Effects of combining physical activity with mindfulness on mental health and well-being: a systematic review

**Search strategy**

1. **Embase**

#1 AND #2 AND #3 AND #4

#4 (**'trial'**:ab,ti OR **'study'**:ab,ti OR **'controlled'**:ab,ti OR **'randomised'**:ab,ti

OR **'randomized'**:ab,ti OR **'randomly'**:ab,ti OR **'comparison'**:ab,ti OR **'compared'**:ab,ti OR **'pragmatic'**:ab,ti) AND [english]/lim AND ([embase]/lim OR [embase classic]/lim)

#3 (**'mental health'**:ab,ti OR **'wellbeing'**:ab,ti OR **'well-being'**:ab,ti OR **'mood'**:ab,ti

OR **'depression'**:ab,ti OR **'depressive'**:ab,ti OR **'anxiety'**:ab,ti OR **'anxious'**:ab,ti OR **'anxiolytic'**:ab,ti OR **'quality of life'**:ab,ti OR **'life quality'**:ab,ti OR **'self-rated health'**:ab,ti OR **'self esteem'**:ab,ti OR **'confidence'**:ab,ti OR **'helplessness'**:ab,ti OR **'hopelessness'**:ab,ti OR **'resilience'**:ab,ti OR **'positive affect'**:ab,ti OR **'negative affect'**:ab,ti OR **'coping'**:ab,ti OR **'panic'**:ab,ti OR **'suicide'**:ab,ti OR **'self-harm'**:ab,ti) AND [english]/lim AND ([embase]/lim OR [embase classic]/lim)

#2 (**'mindfulness'**:ab,ti OR **'mindful'**:ab,ti OR **'mindfulness-based'**:ab,ti OR **'mindfulness-**

**based stress reduction'**:ab,ti OR **'mbsr'**:ab,ti OR **'mindfulness-based cognitive therapy'**:ab,ti OR **'acceptance-commitment therapy'**:ab,ti OR **'act'**:ab,ti OR **'meditation'**:ab,ti) AND [english]/lim AND ([embase]/lim OR [embase classic]/lim)

#1 (**'physical activity'**:ab,ti OR **'physical training'**:ab,ti OR **'exercise'**:ab,ti OR **'sport'**:ab,ti

OR **'movement'**:ab,ti OR **'aerobic'**:ab,ti OR **'strength-based'**:ab,ti OR **'strength'**:ab,ti OR **'fitness'**:ab,ti OR **'high intensity'**:ab,ti) AND [english]/lim AND ([embase]/lim OR [embase classic]/lim)

1. **Web of Science**

#1 AND #2 AND #3 AND #4

#4 (TI=("trial" OR "study" OR "controlled" OR "randomised" OR "randomized" OR "randomly" OR "comparison" OR "compared" OR "pragmatic") OR AB=("trial" OR "study" OR "controlled" OR "randomised" OR "randomized" OR "randomly" OR "comparison" OR "compared" OR "pragmatic")) *AND***LANGUAGE:** (English)

*Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, BKCI-S, BKCI-SSH, ESCI, CCR-EXPANDED, IC Timespan=All years*

#3 (TI=("mental health" OR "wellbeing" OR "well-being" OR "mood" OR "depression" OR "depressive" OR "anxiety" OR "anxious" OR "anxiolytic" OR "quality of life" OR "life quality" OR "self-rated health" OR "self esteem" OR "confidence" OR "helplessness" OR "hopelessness" OR "resilience" OR "positive affect" OR "negative affect" OR "coping" OR "panic" OR "suicide" OR "self-harm") OR AB=("mental health" OR "wellbeing" OR "well-being" OR "mood" OR "depression" OR "depressive" OR "anxiety" OR "anxious" OR "anxiolytic" OR "quality of life" OR "life quality" OR "self-rated health" OR "self esteem" OR "confidence" OR "helplessness" OR "hopelessness" OR "resilience" OR "positive affect" OR "negative affect" OR "coping" OR "panic" OR "suicide" OR "self-harm")) *AND***LANGUAGE:** (English)

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*Indexes=SCI-EXPANDED, SSCI, A&HCI, CPCI-S, CPCI-SSH, BKCI-S, BKCI-SSH, ESCI, CCR-EXPANDED, IC Timespan=All years*

#1 (TI=("physical activity" OR "physical training" OR "exercise" OR "sport" OR "movement" OR "aerobic" OR "strength-based" OR "strength" OR "fitness" OR "high intensity") OR AB=("physical activity" OR "physical training" OR "exercise" OR "sport" OR "movement" OR "aerobic" OR "strength-based" OR "strength" OR "fitness" OR "high intensity")) *AND***LANGUAGE:** (English)

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1. **Scopus**

TITLE-ABS("physical activity" OR "physical training" OR "exercise" OR "sport" OR "movement" OR "aerobic" OR "strength-based" OR "strength" OR "fitness" OR "high intensity") AND TITLE-ABS("mindfulness" OR "mindful" OR "mindfulness-based" OR "mindfulness-based stress reduction" OR "MBSR" OR "mindfulness-based cognitive therapy" OR "acceptance-commitment therapy" OR "ACT" OR "meditation") AND  TITLE-ABS("mental health" OR "wellbeing" OR "well-being" OR "mood" OR "depression" OR "depressive" OR "anxiety" OR "anxious" OR "anxiolytic" OR "quality of life" OR "life quality" OR "self-rated health" OR "self esteem" OR "confidence" OR "helplessness" OR "hopelessness" OR "resilience" OR "positive affect" OR "negative affect" OR "coping" OR "panic" OR "suicide" OR "self-harm") AND  TITLE-ABS("trial" OR "study" OR "controlled" OR "randomised" OR "randomized" OR "randomly" OR "comparison" OR "compared" OR "pragmatic")

1. **PubMed**

((("physical activity"[Title/Abstract] OR "physical training"[Title/Abstract] OR "exercise"[Title/Abstract] OR "sport"[Title/Abstract] OR "movement"[Title/Abstract] OR "aerobic"[Title/Abstract] OR "strength-based"[Title/Abstract] OR "strength"[Title/Abstract] OR "fitness"[Title/Abstract] OR "high intensity"[Title/Abstract]) AND ("mindfulness"[Title/Abstract] OR "mindful"[Title/Abstract] OR "mindfulness-based"[Title/Abstract] OR "mindfulness-based stress reduction"[Title/Abstract] OR "MBSR"[Title/Abstract] OR "mindfulness-based cognitive therapy"[Title/Abstract] OR "acceptance-commitment therapy"[Title/Abstract] OR "ACT"[Title/Abstract] OR "meditation"[Title/Abstract])) AND ("mental health"[Title/Abstract] OR "wellbeing"[Title/Abstract] OR "well-being"[Title/Abstract] OR "mood"[Title/Abstract] OR "depression"[Title/Abstract] OR "depressive"[Title/Abstract] OR "anxiety"[Title/Abstract] OR "anxious"[Title/Abstract] OR "anxiolytic"[Title/Abstract] OR "quality of life"[Title/Abstract] OR "life quality"[Title/Abstract] OR "self-rated health"[Title/Abstract] OR "self esteem"[Title/Abstract] OR "confidence"[Title/Abstract] OR "helplessness"[Title/Abstract] OR "hopelessness"[Title/Abstract] OR "resilience"[Title/Abstract] OR "positive affect"[Title/Abstract] OR "negative affect"[Title/Abstract] OR "coping"[Title/Abstract] OR "panic"[Title/Abstract] OR "suicide"[Title/Abstract] OR "self-harm"[Title/Abstract])) AND ("trial"[Title/Abstract] OR "study"[Title/Abstract] OR "controlled"[Title/Abstract] OR "randomised"[Title/Abstract] OR "randomized"[Title/Abstract] OR "randomly"[Title/Abstract] OR "comparison"[Title/Abstract] OR "compared"[Title/Abstract] OR "pragmatic"[Title/Abstract])

1. **Cochrane Library**

("physical activity" OR "physical training" OR "exercise" OR "sport" OR "movement" OR "aerobic" OR "strength-based" OR "strength" OR "fitness" OR "high intensity"):ti,ab,kw AND ("mindfulness" OR "mindful" OR "mindfulness-based" OR "mindfulness-based stress reduction" OR "MBSR" OR "mindfulness-based cognitive therapy" OR "acceptance-commitment therapy" OR "ACT" OR "meditation"):ti,ab,kw AND ("mental health" OR "wellbeing" OR "well-being" OR "mood" OR "depression" OR "depressive" OR "anxiety" OR "anxious" OR "anxiolytic" OR "quality of life" OR "life quality" OR "self-rated health" OR "self esteem" OR "confidence" OR "helplessness" OR "hopelessness" OR "resilience" OR "positive affect" OR "negative affect" OR "coping" OR "panic" OR "suicide" OR "self-harm"):ti,ab,kw AND ("trial" OR "study" OR "controlled" OR "randomised" OR "randomized" OR "randomly" OR "comparison" OR "compared" OR "pragmatic"):ti,ab,kw

1. **PsychNET**

**Abstract**: "physical activity" *OR* **Abstract**: "physical training" *OR* **Abstract**: "exercise" *OR* **Abstract**: "sport" *OR* **Abstract**: "movement" *OR* **Abstract**: "aerobic" *OR* **Abstract**: "strength-based" *OR* **Abstract**: "strength" *OR* **Abstract**: "fitness" *OR* **Abstract**: "high intensity" *AND* **Abstract**: "mindfulness" *OR* **Abstract**: "mindful" *OR* **Abstract**: "mindfulness-based" *OR* **Abstract**: "mindfulness-based stress reduction" *OR* **Abstract**: "MBSR" *OR* **Abstract**: "mindfulness-based cognitive therapy" *OR* **Abstract**: "acceptance-commitment therapy" *OR* **Abstract**: "ACT" *OR* **Abstract**: "meditation" *AND* **Abstract**: "mental health" *OR* **Abstract**: "wellbeing" *OR* **Abstract**: "well-being" *OR* **Abstract**: "mood" *OR* **Abstract**: "depression" *OR* **Abstract**: "depressive" *OR* **Abstract**: "anxiety" *OR* **Abstract**: "anxious" *OR* **Abstract**: "anxiolytic" *OR* **Abstract**: "quality of life" *OR* **Abstract**: "life quality" *OR* **Abstract**: "self-rated health" *OR* **Abstract**: "self esteem" *OR* **Abstract**: "confidence" *OR* **Abstract**: "helplessness" *OR* **Abstract**: "hopelessness" *OR* **Abstract**: "resilience" *OR* **Abstract**: "positive affect" *OR* **Abstract**: "negative affect" *OR* **Abstract**: "coping" *OR* **Abstract**: "panic" *OR* **Abstract**: "suicide" *OR* **Abstract**: "self-harm" *AND* **Abstract**: "trial" *OR* **Abstract**: "study" *OR* **Abstract**: "controlled" *OR* **Abstract**: "randomised" *OR* **Abstract**: "randomized" *OR* **Abstract**: "randomly" *OR* **Abstract**: "comparison" *OR* **Abstract**: "compared" *OR* **Abstract**: "pragmatic"