details
53	Roberts <sup>53</sup>	2005	Randomized Study of Individualized Instruction Versus Pamphlet in Systemic Lupus Erythematosus	Intervention not described
54	Rudolph, et al. <sup>54</sup>	1974	Efficacy of psychiatric management of linear scleroderma	Abstract/no details
55	Ryan <sup>55</sup>	1996	The role of the nurse in the management of scleroderma	Intervention not described
56	Scalzi, et al. <sup>56</sup>	2018	Improvement of medication adherence in adolescents and young adults with SLE using web-based education with and without a social media intervention, a pilot study	Intervention not described
57	Schouffoer, et al. <sup>57</sup>	2015	The educational needs of people with systemic sclerosis: a cross-sectional study using the Dutch version of the Educational Needs Assessment Tool (D-ENAT)	Intervention not described
58	Stefanantoni, et al. <sup>58</sup>	2016	Occupational therapy integrated with a self-administered stretching program on systemic sclerosis patients with hand involvement.	Abstract/no details
59	Strombeck and Jacobsson <sup>59</sup>	2007	The role of exercise in the rehabilitation of patients with systemic lupus erythematosus and patients with primary Sjogren's syndrome	Abstract/no details
60	Sutton, et al. <sup>60</sup>	1984	Systemic lupus erythematosus XI: Nonpharmacological management	Abstract/no details
61	Takei and Hokonohara <sup>61</sup>	1993	Quality of life and daily management of children with rheumatic disease	Intervention not described
62	Tench, et al. <sup>62</sup>	2002	Aerobic fitness, fatigue, and physical disability in systemic lupus erythematosus	Intervention not described
63	Thomas <sup>63</sup>	2013	Helpful or harmful? Potential effects of exercise on select inflammatory conditions	Intervention not described
64	Tiffreau, et al. <sup>64</sup>	2016	Postrehabilitation Functional Improvements in Patients With Inflammatory Myopathies: The Results of a Randomized Controlled Trial	Intervention not described

Nr.	Author	Year	Title	Reason for exclusion
65	Ting and Sontheimer <sup>65</sup>	2001	Local therapy for cutaneous and systemic lupus erythematosus: practical and theoretical considerations	Intervention not described
66	Van Dessel, et al. <sup>66</sup>	2014	Non pharmacological interventions for somatoform disorders and medically unexplained physical symptoms (MUPS) in adults	Intervention not described
67	White <sup>67</sup>	1978	Teaching patients to manage systemic lupus erythematosus	Abstract/no details
68	White and Ziegler <sup>68</sup>	1980	Patient management of systemic lupus erythematosus	Abstract/no details
69	Willems, et al. <sup>69</sup>	2015	Effectiveness of Nonpharmacologic Interventions in Systemic Sclerosis: A Systematic Review	Intervention not described
70	Williams, et al. <sup>70</sup>	2017	Effective Self-Management Interventions for Patients With Lupus: Potential Impact of Peer Mentoring	Intervention not described
71	Winkelmann, et al. <sup>71</sup>	1971	Management of scleroderma	Abstract/no details
72	Yuen and Cunningham <sup>72</sup>	2014	Optimal management of fatigue in patients with systemic lupus erythematosus: a systematic review	Intervention not described
73	Yuen, et al. <sup>73</sup>	2012	The process associated with motivation of a home-based Wii Fit exercise program among sedentary African American women with systemic lupus erythematosus	Intervention not described
<b>Updated search, excluded studies, first of July 2020</b>				
1	da Hora, et al. <sup>74</sup>	2019	The effect of therapies on the quality of life of patients with systemic lupus erythematosus: a meta-analysis of randomized trials.	Intervention not described
2	Dantas, et al. <sup>75</sup>	2020	Mobile health technologies for the management of systemic lupus erythematosus: a systematic review.	Intervention not described
3	Durcan, et al. <sup>76</sup>	2019	Management strategies and future directions for systemic lupus erythematosus in adults.	Intervention not described
4	Fangtham, et al. <sup>77</sup>	2018	Non-pharmacological treatment on fatigue, depression, disease activity, and quality of life of systemic lupus erythematosus: A systematic review	Intervention not described
5	Fangtham, et al. <sup>78</sup>	2019	Non-pharmacologic therapies for systemic lupus erythematosus;	Intervention not described
6	Fuentes-Silva, et al. <sup>79</sup>	2019	Let's talk about lupus live video chats with an expert: An interactive facebook resource for patient education about lupus.	Abstract/no details
7	Hoe, et al. <sup>80</sup>	2018	Ergonomic interventions for preventing work-related musculoskeletal disorders of the upper limb and neck among office workers.	Wrong disease
8	Hulme, et al. <sup>81</sup>	2018	Fatigue interventions in long term, physical health conditions: A scoping review of systematic reviews.	Intervention not described
9	Kearns, et al. <sup>82</sup>	2019	New perspectives on dry needling following a medical model: are we screening our patients sufficiently?	Clinical commentary/no details
10	Kocher, et al. <sup>83</sup>	2019	Developing a rare disease chronic care model: Management of systemic sclerosis (MANOSS) study protocol.	Intervention not described
11	Kusnanto, et al. <sup>84</sup>	2018	Self-care model application to improve self-care agency, self-care activities, and quality of life in patients with systemic lupus erythematosus	Duplicate
12	Kwakkenbos, et al. <sup>85</sup>	2018	Randomized feasibility trial of the scleroderma patient-centered intervention network hand exercise program (SPIN-HAND).	Duplicate
13	Liem, et al. <sup>86</sup>	2019	The effect and safety of exercise therapy in patients with systemic sclerosis: a systematic review.	Intervention not described
14	Mitropoulos, et al. <sup>87</sup>	2018	Investigating the effectiveness and feasibility of exercise on microvascular reactivity and quality of life in systemic sclerosis patients: study protocol for a feasibility study	Duplicate
15	Mitropoulos, et al. <sup>88</sup>	2018	The effects of upper and lower limb exercise on the microvascular reactivity in limited cutaneous systemic sclerosis patients	Duplicate
16	Mugii, et al. <sup>89</sup>	2019	Long-term follow-up of finger passive range of motion in Japanese systemic sclerosis patients treated with self-administered stretching.	Duplicate
17	Mugii, et al. <sup>90</sup>	2018	Clinical significance and usefulness of rehabilitation for systemic sclerosis.	Intervention not described
18	Murphy, et al. <sup>91</sup>	2018	Occupational Therapy Treatment to Improve Upper Extremity Function in Individuals with Early Systemic Sclerosis: A Pilot Study.	Duplicate
19	Phillip, et al. <sup>92</sup>	2019	Implementation and dissemination of an African American popular opinion model to improve lupus awareness: an academic-community partnership.	Intervention not described
20	Poole, et al. <sup>93</sup>	2019	Effectiveness of Occupational Therapy Interventions for Adults With Systemic Lupus Erythematosus: A Systematic Review.	Intervention not described
21	Rice and Thombs <sup>94</sup>	2019	Support Groups in Scleroderma.	Intervention not described

Nr.	Author	Year	Title	Reason for exclusion
22	Sieczkowska, et al. <sup>95</sup>	2020	Effects of resistance training on the health-related quality of life of patients with rheumatic diseases: systematic review with meta-analysis and meta-regression.	Intervention not described
23	Smith and Pauling <sup>96</sup>	2019	The efficacy of dietary intervention on gastrointestinal involvement in systemic sclerosis: A systematic literature review.	Intervention not described
24	Špiritović, et al. <sup>97</sup>	2018	Non-pharmacological treatment in systemic sclerosis.	Intervention not described
25	Teng, et al. <sup>98</sup>	2018	An evidence-based approach to pre-pregnancy counselling for patients with systemic lupus erythematosus.	Intervention not described
26	Thombs, et al. <sup>99</sup>	2019	Protocol for a partially nested randomized controlled trial to evaluate the effectiveness of the Scleroderma Patient-centered Intervention Network Support Group Leader Education (SPIN-SSLED) Programe	Intervention not described
27	Thombs, et al. <sup>100</sup>	2019	Scleroderma Patient-centered Intervention Network-Scleroderma Support group Leader EDucation (SPIN-SSLED) program: Non-randomised feasibility trial.	Intervention not described
28	Thombs, et al. <sup>101</sup>	2020	Protocol for a partially nested randomised controlled trial to evaluate the effectiveness of the scleroderma patient-centered intervention network COVID-19 home-isolation activities together (SPIN-CHAT) program to reduce anxiety among at-risk scleroderma patients.	Intervention not described
29	Timóteo, et al. <sup>102</sup>	2018	Increased flexibility, pain reduction and unaltered levels of IL-10 and CD11b + lymphocytes in patients with systemic lupus erythematosus were associated with kinesiotherapy.	Duplicate
30	Tisseverasinghe, et al. <sup>103</sup>	2018	Anxiety and Mood Disorders in Systemic Lupus Erythematosus: Current Insights and Future Directions.	Intervention not described

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