Records identified through original arthritis database search (n = 1514)

Additional records identified through other sources (n = 4)

Records after duplicates removed (n = 1025)

Records screened from arthritis database using keyword “fibromyalgia” (n = 146)

Records excluded, with reasons (n = 131)\(^a\)
- Not a randomized controlled, exercise intervention trial (103)
- Review article (20)
- Follow-up study beyond initial intervention (7)
- Not all participants had fibromyalgia (7)
- Study \(\leq 4\) weeks (6)
- Same participants as another study (4)
- Data using the FIQ not collected (4)
- Abstract (2)
- Acute study (2)
- Study limited to children/adolescents (2)
- Rehabilitation study (1)

Full-text articles assessed for eligibility (n = 15)

Full-text articles excluded, with reasons\(^a\) (n = 8)
- Data using the FIQ not collected (5)
- Not a randomized controlled, exercise intervention trial (2)
- Not a FM study (1)
- Same participants as another included study (1)

Studies included in quantitative synthesis (meta-analysis) (n = 7)