

**Supplementary File 1. Search strategies****Ovid MEDLINE(R) ALL**

- 1 exp Nutrition Therapy/
- 2 exp Diet/
- 3 diet therapy.fs.
- 4 exp Dietary Supplements/
- 5 (nutrition or diet or dietary or nutritional or probiotic\*).tw,kf.
- 6 1 or 2 or 3 or 4 or 5
- 7 (physical therap\* or physiotherap\* or physio therap\*).ti,ab,kf.
- 8 Physical Therapists/ or Physical Therapy Modalities/
- 9 Physical Therapy Specialty/
- 10 occupational therap\*.ti,ab,kf.
- 11 exp Physical Therapy Modalities/
- 12 Occupational Therapy/
- 13 exp balneology/ or Massage/ or Hyperthermia, Induced/ or baths/ or vocational rehabilitation/ or recreation therapy/ or splints/ or orthotic devices/ or energy metabolism/ or podiatry/ or cryotherapy/
- 14 (hydrotherapy or balneology or balneotherapy or massage\* or skin mobilization or thermotherapy or induced hyperthermia or paraffin wax or wax bath\* or recreation therapy or splint\* or orthotic\* or joint protection or activity pacing or energy conservation or podiatr\* or foot care or cryotherap\*).tw,kf.
- 15 7 or 8 or 9 or 10 or 11 or 12 or 13 or 14
- 16 exp Adaptation, Psychological/
- 17 exp Psychotherapy/
- 18 exp Counseling/
- 19 "Self-Help Groups"/
- 20 "Social Support"/
- 21 Patient Education as Topic/ or "Early intervention (education)"/
- 22 ((non-surgical or psychological or behavio\*r or behavio\*ral or cognitive or psychosocial or psycho-social or psychoeducation\*) adj3 (intervention\* or treatment\* or therap\* or program\* or modification)).tw,kf.
- 23 (Coping adj (skill\* or behavio?r\*)).tw,kf.
- 24 Mindfulness.tw,kf. or mindfulness/
- 25 Patient education.tw,kf.
- 26 (group therapy or support group\* or self help group\*).tw,kf.
- 27 ((peer or psychosocial or social or patient) adj support).tw,kf.
- 28 (Psychotherapy or psychotherapies or CBT).tw,kf.
- 29 counsel\*ing.tw,kf.
- 30 self-management.tw,kf.
- 31 psychoeducation.tw,kf.
- 32 exp health education/ or self care/ or self management/ or Self-Help Devices/
- 33 (assistive technolog\* or assistive device\* or education\* or health literacy or health information or self care or Self-Help Device\*).tw,kf.
- 34 or/16-33

- 35 telemedicine/ or telerehabilitation/ or remote consultation/ or cell phone/ or text  
messaging/  
36 ((mobile adj1 (health or rehabilitation)) or tele health or telehealth or telemedicine or e-  
health or ehealth or m-health or mhealth or mobile based or (virtual adj1 (medicine or  
rehabilitation)) or ((remote or distance) adj1 (medicine or rehabilitation or consultation))  
or videoconferenc\* or video conferenc\* or tele conferenc\* or teleconferenc\* or tele  
education or tele-education or telementoring or tele-mentoring or tele-care or telecare or  
live video\*).tw,kf.  
37 (cell phone\* or text messag\*).tw,kf.  
38 35 or 36 or 37  
39 Dental Health Services/ or Oral Health/ or Oral Hygiene/ or dental care/ or dental care for  
chronically ill/ or dental care for disabled/  
40 ((Oral or dental or periodontal or Gingival) adj2 (rehabilitation or health or pathology or  
hygiene or care or therap\* or treatment\* or activit\* or exercise\* or disease\*).tw,kf.  
41 39 or 40  
42 exp Exercise/ or exp Exercise Therapy/ or physical endurance/ or sports/ or motor  
activity/ or physical fitness/  
43 (exercis\* or stretching or resistance training or strength training or running or jogging or  
swimming or walking or physical endurance or sports or sport or physical activity or  
treadmill\* or bicycling or cycling or physical conditioning or muscle strength\*).tw,kf.  
44 42 or 43  
45 ((non pharmacological or nonpharmacological or multidisciplinary or multicomponent or  
interdisciplinary or multimodal) adj (treatment or intervention or therap\* or  
management)).tw,kf.  
46 \*Rehabilitation/ or rehabilitation.fs. or rehabilitation.tw,kf.  
47 45 or 46  
48 Acupuncture Therapy/ or Cupping Therapy/ or Dry Needling/ or Bioresonance Therapy/  
or Homeopathy/ or Medicine, Traditional/ or exp Mind-Body Therapies/ or exp  
Musculoskeletal Manipulations/ or Naturopathy/ or Prolotherapy/ or Reflexotherapy/ or  
exp Sensory Art Therapies/ or Spiritual Therapies/ or exp phototherapy/ or laser therapy/  
49 (Acupuncture or Cupping or Dry Needling or Bioresonance or Homeopath\* or  
Traditional medicine or Mind-Body Therap\* or Aromatherap\* or Biofeedback or  
Breathing or Hypnosis or Imagery or Laughter Therap\* or Meditation or Mental Healing  
or Psychodrama or Psychophysiology or Relaxation Therap\* or Tai Ji or Tai chi or  
Therapeutic Touch\* or Yoga or Musculoskeletal Manipulation\* or applied Kinesiology  
or Chiropractic or Osteopathic or Soft Tissue therap\* or Naturopath\* or Prolotherap\* or  
Reflexotherap\* or Sensory Art Therap\* or Acoustic Stimulation or Art Therap\* or Color  
Therap\* or Dance Therap\* or Music Therap\* or Play Therap\* or Spiritual Therap\* or  
Relaxation Technique\* or reflexolog\* or phototherap\* or light therap\* or laser\*).tw,kf.  
50 ((Alternative or Complementary) adj2 (medicine or therap\* or treatment\*).tw,kf. 61064  
51 48 or 49  
52 6 or 15 or 34 or 38 or 41 or 44 or 47 or 51  
53 exp Scleroderma, Systemic/ or (scleroderma\* or systemic sclerosis or CREST  
syndrome\*).ti,ab,kf.  
54 52 and 53  
55 randomized controlled trial.pt.

- 56 controlled clinical trial.pt.
- 57 randomi?ed.ab.
- 58 placebo.ab.
- 59 drug therapy.fs.
- 60 randomly.ab.
- 61 trial.ab.
- 62 groups.ab.
- 63 or/55-62
- 64 exp animals/ not humans.sh.
- 65 63 not 64
- 66 54 and 65

### EMBASE

- 1 exp \*diet therapy/
- 2 exp \*diet/
- 3 \*dietary supplement/
- 4 (nutrition or diet or dietary or nutritional or probiotic\*).tw,kw.
- 5 1 or 2 or 3 or 4
- 6 exp \*physiotherapy/
- 7 \*physiotherapist/
- 8 \*occupational therapy/
- 9 occupational therap\*.tw,kw.
- 10 (physical therap\* or physiotherap\* or physio therap\*).tw,kw.
- 11 exp \*balneotherapy/
- 12 exp \*massage/
- 13 exp \*bath/
- 14 \*vocational rehabilitation/
- 15 \*recreational therapy/
- 16 exp \*splint/
- 17 exp \*orthosis/
- 18 \*energy conservation/
- 19 \*podiatry/
- 20 \*cryotherapy/
- 21 exp \*thermotherapy/
- 22 \*induced hypothermia/
- 23 \*foot care/
- 24 or/6-23
- 25 \*coping behavior/ or \*meaning-making/ or \*stress management/
- 26 exp \*psychotherapy/
- 27 exp \*counseling/

- 28 exp \*self help/  
29 \*social support/  
30 \*patient education/  
((non-surgical or psychological or behavior\* or behavior\*ral or cognitive or psychosocial or  
31 psycho-social or psychoeducation\*) adj3 (intervention\* or treatment\* or therap\* or  
program\* or modification)).tw,kw.  
32 (Coping adj (skill\* or behavior\*r\*)).tw,kw.  
33 exp \*mindfulness/  
34 (Patient education or mindfulness).tw,kw.  
35 (group therapy or support group\* or self help group\*).tw,kw.  
36 ((peer or psychosocial or social or patient) adj support).tw,kw.  
37 (Psychotherapy or psychotherapies or CBT).tw,kw.  
38 counsel\*ing.tw,kw.  
39 self-management.tw,kw.  
40 psychoeducation.tw,kw.  
41 exp \*health education/  
42 \*self care/  
43 \*self help device/  
44 (assistive technolog\* or assistive device\* or education\* or health literacy or health  
information or self care or Self-Help Device\*).tw,kw.  
45 or/25-44  
46 exp \*telemedicine/  
47 exp \*mobile phone/  
48 \*text messaging/  
((mobile adj1 (health or rehabilitation)) or tele health or telehealth or telemedicine or e-  
health or ehealth or m-health or mhealth or mobile based or (virtual adj1 (medicine or  
49 rehabilitation)) or ((remote or distance) adj1 (medicine or rehabilitation or consultation)) or  
videoconferenc\* or video conferenc\* or tele conferenc\* or teleconferenc\* or tele education  
or tele-education or telementoring or tele-mentoring or tele-care or telecare or live  
video\*).tw,kw.  
50 (cell phone\* or text messag\*).tw,kw.  
51 or/46-50  
52 \*dental procedure/  
53 \*mouth hygiene/  
54 ((Oral or dental or periodontal or Gingival) adj2 (rehabilitation or health or pathology or  
hygiene or care or therap\* or treatment\* or activit\* or exercise\* or disease\*)).tw,kw.  
55 or/52-54  
56 exp \*exercise/  
57 exp \*kinesiotherapy/  
58 exp \*sport/

59 exp \*motor activity/  
60 \*fitness/  
(exercis\* or stretching or resistance training or strength training or running or jogging or  
61 swimming or walking or physical endurance or sports or sport or physical activity or  
treadmill\* or bicycling or cycling or physical conditioning or muscle strength\*).tw,kw.  
62 or/56-61  
((non pharmacological or nonpharmacological or multidisciplinary or multicomponent or  
63 interdisciplinary or multimodal) adj (treatment or intervention or therap\* or  
management)).tw,kw.  
64 \*Rehabilitation/  
65 rehabilitation.fs.  
66 rehabilitation.tw,kw.  
((non pharmacological or nonpharmacological or multidisciplinary or multicomponent or  
67 interdisciplinary or multimodal) adj (treatment or intervention or therap\* or  
management)).tw,kw.  
68 or/63-67  
69 exp \*acupuncture/  
70 \*alternative medicine/ or \*bioresonance therapy/ or \*cupping therapy/ or dry needling/ or  
\*homeopathy/ or \*naturopathy/ or \*prolotherapy/  
71 exp \*musculoskeletal manipulation/  
72 \*art therapy/  
73 \*spiritual healing/  
74 exp \*phototherapy/  
(Acupuncture or Cupping or Dry Needling or Bioresonance or Homeopath\* or Traditional  
medicine or Mind-Body Therap\* or Aromatherap\* or Biofeedback or Breathing or  
Hypnosis or Imagery or Laughter Therap\* or Meditation or Mental Healing or  
Psychodrama or Psychophysiology or Relaxation Therap\* or Tai Ji or Tai chi or  
75 Therapeutic Touch\* or Yoga or Musculoskeletal Manipulation\* or applied Kinesiology or  
Chiropractic or Osteopathic or Soft Tissue therap\* or Naturopath\* or Prolotherap\* or  
Reflexotherap\* or Sensory Art Therap\* or Acoustic Stimulation or Art Therap\* or Color  
Therap\* or Dance Therap\* or Music Therap\* or Play Therap\* or Spiritual Therap\* or  
Relaxation Technique\* or reflexolog\* or phototherap\* or light therap\* or laser\*).tw,kw.  
76 ((Alternative or Complementary) adj2 (medicine or therap\* or treatment\*)).tw,kw.  
77 or/69-76  
78 5 or 24 or 45 or 51 or 62 or 68 or 77  
79 exp \*scleroderma/  
80 (scleroderma\* or systemic sclerosis or CREST syndrome\*).tw,kw.  
81 79 or 80  
82 78 and 81  
83 "randomized controlled trial (topic)"/  
84 Randomized Controlled Trial/

85 Randomization/  
86 Double Blind Procedure/  
87 single blind procedure/  
88 placebo/  
89 (random\* or sham or placebo\*).ti,ab,hw.  
90 ((singl\* or doubl\*) adj (blind\* or dumm\* or mask\*)).ti,ab,hw.  
91 ((tripl\* or trebl\*) adj (blind\* or dumm\* or mask\*)).ti,ab,hw.  
92 or/83-91  
93 82 and 92  
    (201403\* or 201404\* or 201405\* or 201406\* or 201407\* or 201408\* or 201409\* or  
94 201410\* or 201411\* or 201412\* or 2015\* or 2016\* or 2017\* or 2018\* or 2019\* or  
    2020\*).dc.  
95 93 and 94

#### PsycInfo

1 Nutrition/  
2 exp dietary supplements/  
3 Diets/  
4 (nutrition or diet or dietary or nutritional or probiotic\*).tw,id.  
5 1 or 2 or 3 or 4  
6 physical therapy/  
7 (physical therap\* or physiotherap\* or physio therap\*).tw,id.  
8 occupational therapy/  
9 occupational therap\*.tw,id.  
10 Massage/  
11 vocational rehabilitation/ or disability management/ or rehabilitation counseling/  
12 recreation therapy/ or creative arts therapy/ or exp adventure therapy/ or art therapy/ or  
    dance therapy/ or horticulture therapy/ or movement therapy/ or music therapy/  
    (hydrotherapy or balneology or balneotherapy or massage\* or skin mobilization or  
13 thermotherapy or induced hyperthermia or paraffin wax or wax bath\* or recreation therapy  
    or splint\* or orthotic\* or joint protection or activity pacing or energy conservation or  
    podiatr\* or foot care or cryotherap\*).tw,id.  
14 6 or 7 or 8 or 9 or 10 or 11 or 12 or 13  
15 coping behavior/ or emotional adjustment/  
16 exp psychotherapy/  
17 exp counseling/  
18 exp Support Groups/ or exp Self-Help Techniques/  
19 exp Social Support/  
20 client education/

- 21 mindfulness/ or mindfulness-based interventions/  
((non-surgical or psychological or behavio\*r or behavio\*ral or cognitive or psychosocial or  
22 psycho-social or psychoeducation\*) adj3 (intervention\* or treatment\* or therap\* or  
program\* or modification)).tw,id.  
23 (Coping adj (skill\* or behavio?r\*)).tw,id.  
24 Mindfulness.tw,id.  
25 Patient education.tw,id.  
26 (group therapy or support group\* or self help group\*).tw,id.  
27 ((peer or psychosocial or social or patient) adj support).tw,id.  
28 (Psychotherapy or psychotherapies or CBT).tw,id.  
29 counsel\*ing.tw,id.  
30 self-management.tw,id.  
31 psychoeducation.tw,id.  
32 health education/  
33 (assistive technolog\* or assistive device\* or education\* or health literacy or health  
information or self care or Self-Help Device\*).tw,id.  
34 assistive technology/ or medical therapeutic devices/  
35 or/15-34  
36 exp telemedicine/  
37 exp mobile phones/ or text messaging/  
((mobile adj1 (health or rehabilitation)) or tele health or telehealth or telemedicine or e-  
health or ehealth or m-health or mhealth or mobile based or (virtual adj1 (medicine or  
38 rehabilitation)) or ((remote or distance) adj1 (medicine or rehabilitation or consultation)) or  
videoconferenc\* or video conferenc\* or tele conferenc\* or teleconferenc\* or tele education  
or tele-education or telementoring or tele-mentoring or tele-care or telecare or live  
video\*).tw,id.  
39 (cell phone\* or text messag\*).tw,id.  
40 36 or 37 or 38 or 39  
41 exp Oral Health/  
42 exp Dental Treatment/  
43 exp Dental Health/  
44 ((Oral or dental or periodontal or Gingival) adj2 (rehabilitation or health or pathology or  
hygiene or care or therap\* or treatment\* or activit\* or exercise\* or disease\*)).tw,id.  
45 41 or 42 or 43 or 44  
46 exp exercise/  
47 exp Physical Endurance/  
48 exp Sports/  
49 exp Physical Fitness/

- (exercis\* or stretching or resistance training or strength training or running or jogging or  
 50 swimming or walking or physical endurance or sports or sport or physical activity or  
 treadmill\* or bicycling or cycling or physical conditioning or muscle strength\*).tw,id.  
 51 46 or 47 or 48 or 49 or 50  
 52 rehabilitation/ or cognitive rehabilitation/ or psychosocial rehabilitation/  
 (((non pharmacological or nonpharmacological or multidisciplinary or multicomponent or  
 53 interdisciplinary or multimodal) adj (treatment or intervention or therap\* or management))  
 or rehabilitation).tw,id.  
 54 52 or 53  
 55 alternative medicine/ or acupuncture/ or faith healing/  
 56 exp Phototherapy/  
 57 exp Laser Irradiation/  
 58 mind body therapy/  
 59 exp Yoga/  
 (Acupuncture or Cupping or Dry Needling or Bioresonance or Homeopath\* or Traditional  
 medicine or Mind-Body Therap\* or Aromatherap\* or Biofeedback or Breathing or  
 Hypnosis or Imagery or Laughter Therap\* or Meditation or Mental Healing or  
 Psychodrama or Psychophysiology or Relaxation Therap\* or Tai Ji or Tai chi or  
 60 Therapeutic Touch\* or Yoga or Musculoskeletal Manipulation\* or applied Kinesiology or  
 Chiropractic or Osteopathic or Soft Tissue therap\* or Naturopath\* or Prolotherap\* or  
 Reflexotherap\* or Sensory Art Therap\* or Acoustic Stimulation or Art Therap\* or Color  
 Therap\* or Dance Therap\* or Music Therap\* or Play Therap\* or Spiritual Therap\* or  
 Relaxation Technique\* or reflexolog\* or phototherap\* or light therap\* or laser\*).tw,id.  
 61 ((Alternative or Complementary) adj2 (medicine or therap\* or treatment\*)).tw,id.  
 62 or/55-61  
 63 (scleroderma\* or systemic sclerosis or CREST syndrome\*).tw,id.  
 64 skin disorders/  
 65 "Sclerosis (Nervous System)"/  
 66 63 or 64 or 65  
 67 14 or 35 or 40 or 45 or 51 or 54 or 62  
 68 66 and 67  
 (201403\* or 201404\* or 201405\* or 201406\* or 201407\* or 201408\* or 201409\* or  
 69 201410\* or 201411\* or 201412\* or 2015\* or 2016\* or 2017\* or 2018\* or 2019\* or  
 2020\*).up.  
 70 68 and 69

## CINAHL

Search ID#	Search Terms
S89	S87 AND S88

S88	EM 20140301-2020*
S87	S74 AND S86
S86	S75 OR S76 OR S77 OR S78 OR S79 OR S80 OR S81 OR S82 OR S83 OR S84 OR S85
S85	TX allocat* random*
S84	(MH "Quantitative Studies")
S83	(MH "Placebos")
S82	TX placebo*
S81	TX random* allocat*
S80	(MH "Random Assignment")
S79	TX randomi* control* trial*
S78	S4 TX ( (singl* n1 blind*) or (singl* n1 mask*) ) or TX ( (doubl* n1 blind*) or (doubl* n1 mask*) ) or TX ( (tripl* n1 blind*) or (tripl* n1 mask*) ) or TX ( (trebl* n1 blind*) or (trebl* n1 mask*) )
S77	TX clinic* n1 trial*
S76	PT Clinical trial
S75	(MH "Clinical Trials+")
S74	S72 AND S73
S73	S6 OR S18 OR S36 OR S42 OR S47 OR S54 OR S58 OR S69
S72	S70 OR S71
S71	TI ( (scleroderma* or systemic sclerosis or CREST syndrome*) ) OR AB ( (scleroderma* or systemic sclerosis or CREST syndrome*) )
S70	(MH "Scleroderma, Systemic+")
S69	S59 OR S60 OR S61 OR S62 OR S63 OR S64 OR S65 OR S66 OR S67 OR S68
S68	TI ( ((Alternative or Complementary) N2 (medicine or therap* or treatment*)) ) OR AB ( ((Alternative or Complementary) N2 (medicine or therap* or treatment*)) )
S67	TI ( (Acupuncture or Cupping or Dry Needling or Bioresonance or Homeopath* or Traditional medicine or Mind-Body Therap* or Aromatherap* or Biofeedback or Breathing or Hypnosis or Imagery or Laughter Therap* or Meditation or Mental Healing or Psychodrama or Psychophysiology or Relaxation Therap* or Tai Ji or Tai chi or Therapeutic Touch* or Yoga or Musculoskeletal

	Manipulation* or applied Kinesiology or Chiropractic or Osteopathic or Soft Tissue therap* or Naturopath* or Prolotherap* or Reflexotherap* or Sensory Art Therap* or Acoustic Stimulation or Art Therap* or Color Therap* or Dance Therap* or Music Therap* or Play Therap* or Spiritual Therap* or Relaxation Technique* or reflexolog* or phototherap* or light therap* or laser*) ) OR AB ( (Acupuncture or Cupping or Dry Needling or Bioresonance or Homeopath* or Traditional medicine or Mind-Body Therap* or Aromatherap* or Biofeedback or Breathing or Hypnosis or Imagery or Laughter Therap* or Meditation or Mental Healing or Psychodrama or Psychophysiology or Relaxation Therap* or Tai Ji or Tai chi or Therapeutic Touch* or Yoga or Musculoskeletal Manipulation* or applied Kinesiology or Chiropractic or Osteopathic or Soft Tissue therap* or Naturopath* or Prolotherap* or Reflexotherap* or Sensory Art Therap* or Acoustic Stimulation or Art Therap* or Color Therap* or Dance Therap* or Music Therap* or Play Therap* or Spiritual Therap* or Relaxation Technique* or reflexolog* or phototherap* or light therap* or laser*) )
S66	(MH "Laser Therapy+")
S65	(MH "Phototherapy+")
S64	(MH "Prolotherapy")
S63	(MH "Manual Therapy")
S62	(MH "Mind Body Techniques+")
S61	(MH "Dry Needling")
S60	(MH "Cupping Therapy")
S59	(MH "Acupuncture") OR (MH "Homeopathy") OR (MH "Medicine, Traditional") OR (MH "Naturopathy") OR (MH "Alternative Therapies")
S58	S55 OR S56 OR S57
S57	TI rehabilitation OR AB rehabilitation
S56	MW "RH"
S55	TI ( ((non pharmacological or nonpharmacological or multidisciplinary or multicomponent or interdisciplinary or multimodal) N1 (treatment or intervention or therap* or management)) ) OR AB ( ((non pharmacological or nonpharmacological or multidisciplinary or multicomponent or interdisciplinary or multimodal) N1 (treatment or intervention or therap* or management)) )
S54	S48 OR S49 OR S50 OR S51 OR S52 OR S53

S53	TI ( (exercis* or stretching or resistance training or strength training or running or jogging or swimming or walking or physical endurance or sports or sport or physical activity or treadmill* or bicycling or cycling or physical conditioning or muscle strength* ) ) OR AB ( (exercis* or stretching or resistance training or strength training or running or jogging or swimming or walking or physical endurance or sports or sport or physical activity or treadmill* or bicycling or cycling or physical conditioning or muscle strength* ) )
S52	(MH "Physical Fitness+")
S51	(MH "Motor Activity+")
S50	(MH "Sports+")
S49	(MH "Physical Endurance+")
S48	(MH "Exercise+") OR (MH "Therapeutic Exercise+")
S47	S43 OR S44 OR S45 OR S46
S46	TI ( ((Oral or dental or periodontal or Gingival) N2 (rehabilitation or health or pathology or hygiene or care or therap* or treatment* or activit* or exercise* or disease*)) ) OR AB ( ((Oral or dental or periodontal or Gingival) N2 (rehabilitation or health or pathology or hygiene or care or therap* or treatment* or activit* or exercise* or disease*)) )
S45	(MH "Oral Hygiene")
S44	(MH "Oral Health")
S43	(MH "Dental Health Services+")
S42	S37 OR S38 OR S39 OR S40 OR S41
S41	TI ( (cell phone* or text messag* ) ) OR AB ( (cell phone* or text messag* ) )
S40	TI ( ((mobile N1 (health or rehabilitation)) or tele health or telehealth or telemedicine or e-health or ehealth or m-health or mhealth or mobile based or (virtual N1 (medicine or rehabilitation)) or ((remote or distance) N1 (medicine or rehabilitation or consultation)) or videoconferenc* or video conferenc* or tele conferenc* or teleconferenc* or tele education or tele-education or telementoring or tele-mentoring or tele-care or telecare or live video*) ) OR AB ( ((mobile N1 (health or rehabilitation)) or tele health or telehealth or telemedicine or e-health or ehealth or m-health or mhealth or mobile based or (virtual N1 (medicine or rehabilitation)) or ((remote or distance) N1 (medicine or rehabilitation or consultation)) or videoconferenc* or video conferenc* or tele conferenc* or

	teleconferenc* or tele education or tele-education or telementoring or tele-mentoring or tele-care or telecare or live video*) )
S39	(MH "Cellular Phone+")
S38	(MH "Remote Consultation")
S37	(MH "Telehealth+")
S36	S19 OR S20 OR S21 OR S22 OR S23 OR S24 OR S25 OR S26 OR S27 OR S28 OR S29 OR S30 OR S31 OR S32 OR S33 OR S34 OR S35
S35	(MH "Assistive Technology Devices+")
S34	(MH "Self Care") OR (MH "Self-Management")
S33	(MH "Health Education")
S32	TI ( (assistive technolog* or assistive device* or education* or health literacy or health information or self care or Self-Help Device*) ) OR AB ( (assistive technolog* or assistive device* or education* or health literacy or health information or self care or Self-Help Device*) )
S31	TI ( (Psychotherapy or psychotherapies or CBT or counsel*ing or self-management or psychoeducation) ) OR AB ( (Psychotherapy or psychotherapies or CBT or counsel*ing or self-management or psychoeducation) )
S30	TI ( ((peer or psychosocial or social or patient) N1 support) ) OR AB ( ((peer or psychosocial or social or patient) N1 support) )
S29	TI ( (group therapy or support group* or self help group*) ) OR AB ( (group therapy or support group* or self help group*) )
S28	TI ( Patient education or mindfulness ) OR AB ( Patient education or Mindfulness )
S27	(MH "Mindfulness")
S26	TI ( (Coping N1 (skill* or behavio?r*)) ) OR AB ( (Coping N1 (skill* or behavio?r*)) )
S25	TI ( (Coping N (skill* or behavio?r*)) ) OR AB ( (Coping N (skill* or behavio?r*)) )
S24	TI ( ((non-surgical or psychological or behavio*r or behavio*ral or cognitive or psychosocial or psycho-social or psychoeducation*) N3 (intervention* or treatment* or therap* or program* or modification)) ) OR AB ( ((non-surgical or psychological or behavio*r or behavio*ral or cognitive or psychosocial or psycho-social or

	psychoeducation*) N3 (intervention* or treatment* or therap* or program* or modification)) )
S23	(MH "Patient Education+")
S22	(MH "Support Groups+")
S21	(MH "Counseling+")
S20	(MH "Psychotherapy+")
S19	(MH "Adaptation, Psychological+")
S18	S7 OR S8 OR S9 OR S10 OR S11 OR S12 OR S13 OR S14 OR S15 OR S16 OR S17
S17	TI ( hydrotherapy or balneology or balneotherapy or massage* or skin mobilization or thermotherapy or induced hyperthermia or paraffin wax or wax bath* or recreation therapy or splint* or orthotic* or joint protection or activity pacing or energy conservation or podiatr* or foot care or cryotherap* ) OR AB ( hydrotherapy or balneology or balneotherapy or massage* or skin mobilization or thermotherapy or induced hyperthermia or paraffin wax or wax bath* or recreation therapy or splint* or orthotic* or joint protection or activity pacing or energy conservation or podiatr* or foot care or cryotherap* ) )
S16	(MH "Podiatry")
S15	(MH "Energy Conservation, Metabolic")
S14	(MH "Orthoses+")
S13	(MH "Splints")
S12	(MH "Recreational Therapy")
S11	(MH "Rehabilitation, Vocational") OR (MH "Dance Therapy") OR (MH "Home Rehabilitation") OR (MH "Music Therapy") OR (MH "Rehabilitation, Athletic") OR (MH "Rehabilitation, Cognitive") OR (MH "Rehabilitation, Psychosocial") OR (MM "Rehabilitation") OR (MH "Art Therapy") OR (MH "Manual Therapy+")
S10	TI ( (physical therap* or physiotherap* or physio therap* or occupational therap* ) ) OR AB ( (physical therap* or physiotherap* or physio therap* or occupational therap* ) )
S9	(MH "Occupational Therapy+")
S8	(MH "Physical Therapists")
S7	(MH "Physical Therapy+")
S6	S1 OR S2 OR S3 OR S4 OR S5

S5	TI ( (nutrition or diet or dietary or nutritional or probiotic*) ) OR AB ( (nutrition or diet or dietary or nutritional or probiotic*) )
S4	(MW "DH")
S3	(MH "Dietary Supplements+")
S2	(MH "Diet+")
S1	(MH "Diet Therapy+")

### Cochrane Trials

- #1 ((nutrition or diet or dietary or nutritional or probiotic\* or (physical NEXT therap\*) or physiotherap\* or (physio NEXT therap\*) or hydrotherapy or balneology or balneotherapy or massage\* or “skin mobilization” or thermotherapy or “induced hyperthermia” or “paraffin wax” or “wax bath\*” or “recreation therapy” or splint\* or orthotic\* or “joint protection” or “activity pacing” or “energy conservation” or podiatr\* or “foot care” or cryotherap\* or Acupuncture or Cupping or “Dry Needling” or Bioresonance or Homeopath\* or “Traditional medicine” or Aromatherap\* or Biofeedback or Breathing or Hypnosis or Imagery or “Laughter Therap\*” or Meditation or “Mental Healing” or Psychodrama or Psychophysiology or (Relaxation NEXT Therap\*) or “Tai Ji” or “Tai chi” or (Therapeutic NEXT Touch\*) or Yoga or (Musculoskeletal NEXT Manipulation\*) or “applied Kinesiology” or Chiropractic or Osteopathic or (“Soft Tissue” NEXT therap\*) or Naturopath\* or Prolotherap\* or Reflexotherap\* or “Acoustic Stimulation” or (Art NEXT Therap\*) or (Color NEXT Therap\*) or (Dance NEXT Therap\*) or (Music NEXT Therap\*) or (Play NEXT Therap\*) or (Spiritual NEXT Therap\*) or (Relaxation NEXT Technique\*) or reflexolog\* or phototherap\* or (light NEXT therap\*) or laser\* or Mindfulness or “Patient education” or “group therapy” or “support group\*” or “self help”)):ti,ab,kw
- #2 ((non-surgical or psychological or behavior\* or behaviour\* or cognitive or psychosocial or psycho-social or psychoeducation\*) NEXT/3 (intervention\* or treatment\* or therap\* or program\* or modification)):ti,ab,kw
- #3 (Coping NEXT/1 (skill\* or behavior\* or behaviour\*)):ti,ab,kw
- #4 (peer or psychosocial or social or patient) NEXT/1 (support):ti,ab,kw
- #5 (Psychotherapy or psychotherapies or CBT or counseling or counselling or “self-management” or psychoeducation or (assistive NEXT technolog\*) or (assistive NEXT device\*) or education\* or “health literacy” or “health information” or “self care” or exercis\* or stretching or “resistance training” or “strength training” or running or jogging or swimming or walking or “physical endurance” or sports or sport or “physical activity” or treadmill\* or bicycling or cycling or “physical conditioning” or “muscle strength\*” or rehabilitation):ti,ab,kw
- #6 ((mobile NEXT/1 (health or rehabilitation)) or tele health or telehealth or telemedicine or e-health or ehealth or m-health or mhealth or mobile based or (virtual NEXT/1 (medicine or rehabilitation)) or ((remote or distance) NEXT/1 (medicine or rehabilitation or consultation)) or videoconferenc\* or video conferenc\* or tele conferenc\* or teleconferenc\* or tele education or tele-education or telementoring or tele-mentoring or tele-care or telecare or live video\* or cell phone\* or text messag\*):ti,ab,kw

- #7 ((Oral or dental or periodontal or Gingival) NEXT/2 (rehabilitation or health or pathology or hygiene or care or therap\* or treatment\* or activit\* or exercise\* or disease\*)):ti,ab,kw
- #8 ((non pharmacological or nonpharmacological or multidisciplinary or multicomponent or interdisciplinary or multimodal) NEXT/1 (treatment or intervention or therap\* or management)):ti,ab,kw
- #9 ((Alternative or Complementary) NEXT/2 (medicine or therap\* or treatment\*))
- #10 {OR #1-#9}
- #11 (scleroderma\* or “systemic sclerosis” or CREST syndrome\*)
- #12 #10 AND #11

### Web of Science

((nutrition or diet or dietary or nutritional or probiotic\* or (physical NEAR/1 therap\*) or physiotherap\* or (physio NEAR/1 therap\*) or hydrotherapy or balneology or balneotherapy or massage\* or “skin mobilization” or thermotherapy or “induced hyperthermia” or “paraffin wax” or “wax bath\*” or “recreation therapy” or splint\* or orthotic\* or “joint protection” or “activity pacing” or “energy conservation” or podiatr\* or “foot care” or cryotherap\* or Acupuncture or Cupping or “Dry Needling” or Bioresonance or Homeopath\* or “Traditional medicine” or Aromatherap\* or Biofeedback or Breathing or Hypnosis or Imagery or “Laughter Therap\*” or Meditation or “Mental Healing” or Psychodrama or Psychophysiology or (Relaxation NEAR/1 Therap\*) or “Tai Ji” or “Tai chi” or (Therapeutic NEAR/1 Touch\*) or Yoga or (Musculoskeletal NEAR/1 Manipulation\*) or “applied Kinesiology” or Chiropractic or Osteopathic or (“Soft Tissue” NEAR/1 therap\*) or Naturopath\* or Prolotherap\* or Reflexotherap\* or “Acoustic Stimulation” or (Art NEAR/1 Therap\*) or (Color NEAR/1 Therap\*) or (Dance NEAR/1 Therap\*) or (Music NEAR/1 Therap\*) or (Play NEAR/1 Therap\*) or (Spiritual NEAR/1 Therap\*) or (Relaxation NEAR/1 Technique\*) or reflexolog\* or phototherap\* or (light NEAR/1 therap\*) or laser\* or Mindfulness or “Patient education” or “group therapy” or (support NEAR/1 group\*) or “self help”))

((non-surgical or psychological or behavior\* or behaviour\* or cognitive or psychosocial or psycho-social or psychoeducation\*) NEAR/3 (intervention\* or treatment\* or therap\* or program\* or modification))

(Coping NEAR/1 (skill\* or behavior\* or behaviour\*))

((peer or psychosocial or social or patient) NEXT/1 support)

(Psychotherapy or psychotherapies or CBT or counsel\*ing or “self-management” or psychoeducation or (assistive NEAR/1 technolog\*) or (assistive NEAR/1 device\*) or education\* or “health literacy” or “health information” or “self care” or exercis\* or stretching or “resistance training” or “strength training” or running or jogging or swimming or walking or “physical endurance” or sports or sport or “physical activity” or treadmill\* or bicycling or cycling or “physical conditioning” or “muscle strength\*” or rehabilitation)

((mobile NEAR/1 (health or rehabilitation)) or tele health or telehealth or telemedicine or e-health or ehealth or m-health or mhealth or mobile based or (virtual NEAR/1 (medicine or

rehabilitation)) or ((remote or distance) NEAR/1 (medicine or rehabilitation or consultation)) or videoconferenc\* or video conferenc\* or tele conferenc\* or teleconferenc\* or tele education or tele-education or telementoring or tele-mentoring or tele-care or telecare or live video\* or cell phone\* or text messag\*)

((Oral or dental or periodontal or Gingival) NEAR/2 (rehabilitation or health or pathology or hygiene or care or therap\* or treatment\* or activit\* or exercise\* or disease\*))

((non pharmacological or nonpharmacological or multidisciplinary or multicomponent or interdisciplinary or multimodal) NEAR/1 (treatment or intervention or therap\* or management))

((Alternative or Complementary) NEAR/2 (medicine or therap\* or treatment\*))

(scleroderma\* or “systemic sclerosis” or CREST syndrome\*)