

Additional file 2 – 251 sample studies

Random Number	doi or PMID	Primary	Secondary	excluded	reason for exclusion
24	10.1037//0278-6133.9.3.237		1		
25	10.1016/0277-9536(90)90118-c	1			
47	10.1007/BF00848378	1			
56	10.1093/geront/32.4.444	1			
61	PMID: 1293426	1			
96	10.1006/pmed.1995.1083		1		
114	10.4278/0890-1171-10.5.371	1			
135	10.1006/pmed.1997.0141	1			
136	10.1097/00008483-199705000-00001		1		
138	10.1007/BF02892289			1	review
139	10.1177/089826439700900306	1			
140	10.1080/02701367.1997.10608003	1			
180	PMID: 1287009			1	review
187	10.1002/j.1550-8528.1999.tb00408.x		1		
200	PMID: 10689987			1	self-efficacy toward non-exercise
206	<a href="https://doi.org/10.1002/1529-0131(199910)12:5<336::aid-art5>3.0.co;2-e">10.1002/1529-0131(199910)12:5<336::aid-art5>3.0.co;2-e	1			
215	10.3928/0098-9134-20000301-08	1			
217	10.1007/BF02895777	1			
218	10.1378/chest.117.5.1359		1		
221	10.1177/014572170002600312		1		
237	10.1207/S15324796ABM23013	1			
244	10.1080/02701367.2001.10608930		1		
254	10.1177/089826430101300207	1			
258	10.2466/pms.2001.92.3c.1129	1			
295	10.1080/073993302317346325			1	self-efficacy toward non-exercise
300	10.3928/0098-9134-20020601-10	1			
308	10.1080/026404102320219400	1			
338	10.1348/014466603763276162		1		
356	PMID: 12937530			1	self-efficacy toward non-exercise
363	10.1055/s-2003-40706	1			
396	10.3200/JRLP.138.1.35-48	1			
397	PMID: 15230025	1			
447	10.1159/000080175			1	self-efficacy toward non-exercise
456	10.1097/01.jnr.0000387510.52243.c8		1		
457	10.4040/jkan.2004.34.7.1277		1		

487	PMID: 16028726		1	self-efficacy toward non-exercise
488	10.1037/0882-7974.20.2.272		1	meta-analysis
502	10.1207/s15324796abm3001_4	1		
505	10.4040/jkan.2005.35.5.787		1	self-efficacy toward non-exercise
528	10.1016/j.jadohealth.2004.09.019	1		
538	10.1249/01.mss.0000183373.95206.2f	1		
541	10.4278/0890-1171-20.3.200	1		
569	10.1002/j.2048-7940.2006.tb00016.x	1		
571	10.5555/ajhb.2006.30.3.290	1		
627	10.1136/bjbm.28.3.160	1		
633	10.1123/jsep.34.6.737		1	self-efficacy toward non-exercise
635	10.1080/13548500903111806		1	
647	10.1016/j.srhc.2020.100542		1	
648	10.1186/s12891-019-2714-x		1	protocol
658	PMID: 27182388		1	
661	10.1080/02701367.2011.10599726		1	
683	10.1097/SMJ.0b013e3181f6d3d4		1	
690	PMID: 1735658		1	
695	10.1123/jsep.2017-0155		1	meta-analysis
699	10.22605/RRH5419	1		
702	10.1016/j.jadohealth.2003.07.025	1		
724	10.1016/j.pain.2004.03.022		1	
734	10.1111/j.1745-7599.2012.00794.x		1	
780	PMID: 25123117		1	
789	10.1007/BF03324665	1		
792	10.1080/02640414.2019.1570590	1		
794	10.3390/medicina56080404	1		
798	10.1080/09638288.2019.1631397		1	
822	10.1177/2050312116668933		1	
827	10.1177/1090198116648266	1		
835	10.1123/jsep.33.3.394	1		
839	10.1155/2020/6215428		1	qualitative case study
846	10.1016/j.apmr.2009.06.019		1	
867	10.1155/2013/282315	1		
882		1		
	PMID: 1293426			
891	PMID: 7950092		1	
893	10.14283/jfa.2012.29	1		
907	10.3390/ijerph17186745	1		
922	10.2174/1745017901713010200		1	

954	10.4278/ajhp.091214-QUAN-393	1		
959	10.1016/j.bodyim.2014.02.004	1		
992	10.1016/j.maturitas.2017.09.003		1	review
1000	10.1111/j.1600-0838.2012.01490.x		1	
1003	10.1177/1054773820967699		1	
1015	10.3389/fpsyg.2018.02402	1		
1032	10.1188/13.ONF.472-480		1	
1058	10.1016/j.ejcnurse.2010.06.005		1	
1060	10.1016/j.enfcli.2015.02.001		1	
1092	10.1097/PEP.0b013e3181705814	1		
1121	10.31616/asj.2018.0172		1	protocol
1145	10.1519/JSC.0000000000002285	1		
1147	10.3389/fpsyg.2019.01495	1		
1171	10.4103/ijoy.IJOY_49_18		1	no self-efficacy measured
1179	10.1177/0193945918818183		1	
1228	10.1007/s11916-019-0750-8		1	review
1244	10.1111/bjhp.12343	1		
1266	10.1097/WON.0b013e3182648055		1	
1268	10.1186/s12955-018-1066-9		1	review
1269	10.3390/sports7010003	1		
1280	10.1016/j.ijnurstu.2018.08.009		1	
1337	10.1177/1054773816683504		1	
1352	10.3389/fpsyg.2018.01174	1		
1353	10.2196/formative.9963		1	self-efficacy toward non-exercise review
1360	10.1080/09593985.2017.1422204		1	review
1377	10.1038/s41533-018-0085-7		1	review
1395	10.1186/s12884-018-1771-8		1	
1400	10.1371/journal.pone.0068091		1	no self-efficacy measured
1407	10.1097/JCN.0000000000000456		1	
1427	10.1016/j.dhjo.2017.09.001		1	qualitative study
1443	10.1007/s10484-017-9386-9	1		
1457	10.1186/s12891-018-1965-2		1	protocol
1478	10.1093/geroni/igy007		1	no self-efficacy measured
1500	10.2196/mhealth.6394		1	
1513	10.1177/0193945916678374		1	
1520	10.1093/geront/gnw105	1		
1534	10.1136/bmjopen-2017-016966		1	
1556	10.3390/ijerph14080862	1		
1561	10.1016/j.joca.2017.03.007	1		
1562	10.23736/S1973-9087.17.04482-3		1	
1571	10.1016/j.ptsp.2017.05.004		1	

1574	10.5271/sjweh.3634	1		
1594	10.1007/s10865-017-9822-6		1	
1613	10.1186/s40945-017-0032-x		1	
1614	10.1136/bmjopen-2016-013121		1	
1617	10.1891/1061-3749.25.1.22		1	
1620	10.1111/ijn.12519		1	
1630	10.1177/0269215516649226		1	
1640	10.1089/acm.2016.0303		1	self-efficacy toward non-exercise protocol
1684	10.2196/resprot.6402		1	
1690	10.1080/02701367.2016.1233314	1		
1768	10.2147/PPA.S106938		1	
1826	10.1097/HCR.00000000000000170		1	
1829	10.1177/1359105314536452		1	
1842	10.1123/jpah.2015-0108	1		
1878	10.2196/jmir.5235	1		
1889	10.2340/16501977-2041		1	self-efficacy toward non-exercise review
1896	10.1146/annurev-psych-122414-033237		1	
1911	10.1016/j.ypped.2015.08.011		1	self-efficacy toward non-exercise
1912	10.1016/j.appet.2015.07.012		1	self-efficacy toward non-exercise review
1933	10.1164/rccm.201505-0929CI		1	
1981	10.1089/pop.2014.0120		1	
1987	PMID: 26360967	1		
1994	10.1016/j.jphys.2015.05.007		1	
2007	10.4040/jkan.2015.45.3.329		1	
2011	10.1093/rheumatology/keu444		1	
2013	10.1007/s40519-014-0159-7		1	
2020	10.1186/s12966-015-0219-z	1		
2023	10.1016/j.enfcli.2015.02.001		1	
2059	10.1007/s00520-014-2422-x		1	
2060	10.1038/jhh.2014.58		1	
2064	10.3389/fpsyg.2015.00121	1		
2070	10.1002/oby.20945		1	self-efficacy toward non-exercise
2077	10.1080/17430437.2014.997586	1		
2082	10.1891/0886-6708.VV-D-13-00174		1	self-efficacy toward non-exercise
2090	10.1159/000381473	1		
2103	10.1080/08964289.2014.914463		1	
2112	10.1016/j.amepre.2014.08.005		1	self-efficacy toward non-exercise
2128	10.1177/0145721714551992		1	
2141	PMID: 25612395	1		
2152	10.2196/jmir.3340		1	

2159	10.1177/0269215514527843		1	review
2164	10.1186/1745-6215-15-337		1	
2180	10.1007/s10865-013-9526-5	1		
2208	10.1007/s10067-013-2377-1		1	self-efficacy toward non-exercise
2229	10.1111/hae.12355		1	
2230	10.1016/j.outlook.2013.09.003		1	self-efficacy toward non-exercise
2241	10.1089/g4h.2013.0066		1	no self-efficacy measured
2254	10.1002/14651858.CD008963.pub2		1	review
2256	10.1038/nutd.2013.42		1	
2257	10.1080/21642850.2014.924858	1		
2268	10.3138/ptc.2012-56BC		1	
2314	10.1186/1471-2393-13-184		1	protocol
2330	PMID: 24194800		1	review
2334	10.1002/14651858.CD010842.pub2		1	review
2349	10.1016/j.apmr.2017.12.037		1	
2352	10.1016/j.genhosppsy.2018.03.006		1	
2369	10.1016/j.ejon.2018.02.009		1	
2397	10.1097/JCN.0000000000000491		1	
2408	10.1186/s12889-018-5850-6	1		
2431	10.1016/j.pec.2018.05.011		1	review
2443	10.2196/10698		1	
2450	10.1515/ijamh-2018-0038	1		
2465	10.1177/0733464816672048	1		
2488	10.1177/0890117118770106	1		
2490	10.1016/j.appet.2018.08.009		1	self-efficacy toward non-exercise
2493	10.1016/j.rehab.2018.09.005		1	
2499	10.31372/20190401.1000	1		
2516	10.1186/s12884-019-2185-y		1	review
2517	10.3389/fnins.2019.00058		1	no self-efficacy measured
2553	10.1097/JNN.0000000000000425		1	
2570	10.1177/0886260516658759		1	self-efficacy toward non-exercise
2572	10.1111/hsc.12697		1	self-efficacy toward non-exercise
2583	10.1016/j.dsx.2019.05.010		1	
2603	10.1123/japa.2019-0116		1	self-efficacy toward non-exercise
2614	10.1016/j.cct.2019.05.005	1		
2615	10.1016/j.healthplace.2019.05.014		1	review

2619	10.3310/hta23360		1	self-efficacy toward non-exercise protocol
2631	10.31616/asj.2018.0172		1	
2633	10.1111/ijn.12742	1		
2655	10.1111/ggi.13733		1	no self-efficacy measured
2674	10.1016/j.ctim.2019.07.008		1	
2681	PMID: 33240353	1		
2709	10.1016/j.neubiorev.2019.09.040		1	review
2720	10.1080/08964289.2018.1561411		1	
2739	10.1007/s10865-019-00051-2	1		
2773	10.1016/j.pmedr.2019.101027	1		
2790	10.1002/14651858.CD010215.pub2		1	review
2804	10.1111/sms.13613		1	self-efficacy toward non-exercise
2816	10.4040/jkan.2020.50.2.271		1	
2819	10.2196/12566		1	no self-efficacy measured
2824	10.1123/japa.2018-0413	1		
2836	10.1371/journal.pone.0232752		1	
2837	10.3390/ijerph17093260		1	
2839	10.1186/s12913-020-05292-5		1	self-efficacy toward non-exercise
2840	10.1186/s12877-020-01557-0		1	no physical exercise
2851	10.1111/scs.12738		1	no physical exercise
2857	10.1080/0142159X.2020.1732316		1	no physical exercise
2895	10.4103/jehp.jehp_88_20		1	
2911	10.1093/her/cyaa013		1	
2949	10.3389/fpsyg.2020.02079	1		
2954	10.2196/17835	1		
2956	10.1515/jcim-2019-0064		1	
2976	PMID: 32877481	1		
2987	10.3390/jcm9103348		1	
3010	10.3390/ijerph17218232		1	
3020	10.1186/s12966-020-01063-x		1	
3026	10.1080/10872981.2020.1759868	1		
3031	10.1002/jdd.12336		1	no physical exercise
3035	10.1016/j.thromres.2020.09.016		1	
3057	10.1177/14799731211038673		1	self-efficacy toward non-exercise
3066	10.4103/1735-9066.307346		1	erratum
3115	10.1097/HCR.0000000000000594		1	no self-efficacy measured
3128	10.3389/fpsyg.2021.635651	1		

3131	10.1136/bmjopen-2020-046021		1	protocol
3133	10.1136/bmjopen-2020-048196		1	protocol
3150	10.4040/jkan.20217		1	self-efficacy toward non- exercise
3163	10.3390/ijerph18094794		1	self-efficacy toward non- exercise
3185	10.3390/ijerph18105359		1	review
3198	10.1001/jamainternmed.2021.0991		1	
3214	PMID: 34306510		1	
3216	10.2196/28708		1	
3220	10.1186/s12889-021-11299-2	1		
3229	10.1016/j.jcot.2021.04.007		1	review
3239	10.1186/s12885-021-08394-3		1	review
3255	10.1016/j.msksp.2021.102380		1	qualitative study
3365	10.1097/NRL.00000000000000364		1	self-efficacy toward non- exercise
3371	10.1016/j.pec.2021.04.017		1	qualitative study
3373	10.1080/02640414.2021.1957584	1		
3378	10.1002/rth2.12622	1		
3400	10.1002/jor.25072		1	self-efficacy toward non- exercise
3410	10.3389/fpsyg.2021.794777		1	
3423	10.1080/09638288.2020.1781940		1	qualitative study
3427	10.1007/s10926-021-09962-x		1	review
3430	10.1002/pon.5820		1	
3437	10.1080/17461391.2021.1880645	1		
3438	10.1007/s10903-021-01194-8		1	
		80	92	79