Record identified through the databases: PubMed, Ovid, Cinahl, PsycInfo, Amed, Cochrane and PEDro
Search from Jan 1, 2002 to Dec 31, 2013, n = 642

Record after duplicated removed n = 548

Record screened from title n = 111

Record excluded, n = 433
- Met exclusion criteria

Abstract assessed for eligibility, n = 28

Abstract excluded, n = 71
- Pulmonary rehabilitation
- Other exercises programs
- General management advice or guidelines
- Advice on breathing control exercises
- Several diseases
- Involved mini-pep or clearance techniques or other languages

Full text articles assessed for eligibility n = 14

Full text excluded, n = 14
- General advice on breathing control exercises
- Involved outcome variables other than those used in this overview

Systematic reviews included in synthesis n = 7
- Pursed-lip breathing, n = 1
- Pursed-lip breathing, diaphragmatic breathing and yoga breathing, n = 1
- Inspiratory muscle training, n = 5

Other excluded, n = 7
- The first SR of an update on Inspiratory muscle training, n=1
- Relaxation performing meta-analysis on singing, thai-chi and relaxation, n=1
- Review of diaphragmatic breathing n = 1
- Review of pursed-lip breathing, n = 1
- Review of yoga breathing n = 1
- Review of pursed-lip breathing and diaphragmatic breathing n = 1
- Integrative review of inspiratory muscle training n=1