

Effects of Exercise, Rehabilitation, and Nutritional Approaches on Body Composition and Bone Density in People with Multiple Sclerosis: A Systematic Review and Meta-Analysis

References	D1	D2	D3	D4	D5	Overall	
Straudi et al., 2022	+	+	+	+	+	+	+
Brenton, et al. 2022	!	+	+	!	!	!	!
Aristotelous et al., 2021	+	+	+	+	+	+	+
Keytsman et al., 2021	+	+	+	+	!	!	!
Benlloch et al., 2020	+	!	+	-	+	-	-
Montealegre et al., 2020	+	+	+	!	-	-	-
Wingo et al., 2020	!	+	+	+	+	!	!
Benlloch et al., 2019	!	+	+	-	+	-	-
Brenton et al., 2019	!	+	+	!	!	!	!
Keytsman et al. 2019a	!	+	+	+	+	!	!
Keytsman et al. 2019b	!	+	+	!	+	!	!
Orban et al. 2019	+	+	+	+	!	!	!
Torres Pareja et al., 2019	!	+	+	!	!	!	!
Barry et al., 2018	!	+	+	-	!	-	-
Duff et al., 2018	+	+	+	+	+	+	+
Eftekhari and Etemadifar et al., 2018	+	+	+	+	!	!	!
Khademoshahre et al. 2017	+	+	+	-	+	-	-
Negaresh et al., 2019	+	+	+	+	!	!	!
Fitzgerald et al., 2018	+	+	+	+	!	!	!
Yang et al., 2018	!	+	+	!	!	-	-
Mokhtarzade et al., 2017	+	+	+	+	!	!	!
Tamtaji et al., 2017	+	!	+	+	-	-	-
Wens et al., 2015a	+	+	+	+	+	+	+
Riccio et al., 2016	-	+	+	+	!	-	-
Wens et al., 2016	+	+	+	+	+	+	+
Yadav et al., 2016	+	+	+	+	+	+	+
Wens et al., 2015b	+	+	+	+	-	-	-
Bisht et al., 2014	!	-	+	!	-	-	-
Pilutti et al., 2014	+	+	+	+	!	!	!
Schmidt and Wonneberger, 2014	!	+	+	!	!	!	!
Carter et al., 2013	+	+	+	+	!	!	!
Learmonth et al., 2011	+	+	+	+	!	!	!
Dalgas et al., 2010	+	+	+	+	+	+	+
Castellano et al., 2008	!	+	+	-	!	-	-
Fragoso et al., 2008	!	+	+	-	!	-	-
White et al., 2006	!	+	+	+	!	!	!

Figure S1. Assessment of risk of bias. [32–34,38–41,44–46,49–52,55–80].