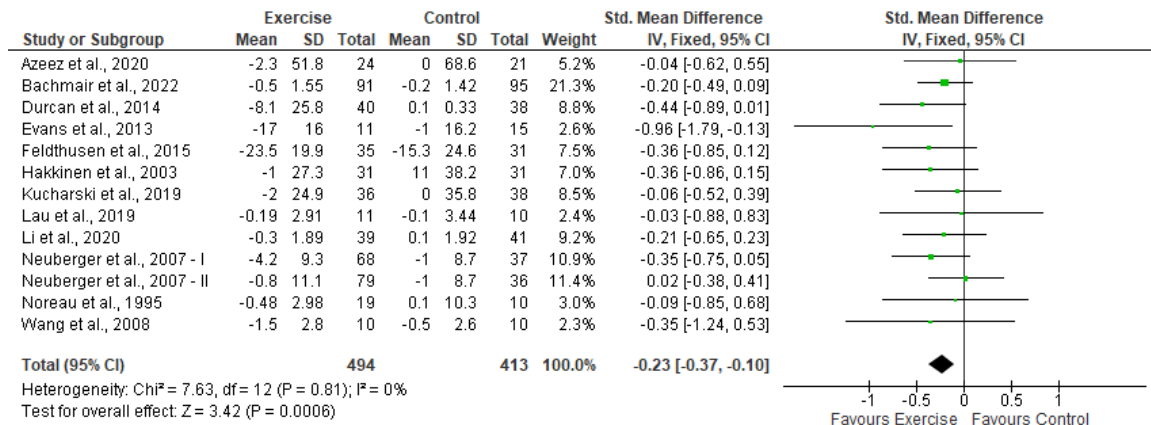


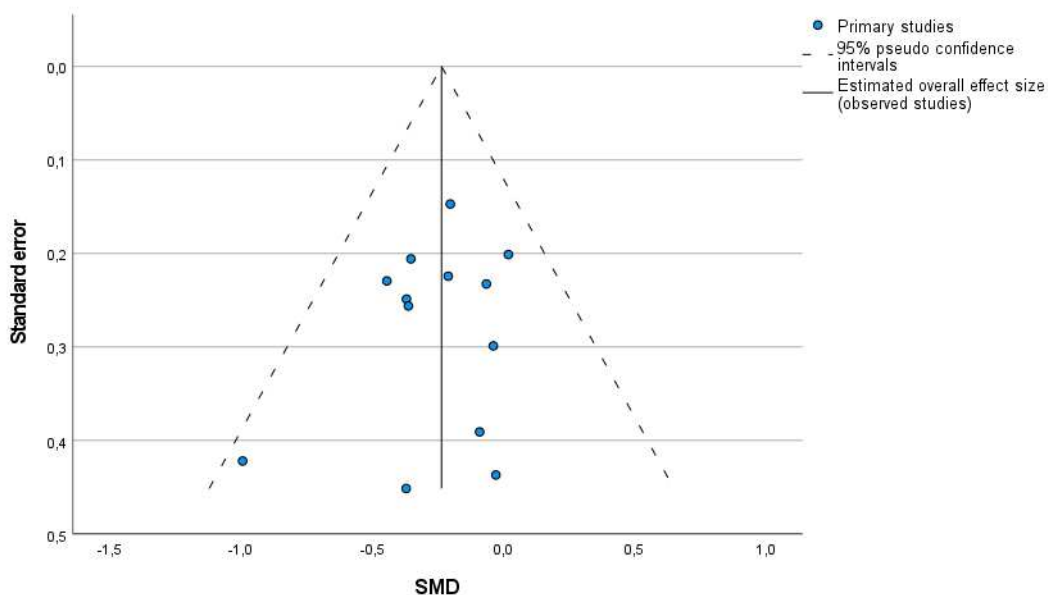
Online supplementary material S4: Meta-analysis

Comparison 1. Physical activity or exercise versus control

Analysis 1.1. Physical activity or exercise versus control in Rheumatoid Arthritis.

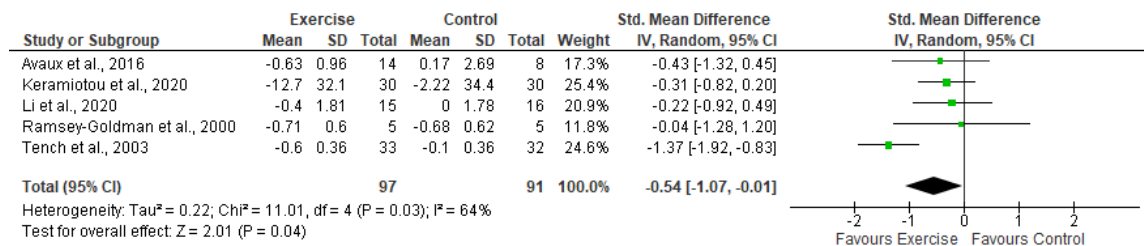


Funnel plot of comparison: Physical activity or exercise versus control in Rheumatoid Arthritis.

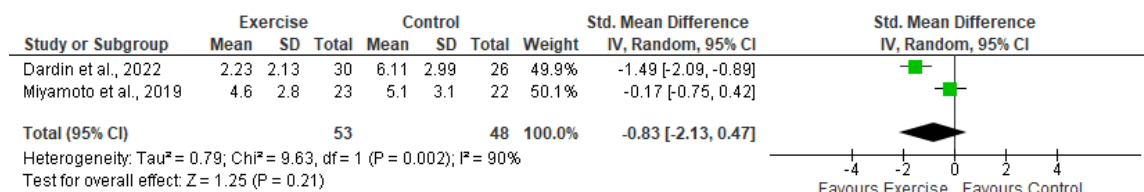


Egger's Regression Test = -0.1 (95% CI = -0.49 to 0.3, p = 0.6)

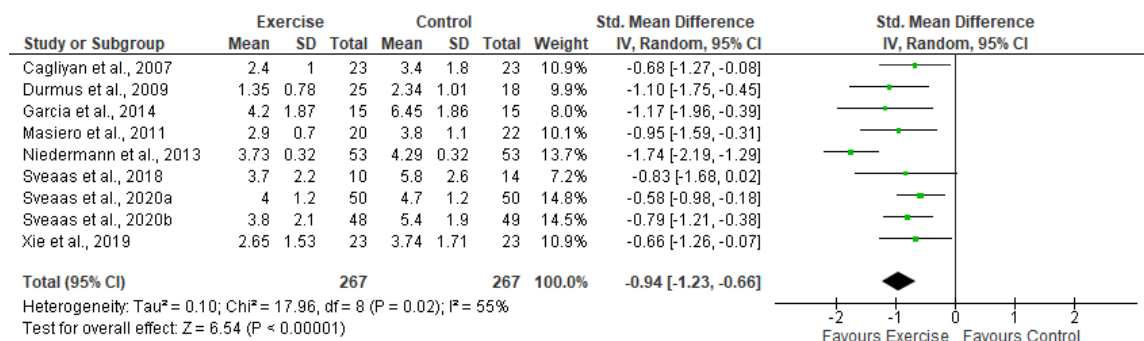
Analysis 1.2. Physical activity or exercise versus control in Systemic Lupus Erythematosus.



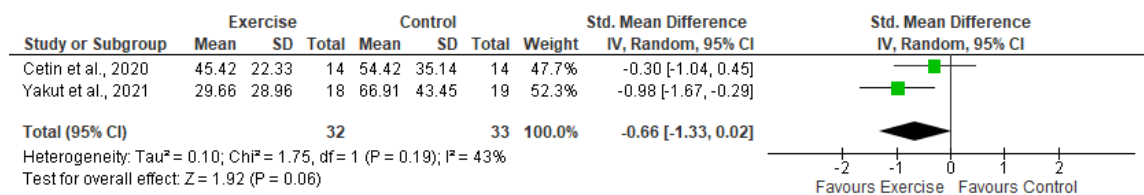
Analysis 1.3. Physical activity or exercise versus control in Sjogren's Syndrome.



Analysis 1.4. Physical activity or exercise versus control in Spondyloarthritis.

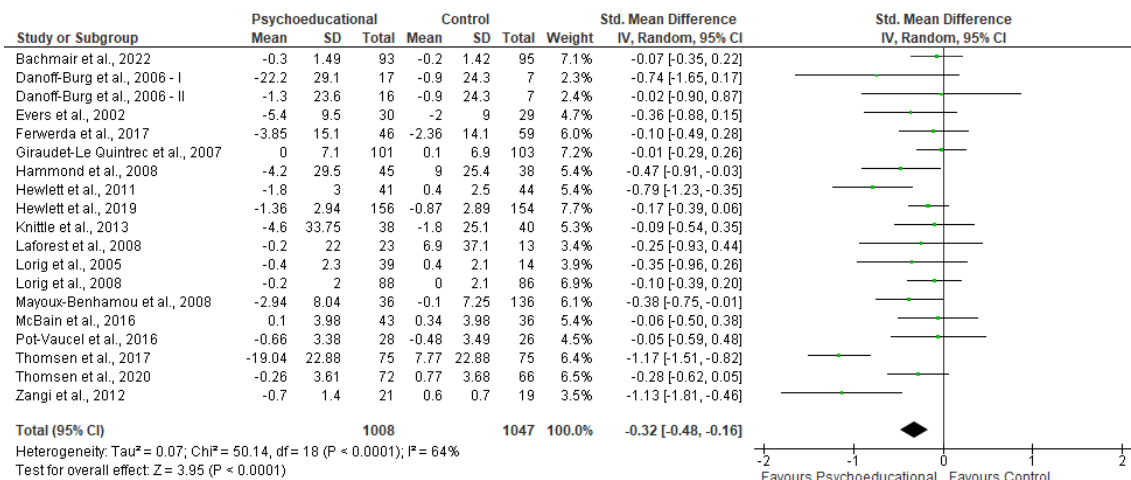


Analysis 1.5. Physical activity or exercise versus control in Systemic Sclerosis.

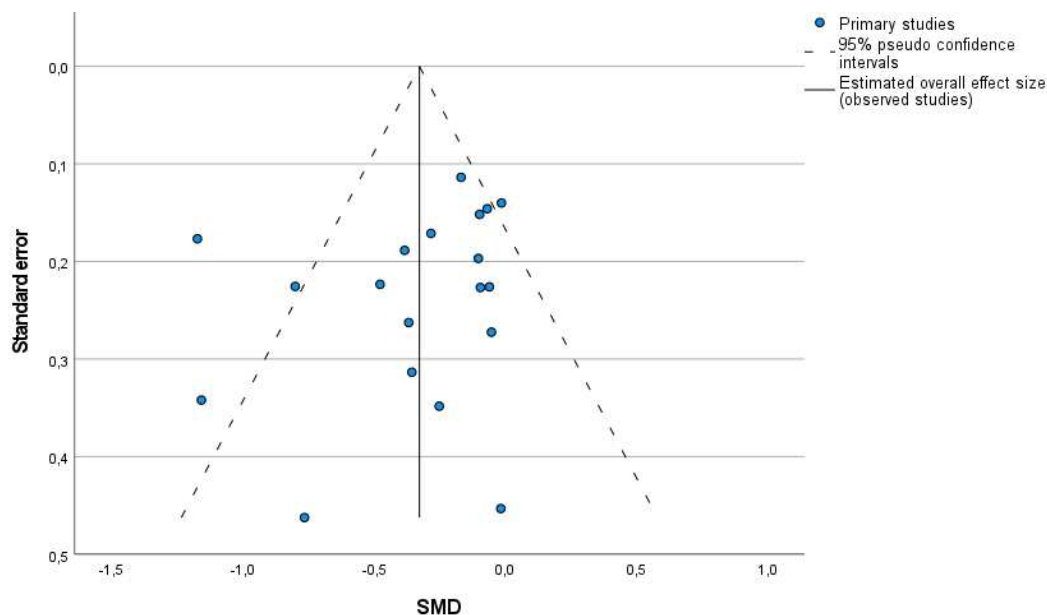


Comparison 2. Psychoeducational interventions versus control

Analysis 2.1. Psychoeducational interventions versus control in Rheumatoid Arthritis.

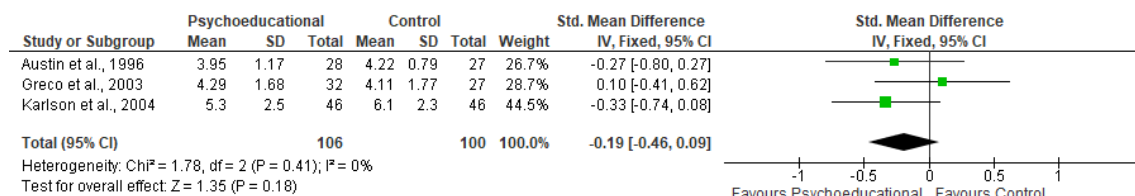


Funnel plot of comparison: Psychoeducational interventions versus control in Rheumatoid Arthritis.



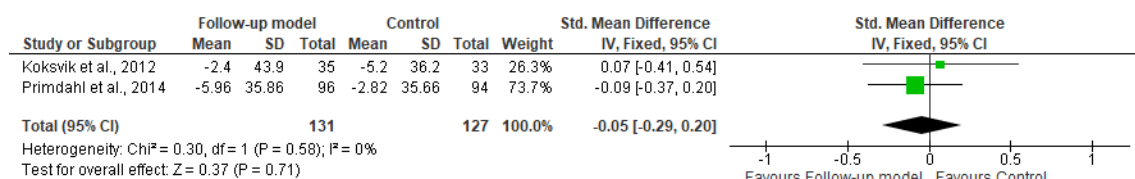
Egger's Regression Test = -0.1 (95% CI = -0.59 to 0.39, p = 0.67)

Analysis 2.2. Psychoeducational intervention versus control in Systemic Lupus Erythematosus.



Comparison 3. Follow-up model in consultations versus control

Analysis 3.1. Follow-up model in consultations versus control in Rheumatoid Arthritis.



Comparison 4. Multicomponent: Physical Activity or Exercise + Psychoeducational versus control

Analysis 4.1. Multicomponent: Physical Activity or Exercise + Psychoeducational versus control in Rheumatoid Arthritis.

