Search of electronic databases
204 Cochrane
96 Embase
134 Medline
5 PsychInfo
25 SportDiscus

0 of additional records identified by other searches

172 of records after duplicates removed

172 of records screened

110 of records excluded

60 of full-text articles assessed for eligibility

25 Excluded:
2 Double publication
6 No control group
3 No randomisation
2 Pool therapy without aerobic exercise
1 No primary outcomes assessed
1 Two different types of water-based exercise
10 Aerobic exercise combined with education or psychotherapy or pharmacotherapy

35 of studies included in qualitative synthesis

35 of studies included in meta-analysis