

Supplemental Digital Content 5. A Summary of the Assessment of Multiple Systematic Reviews Adapted for Exercise Health Outcomes (AMSTAR_{EX}) of the Study Methodological Quality of the Included Secondary Literature Meta-Analyses (K=13) (30,31)

	Casonato, 2016 (49)	Cornelissen, 2011 (47)	Cornelissen, 2013 (53)	Corso, 2016 (52)	MacDonald, 2016 (51)	Wang, 2013 (55)	Xiong, 2015a (48)	Xiong, 2015b (56)	Igarashi, 2018 (54)	Jin, 2019 (50)	Wu, 2019 (57)	Wu, 2020 (59)	Zhong, 2020 (58)
Review questions and inclusion/exclusion criteria delineated prior to executing search strategy.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Population variables defined and considered in methods.	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes
Comprehensive literature search performed.	Partially Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Duplicate study selection and data extraction performed.	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Search strategy clearly described.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Relevant grey literature included in review.	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	No
List of studies (included and excluded) provided.	No	No	No	Yes	No	No	No	No	No	No	Yes	Yes	Yes
Characteristics of included studies provided.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
FITT defined and examined in relation to outcome effect sizes.	Yes	Yes	Yes	No	Yes	No	No	No	Yes	No	Yes	Yes	Partially Yes
Scientific quality (risk of bias) of included studies assessed and documented.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Results depended on study quality, either overall, or in interaction with moderators.	No	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes	Yes
Scientific quality used appropriately in formulating conclusions.	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
Data appropriately synthesized and if applicable, heterogeneity assessed.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Effect size index chosen justified, statistically.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Individual-level meta-analysis used.	No	No	No	No	No	No	No	No	No	No	No	No	No
Practical recommendations clearly addressed.	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Likelihood of publication bias assessed.	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes
Conflict of interest disclosed.	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes
Column Total	12, Moderate	14, High	12, Moderate	16, High	16, High	13, Moderate	12, Moderate	12, Moderate	13, Moderate	12, Moderate	16, High	16, High	15, High
Source	PAGACSR	PAGACSR	PAGACSR	PAGACSR	PAGACSR	PAGACSR	PAGACSR	PAGACSR	PAGACSR Update	PAGACSR Update	PAGACSR Update	Author Files	Author Files

AMSTAR_{EX}= Assessment of multiple systematic reviews adapted for exercise; PAGACSR=Physical Activity Guidelines for Americans Scientific Report