

## ESM 1 Database search strategies

1. Prostatic Neoplasms [mh]
2. Prostat\*
3. (cancer\* OR tumor\* OR tumour\* OR neoplas\* OR malignan\* OR adenocarcinoma\* OR metasta\*)
4. 1 OR (2 AND 3)
5. Physical activity[mh]
6. Exercise[mh]
7. Sports[mh]
8. Exercise Therapy[mh]
9. (exercise OR aerobic\* OR resistance\* OR strength\* OR stretch\* OR training\* OR fitness\* OR walk\* OR endurance\* OR lifestyle\* OR sport\* OR isometric\* OR eccentric\* OR plyometric\* OR physical condition\*)
10. (physical\* AND (fit\* OR activ\*))
11. 5 OR 6 OR 7 OR 8 OR 9 OR 10
12. 4 AND 11
13. randomized controlled trial [pt]
14. controlled clinical trial [pt]
15. randomized [tiab]
16. placebo [tiab]
17. clinical trials as topic [mesh: noexp]
18. randomly [tiab]
19. trial [ti]
20. 13 OR 14 OR 15 OR 16 OR 17 OR 18 OR 19
21. 12 AND 20
22. Animals[mh] NOT humans [mh]
23. 21 NOT 22