

Psychosocial effects of workplace exercise – a systematic review ¹

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1 *Appendix – Search Strategies*

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PUBMED

("Review"[Publication Type]) AND (((mental health[MeSH Terms]) OR ("mental health"[Text Word]) OR (social capital[MeSH Terms]) OR ("social capital"[Text Word]) OR ("psychosocial work environment"[Text Word]) OR (psychosocial work environment*) OR (psychosocial working environment*) OR ("anxiety"[Text Word]) OR (anxiety[MeSH Terms]) OR (depression[MeSH Terms]) OR ("depression"[Text Word]) OR (depression*[Text Word]) OR (anxiety*[Text Word]) OR ("stress"[Text Word]) OR (stress*[Text Word])) AND (((((workplace[MeSH Terms]) AND exercise[MeSH Terms]) OR ("work place exercise"[Text Word]) OR ("workplace exercise") OR ((workplace*[Text Word]) AND exercise[Text Word]) OR ((workplace*[Text Word]) AND exercise*[Text Word]) OR ("workplace physical activity") OR ("workplace physical activities") OR ("workplace physical activities"[Text Word]) OR ((workplaces*[Text Word]) AND physical activity[Text Word]) OR ((workplace*[Text Word]) AND physical activit*[Text Word]) OR ("workplace training"[Text Word]) OR ((workplace*[Text Word]) AND training*[Text Word]) OR ("workplace fitness"[Text Word]) OR ((workplace*[Text Word]) AND fitness*[Text Word]) OR ("workplace sport"[Text Word]) OR ("workplace sports"[Text Word]) OR ((workplace*[Text Word]) AND sport*[Text Word]) OR ("workplace workout"[Text Word]) OR ((workplace*[Text Word]) AND workout*[Text Word])) OR ("worksite exercise"[Text Word]) OR ("work site exercise"[Text Word]) OR ("work-site exercise"[Text Word]) OR ((worksite*[Text Word]) AND exercise*[Text Word]) OR ((work site*[Text Word]) AND Exercise*[Text Word]) OR ((work-site*[Text Word]) AND exercise*[Text Word]) OR ("worksite physical activity"[Text Word]) OR ("work site physical activity"[Text Word]) OR ("work-site physical activity"[Text Word]) OR ((worksite*[Text Word]) AND physical activit*[Text Word]) OR ((work-site*) AND physical activit*) OR ((work site*) AND physical activit*) OR ("worksite training"[Text Word]) OR ("work site training"[Text Word]) OR ("work-site training"[Text Word]) OR ((worksite*[Text Word]) AND training*[Text Word]) OR ((work-site*[Text Word]) AND training*[Text Word]) OR ((work site*[Text Word]) AND training*[Text Word]) OR ("worksite fitness"[Text Word]) OR ("work-site fitness"[Text Word]) OR ((worksite*[Text Word]) AND fitness*[Text Word]) OR ((work-site*[Text Word]) AND fitness*[Text Word]) OR ((work site*[Text Word]) AND fitness*[Text Word]) OR ("worksite sport"[Text Word]) OR ("work-site sport"[Text Word]) OR ("work site sport"[Text Word]) OR ((worksite*[Text Word]) AND sport*[Text Word]) OR ((work-site*[Text Word]) AND sport*[Text Word]) OR ((work site*[Text Word]) AND sport*[Text Word]) OR ("worksite workout"[Text Word]) OR ("work-site workout"[Text Word]) OR ("work site workout"[Text Word]) OR ((worksite*[Text Word]) AND workout*[Text Word]) OR ((Work-site*[Text Word]) AND workout*[Text Word]) OR ((work site*[Text Word]) AND workout*[Text Word])) OR ("employee exercise"[Text Word]) OR ((employee*[Text Word]) AND exercise*[Text Word]) OR ((employee*[Text Word]) AND physical activit*[Text Word]) OR ("employee physical activity"[Text Word]) OR ("employee training"[Text Word]) OR ((employee*[Text Word]) AND training*[Text Word]) OR ((employee*[Text Word]) AND fitness*[Text Word]) OR ("employee fitness"[Text Word]) OR ("employee sport"[Text Word]) OR ((employee*[Text Word]) AND sport*[Text Word]) OR ("employee workout"[Text Word]) OR ((employee*[Text Word]) AND workout*[Text Word])) OR ("occupational exercise"[Text Word]) OR ((occupational*[Text Word]) AND exercise*[Text Word]) OR ("occupational physical activity"[Text Word]) OR ((occupational*[Text Word]) AND physical activit*[Text Word]) OR ("occupational training"[Text Word]) OR ((Occupational*[Text Word]) AND training*[Text Word]) OR ("occupational fitness"[Text Word]) OR ((occupational*[Text Word]) AND fitness*[Text Word]) OR ("occupational sport"[Text Word]) OR ((occupational*[Text Word]) AND sport*[Text Word]) OR ("occupational

workout"[Text Word]) OR ((occupational*[Text Word]) AND workout*[Text Word])) OR ("job site exercise"[Text Word]) OR ((job site*[Text Word]) AND exercise*[Text Word]) OR ("job site physical activity"[Text Word]) OR ((job site*[Text Word]) AND physical activit*[Text Word]) OR ("job site training"[Text Word]) OR ((job site*[Text Word]) AND training*[Text Word]) OR ("job site fitness"[Text Word]) OR ((job site*[Text Word]) AND fitness*[Text Word]) OR ("job site sport"[Text Word]) OR ((job site*[Text Word]) AND sport*[Text Word]) OR ("job site workout"[Text Word]) OR ((job site*[Text Word]) AND workout*[Text Word])) OR ("work location exercise"[Text Word]) OR ((work location*[Text Word]) AND exercise*[Text Word]) OR ("work location physical activity"[Text Word]) OR ((work location*[Text Word]) AND physical activit*[Text Word]) OR ("work location training"[Text Word]) OR ((work location*[Text Word]) AND training*[Text Word]) OR ("work location fitness"[Text Word]) OR ((work location*[Text Word]) AND fitness*[Text Word]) OR ("work location sport"[Text Word]) OR ((work location*[Text Word]) AND sport*[Text Word]) OR ("work location workout"[Text Word]) OR ((work location*[Text Word]) AND workout*[Text Word])) AND ((systematic[sb] OR Review[ptyp] OR Randomized Controlled Trial[ptyp]))

Results:522

Date: 14.8.2018

PSYCH INFO

Any Field: occupational *OR Any Field:* workplace* *OR Any Field:* work-site* *OR Any Field:* "at work" *OR Any Field:* job-site* *AND Any Field:* exercise* *OR* "physical activity" *OR* workout* *OR* sports* *AND Any Field:* "mental health" *OR Any Field:* "psychosocial work environment" *OR Any Field:* "work stress" *OR Any Field:* "occupational stress" *AND Index Terms:* mental health *OR Index Terms:* work stress *OR Index Terms:* social capital *OR Index Terms:* quality of work life

Results: psycinfo+ psycarticles: 308

Date: 15.8.2018

WEB OF SCIENCE

#4	#3 AND #2 AND #1 <i>DocType=All document types; Language=All languages;</i>	526
#3	TOPIC: ("mental health") <i>OR TOPIC:</i> ("psychosocial work environment") <i>OR TOPIC:</i> ("work stress") <i>OR TOPIC:</i> ("occupational stress") <i>OR TOPIC:</i> ("work stress") <i>OR TOPIC:</i> ("social capital") <i>DocType=All document types; Language=All languages;</i>	182 268
#2	TOPIC: (exercise*) <i>OR TOPIC:</i> ("physical activity") <i>OR TOPIC:</i> (workout*) <i>AND TOPIC:</i> (sports*) <i>DocType=All document types; Language=All languages;</i>	460 683
#1	TOPIC: (occupational) <i>OR TOPIC:</i> (workplace*) <i>OR TOPIC:</i> (work-site*) <i>OR TOPIC:</i> ("at work") <i>OR TOPIC:</i> (job-site*) <i>DocType=All document types; Language=All languages;</i>	193 835
	Results: 526 Date: 15.8.2018	

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COCHRANE DATABASE

#1	MeSH descriptor: [Workplace] explode all trees	711
#2	MeSH descriptor: [Mental Health] explode all trees	1142
#3	psychosocial work environment:ti,ab,kw (Word variations have been searched)	85
#4	MeSH descriptor: [Depression] explode all trees	9572
#5	MeSH descriptor: [Anxiety] explode all trees	6866
#6	MeSH descriptor: [Occupational Stress] explode all trees	198
#7	(occupational exercise or occupational physical activity or occupational workout or workplace exercise or workplace physical activity or workplace workout):ti,ab,kw (Word variations have been searched)	1248
#8	("occupational stress" or depression or anxiety or stress or "psychosocial work environment") :ti,ab,kw (Word variations have been searched)	104151
#9	(exercise or "physical activity" or workout):ti,ab,kw (Word variations have been searched)	95766
#10	#2 or #3 or #4 or #5 or #6 or #8	104901
#11	#1 and #9	234
#12	#7 or #11	1248
#13	#10 and #12	204

Results: 204

Date: 15/8 2018

SUM

TOTAL REFERENCES 15.8.2018:

522+208+ 526+204 = 1560

