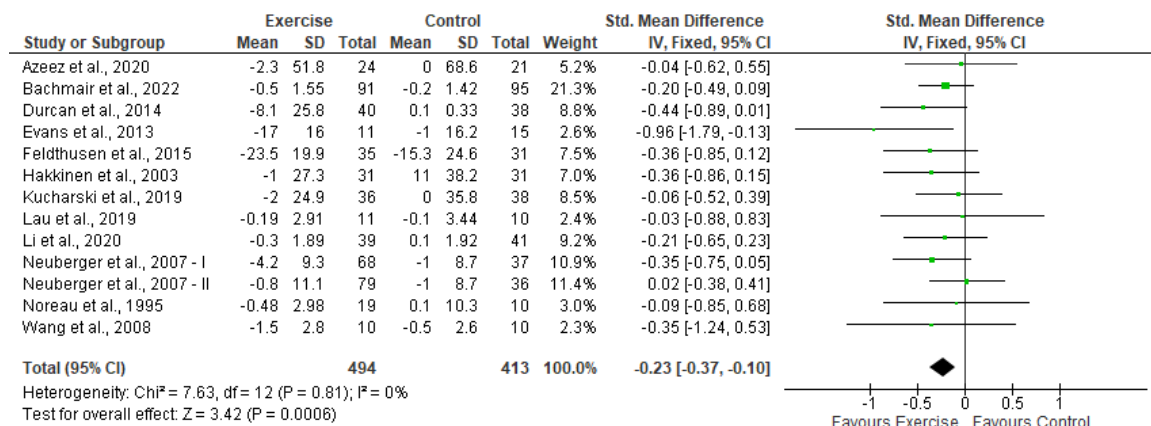


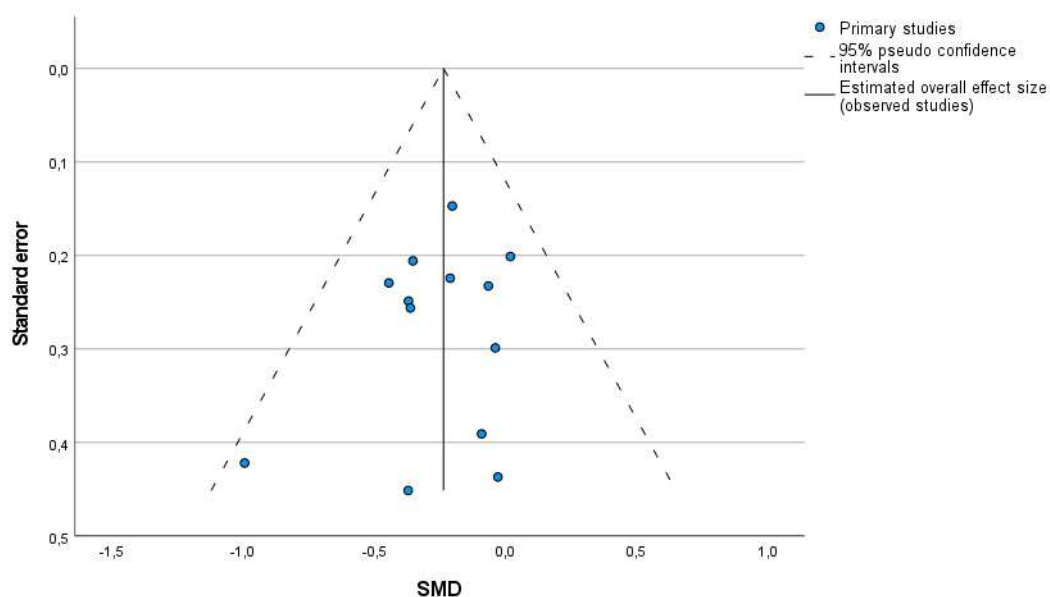
## Online supplementary material S4: Meta-analysis

### Comparison 1. Physical activity or exercise versus control

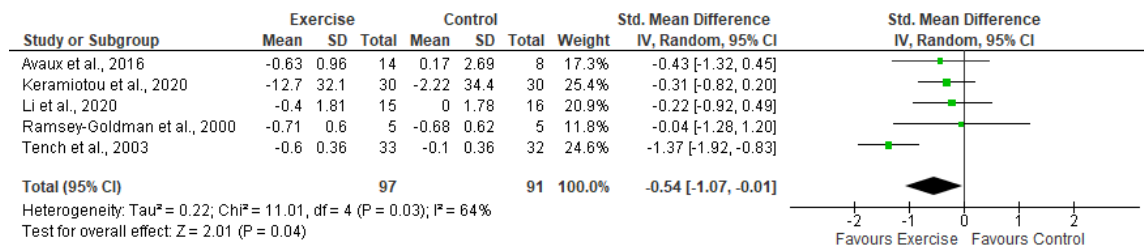
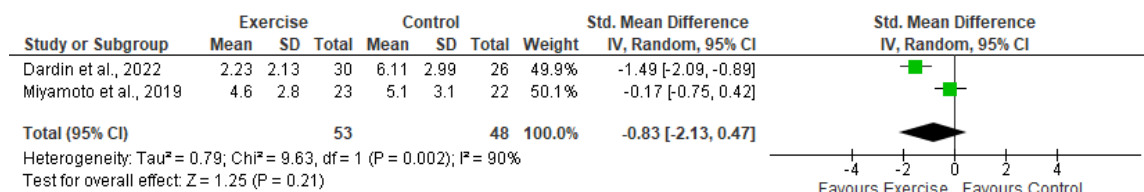
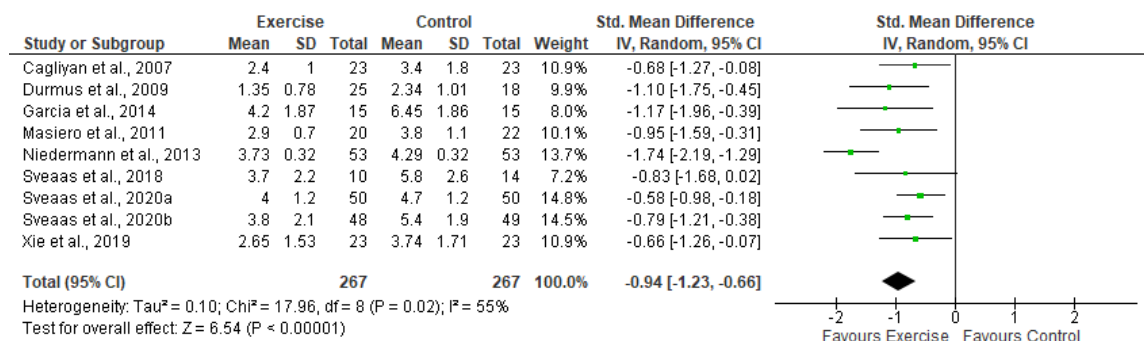
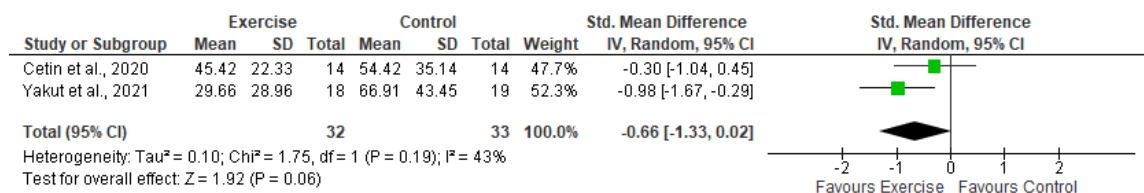
#### Analysis 1.1. Physical activity or exercise versus control in Rheumatoid Arthritis.



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

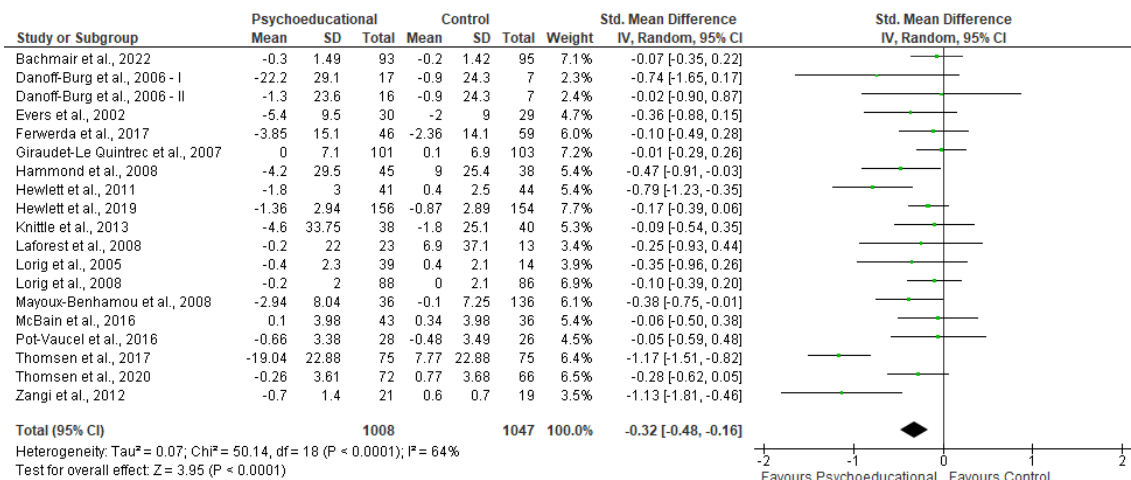


Egger's Regression Test = -0.1 (95% CI = -0.49 to 0.3, p = 0.6)

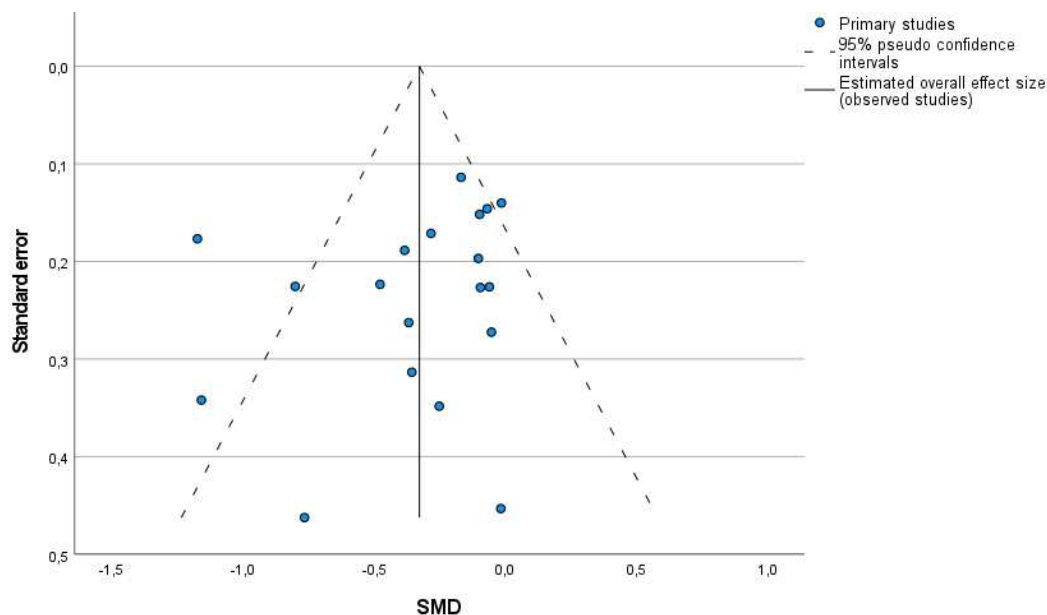
**Analysis 1.2. Physical activity or exercise versus control in Systemic Lupus Erythematosus.****Analysis 1.3. Physical activity or exercise versus control in Sjogren's Syndrome.****Analysis 1.4. Physical activity or exercise versus control in Spondyloarthritis.****Analysis 1.5. Physical activity or exercise versus control in Systemic Sclerosis.**

### Comparison 2. Psychoeducational interventions versus control

#### Analysis 2.1. Psychoeducational interventions versus control in Rheumatoid Arthritis.

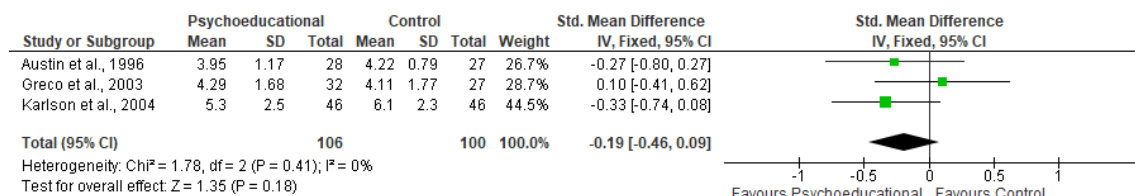


Funnel plot of comparison: Psychoeducational interventions versus control in Rheumatoid Arthritis.



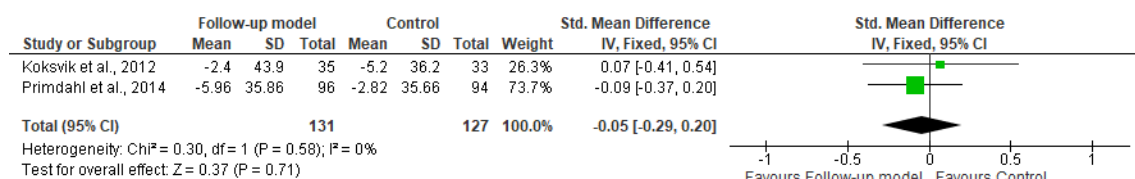
Egger's Regression Test = -0.1 (95% CI = -0.59 to 0.39, p = 0.67)

### 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.

