Supplemental Figure 1. Additional inclusion and exclusion criteria

The included studies included self-applied KH as well as those carried out under guidance or by trained medical staff or by other persons (e.g. family members or friends). Studies in group and individual settings were included.

Studies that only investigated the following interventions without including hydrotherapy (water treatments) as a therapy arm were not included:

- Sauna and other forms of sweating baths
- Mud baths, mineral baths and/or galvanic baths
- Aromatherapy
- Peloid and mud packs, spa or other applications from the wellness sector that do not correspond to the applications according to Kneipp (see above)
- Whirlpool and comparable spa treatments
- Aqua fitness or movement therapy in baths
- Watsu (water shiatsu)
- Ayurveda treatments
- Underwater pressure jet massage and other physical therapy procedures that are not based purely on the application of water with/without herbal additives.
- Drinking cures
- Cryotherapy except from snow walking
- Ice bathing, winter swimming
- Cold or contrast water immersion as recovery method for sports
- Water birthing