

Supplement 3: The quality of the RCTs found was assessed using the RoB 2.¹

Author	Diagnosis	Experimental	Comparator	(primary) Outcome	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall
Allaire, et al. ²	SLE	Job retention intervention	Written materials only	Job loss events	?	—	—	+	?	—
Austin, et al. ³	SLE	Telephone intervention	Symptom monitoring	Health outcomes (general)	?	—	+	+	?	—
Avaux, et al. ⁴	SLE	Supervised training (ST), home training (HT)	No intervention	Fatigue	—	—	—	+	?	—
Benatti, et al. ⁵	SLE	Exercise training	No intervention	Lipid profile, composition of high-density lipoprotein (HDL)	—	—	+	+	+	—
Berdal, et al. ⁶	SLE	Add-on structured goal-planning and supportive telephone follow-up rehabilitation program	Usual Care	Quality of life	+	+	—	—	+	—
Bogdanovic, et al. ⁷	SLE	Aerobic exercises	Isotonic exercises	Quality of life	—	—	+	+	?	—
Boström, et al. ⁸	SLE	Physical activity	Usual care	Aerobic capacity	—	+	+	+	+	—
Brown, et al. ⁹	SLE	Cognitive behavioral therapy/ Education only	No intervention	Pain, disease adjustment and adaptation, quality of life	?	?	+	+	?	!
Daltroy, et al. ¹⁰	SLE	Exercise prescription and unsupervised home exercise	No intervention	Exercise tolerance, fatigue, depression, helplessness	—	—	—	+	?	—
Dobkin, et al. ¹¹	SLE	Brief supportive expressive group psychotherapy	Usual care	Psychological distress, medical symptoms, health care costs, improving quality of life	?	?	—	+	?	—
Edworthy, et al. ¹²	SLE	Brief supportive-expressive group psychotherapy	Usual care	Reduce illness-induced interference with valued activities and interests	?	?	+	+	?	!

Author	Diagnosis	Experimental	Comparator	(primary) Outcome	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall
Greco, et al. ¹³	SLE	Stress-reduction program	Usual care, symptom monitoring	Pain, psychological function, physical function	?	+	+	+	?	!
Kankaya and Karadakovan ¹⁴	SLE	Web-based education and counselling	Usual Care	Self-efficacy	?	?	?	?	?	!
Karlson, et al. ¹⁵	SLE	Psychoeducational intervention	Attention intervention	Patient self-efficacy and partner support	?	?	+	+	?	!
Keramiotou, et al. ¹⁶	SLE	Individually tailored 30-min daily upper-limb exercise programme	Usual Care	Function	-	+	+	+	+	-
Li, et al. ¹⁷	SLE	Physical Activity Counselling Program with Use of Wearable Tracker	same intervention (delayed)	Physical activity	?	+	+	+	+	!
Maisiak, et al. ¹⁸	SLE	Telephone-based counseling	Usual care	Psychological status	?	?	+	+	?	!
Navarrete-Navarrete, et al. ¹⁹	SLE	Cognitive-behavioural intervention	Usual care	Stress reduction	?	?	-	?	?	-
Prado, et al. ²⁰	SLE	Supervised aerobic training program	No intervention control AND healthy controls	Cardiorespiratory capacity	-	-	+	+	+	-
Ramsey-Goldman, et al. ²¹	SLE	Aerobic exercise group	ROM exercise group	Fatigue, functional status, lupus disease activity and prednisone dose, cardiovascular fitness, isometric strength, bone mineral density, bone biomechanical markers	?	?	+	-	?	-
Rimmer, et al. ³⁷	SLE	Personalized Online Weight and Exercise Response System (POWERS) and POWERplus	Recommendation to exercise from physician	Body weight	-	-	-	+	?	-
Tench, et al. ⁴⁰	SLE	Graded exercise group, relaxation group	No intervention	Fatigue	?	-	+	?	?	-

Author	Diagnosis	Experimental	Comparator	(primary) Outcome	Randomization process	Deviations from intended interventions	Missing outcome data	Measurement of the outcome	Selection of the reported result	Overall
Wu, et al. ⁴²	SLE	Physical activity counselling	Usual Care	Physical activity	+	+	+	+	?	!
Xie, et al. ⁴³	SLE	Transitional care (Omaha System)	Usual care	Self-care, quality of life	+	+	+	+	+	+
Filippetti, et al. ²²	SSc	home-based minimally supervised exercise program	Usual Care	Function	?	+	+	+	?	!
Freedman, et al. ²³	SSc	Autogenic training	Finger temperature biofeedback, frontalis EMG biofeedback	Microcirculation	?	-	-	?	?	-
Gregory, et al. ²⁴	SSc	Daily hand exercises with daily home wax bath hand treatment	Usual Care	Function	+	?	+	+	?	!
Khanna, et al. ²⁵	SSc	Internet-based self-management program	Educational book	Self-efficacy	?	+	+	+	+	!
Kristensen, et al. ²⁶	SSc	Self-administered paraffin bath and exercises	Lukewarm water prior to hand exercises	Function	+	?	+	+	?	!
Maddali-Bongi, et al. ²⁷	SSc	Manual lymph drainage	No intervention	reducing edema, functionality of the hands, quality of life and disability	+	?	-	+	?	-
Maddali-Bongi, et al. ²⁸	SSc	Combination of connective tissue massage and Mc Mennell joint manipulation	Home exercises	Hand function	?	+	+	?	+	!
Maddali-Bongi, et al. ²⁹	SSc	District specific and global rehabilitation program	No intervention	Patients' global health condition, specific body districts	?	-	+	?	+	-
Maddali-Bongi, et al. ³⁰	SSc	Combination of Kabat's technique, connective tissue massage and kinesiotherapy	Home exercise program alone	Face functioning	?	+	+	?	?	!
Mitropoulos, et al. ³¹	SSc	High-intensity interval training cycling (CE) and arm cranking (ACE)	No intervention	Microcirculation of the digital area	?	?	+	+	+	!

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Mitropoulos, et al. ³² , Mitropoulos, et al. ³³	SSc	High-intensity interval training (HIIT) combined with resistance training (RT)	No intervention	Microcirculation	+	+	+	+	+	+
Naylor, et al. ³⁴	SSc	Facial exercises	Facial grimacing	Mouth opening	?	-	-	-	?	-
Piga, et al. ³⁵	SSc	Telemonitoring approach to self-managed kinesiotherapy sessions	Kinesiotherapy without monitoring	Hand function	?	?	-	-	?	-
Rannou, et al. ³⁶	SSc	Physical therapy program	Usual care	Disability	+	+	+	+	+	+
Sandqvist, et al. ³⁸	SSc	Paraffin bath in combination with hand exercises	Hand exercises only	Function	-	-	+	-	?	-
Schouffoer, et al. ³⁹	SSc	Multidisciplinary team care program	Usual care	Body function, functional ability, quality of live	?	-	+	?	?	-
Uras, et al. ⁴¹	SSc	Educational materials and a specific "face-to-face" interventions	Educational material	Mouth opening	+	+	+	+	+	+
Yuen, et al. ^{44,45}	SSc	Home orofacial exercise program	Usual Care	Mouth opening	?	?	+	+	?	!

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