Appendix 2: Data Extraction Forms.

‘Exercise and physical activity for physical health in cystic fibrosis’

PROSPERO CRD42020184411

Date form completed *(dd/mm/yyyy)*		**Name of person extracting data**	
Date form checked *(dd/mm/yyyy)*		**Name of person checking data**	

1. Study Details

Covidence ID	
Study ID *(surname of first author and year first full report of study was published e.g. Smith 2001)*	
Report ID *(if different to Study ID)*	**Report IDs of other reports of this study** *(e.g. duplicate publications, follow-up studies)*
Title	
Reference citation	
Study author contact details	
Publication type *(e.g. full report, abstract, letter)*	

2. Study Eligibility

Study Characteristic	**Eligibility criteria**	**Eligibility criteria met?**			**Page no.**
		Yes	No	Unclear	
Participants	Does this include patients with cystic fibrosis?	☐	☐	☐	
Intervention	Does this include an exercise and/or physical activity intervention?	☐	☐	☐	
Study Design	Is this study a randomised control trial?	☐	☐	☐	
INCLUDE ☐ **QUERY** ☐ **EXCLUDE** ☐					
Reason for exclusion (tick more than one if necessary)	Does not include people with cystic fibrosis	☐			
	Does not include exercise/PA intervention	☐			
	Is not a randomised control trial	☐			

DO NOT PROCEED IF STUDY IS EXCLUDED FROM REVIEW

3. Study Data

Study Characteristic	**Data**		**Location in text (page no./table no.)**
Methods	Brief aim of study: *(e.g. To investigate running intervention on severe CF)*		
	Intervention Design *(e.g. Gym based; running; 50% max heart rate; 3 times/week; 12 weeks)*	Location: Modality: Intensity: Frequency: Length:	
	Control Group *(e.g. usual care CF)*		
	Single centre/multi-centre(n)? *(e.g. Single UK CF centre; 12 centres in 3 countries)*		
	Country/countries? *(e.g. UK, USA, Italy)*		
	Dates patients recruited: *(e.g. 01/01/2002-31/12/2002)*		
	How were patients randomised? *(e.g. simple, block, stratified, 1:1, 2:2)*		

Participants	Inclusion criteria: Exclusion criteria:				
		Total	Intervention	Control	
	Recruited (n)				
	Baseline Tested (n)				
	Completed Intervention (n)				
	Completed follow-Up (if applicable) (n)				
	Analysed (n)				
		Total	Intervention	Control	
	Age (mean ± SD)				
	Sex (male: n, %)				
	Genotype (ΔF508/ ΔF508: n, %)				
	FEV_1 Category*(mild/mod/severe, n)				
Outcomes (please label numerically to align with results below)	Parameter *(e.g. FEV_1, exercise tolerance)* 1. 2. 3.		Measurement Scale *(e.g. litres, %pred, VO_{2max})* 1. 2. 3.		
Results (As per numerical	Change from baseline (intervention) 1.	Change from baseline (control) 1.		Intervention vs. Control difference post-intervention 1.	

assignment above)	2. 3.	2. 3.	2. 3.	
Follow-up Length (if applicable)				
Conflicts of Interest				
Notes of interest				
Missing information				

*FEV_1 Categories are as follows: Mild ≥70%, Moderate 40-69%, Severe <40%.