

## Key Words

**Database:** PubMed – MEDLINE and CINAHL Plus Full Text

**Limit to:** Published in English

**Search date:**

**Population:** Adults 18 years and older

**Intervention:** Exercise or Physical activity

**Comparison:** No comparison

**Outcomes:** Brain-Derived Neurotrophic Factor OR BDNF, Sleep, Depression, Pain, Fatigue

**Table S1.** *Search String*

Database (Search time)	Search	Search String
PubMed (847 reports)	1	("exercise"[MeSH Terms] OR "exercise"[All Fields] OR "exercises"[All Fields] OR "exercise therapy"[MeSH Terms] OR ("exercise"[All Fields] AND "therapy"[All Fields]) OR "exercise therapy"[All Fields] OR "exercising"[All Fields] OR "exercise s"[All Fields] OR "exercised"[All Fields] OR "exerciser"[All Fields] OR "exercisers"[All Fields] OR ("exercise"[MeSH Terms] OR "exercise"[All Fields] OR ("physical"[All Fields] AND "activity"[All Fields]) OR "physical activity"[All Fields])) AND ("brain derived neurotrophic factor"[MeSH Terms] OR ("brain derived"[All Fields] AND "neurotrophic"[All Fields] AND "factor"[All Fields]) OR "brain derived neurotrophic factor"[All Fields] OR ("brain"[All Fields] AND "derived"[All Fields] AND "neurotrophic"[All Fields] AND "factor"[All Fields]) OR "brain derived neurotrophic factor"[All Fields] OR ("brain derived neurotrophic factor"[MeSH Terms] OR ("brain derived"[All Fields] AND "neurotrophic"[All Fields] AND "factor"[All Fields]) OR "brain derived neurotrophic factor"[All Fields] OR "bdnf"[All Fields])) AND ("sleep"[All Fields]

		OR "pain"[All Fields] OR "depression"[All Fields] OR "fatigue"[All Fields])
# 1 with filters (287 reports)	2	Limit search to English and Human studies
<b>CINAHL plus</b> (110 reports)	1	(Exercise or Physical activity ) AND ( brain-derived neurotrophic factor or bdnf ) AND ( fatigue OR pain OR depression OR sleep ) <b>Expanders</b> - Apply related words; Apply equivalent subjects <b>Search modes</b> - Find all my search term
#1 with filters (55 reports)	2	Limit English, limit human