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| **Appendix A.** The systematic search strategy: Search stems, search terms, subject headings and mesh terms. | | | | |
| 1st search stem: Anxiety disorders | | | | |
| Search terms in PsycINFO | Search terms in Medline | Subject headings in PsycINFO | Mesh terms in Medline | Default search in Web of Science (including title and abstract) |
| Anxiety.ti,ab,id. | Anxiety.ti,ab. | Anxiety disorders | Anxiety disorders | ”Anxiety” |
| ”GAD”.ti,ab,id.  ”Generalized anxiety disorder”.ti,ab,id. | “GAD”.ti,ab.  “Generalized anxiety disorder”.ti,ab. | *No match*  *No match* | *No match*  *No match* | ”GAD”  ”Generalized anxiety disorder” |
| ”Social anxiety”.ti,ab,id.  ”Panic disorder\*”.ti,ab,id.  ”Agoraphobia\*”.ti,ab,id.  ”Phobia\*”.ti,ab,id.  ”Anxiety disorder\*”.ti,ab,id. | “Social anxiety”.ti,ab.  “Panic disorder\*”.ti,ab  “Agoraphobia\*”.ti,ab.  “Phobia\*”.ti,ab.  “Anxiety disorder\*”.ti,ab. | Social anxiety  *No match*  Agoraphobia  Phobias | *No match*  *No match*  *No match*  Phobic disorders | ”Social anxiety”  ”Panic disorder\*”  ”Agoraphobia\*”  ”Phobia\*”  ”Anxiety disorder\*” |
| 2nd search stem: Physical exercise | | | | |
| Search terms in PsycINFO | Search terms in Medline | Subject headings in PsycINFO | Mesh terms in Medline | Default search in Web of Science (including title and abstract) |
| ”Physical exercise”.ti,ab,id.  ”Physical activity”.ti,ab,id. | “Physical exercise”.ti,ab.  “Physical activity”.ti,ab. | Physical activity | Exercise | “Physical exercise”  “Physical activity” |
| ”Aerobic exercise”.ti,ab,id.  ”Anaerobic exercise”.ti,ab,id. | “Aerobic exercise”.ti,ab.  “Anaerobic exercise”.ti,ab. |  |  | “Aerobic exercise”  “Anaerobic exercise” |
| *Note.* \* = truncation |  |  |  |  |