



PRISMA 2020 Checklist

Section and Topic	Item #	Checklist item	Location where item is reported
TITLE			
Title	1	The report is identified as a systematic review and network meta-analysis.	Page 1
ABSTRACT			
Abstract	2	The structured abstract includes Background, Methods, Results and Conclusions.	Page 2
INTRODUCTION			
Rationale	3	Described in the Introduction.	Page 3
Objectives	4	Stated in the Introduction.	Page 3
METHODS			
Eligibility criteria	5	Stated in the Inclusion and exclusion criteria.	Page 4-5
Information sources	6	Described in the Search Strategy.	Page 4
Search strategy	7	Described in the Search Strategy. See search strategy in Appendix for details.	Page 4
Selection process	8	Stated in the Study selection.	Page 5
Data collection process	9	Described in the Data extraction.	Page 5-6
Data items	10a	Described in the Data extraction.	Page 5-6
	10b	Described in the Data extraction.	Page 5-6
Study risk of bias assessment	11	Stated in the Quality assessment.	Page 16
Effect measures	12	Stated in the Statistical analysis.	Page 6
Synthesis methods	13a	Stated in the Study characteristics.	Page 8 Table 1
	13b	Described in the Statistical analysis.	Page 6
	13c	League tables , netmaps, and SCURA in the Network Meta-analysis of outcomes are used to display results visually.	Page 17-27
	13d	Described in the Statistical analysis.	Page 6
	13e	Described in the Statistical analysis.	Page 6 Lines 123-124 (loop inconsistency)
	13f	Described in the Network meta-analysis of outcome measures.	Page 17
Reporting bias assessment	14	Stated in the Publication bias.	Page 17
Certainty assessment	15	Certainty assessment is not applied.	
RESULTS			
Study selection	16a	Described in the Results of the literature search. See Figure 1 for details.	Page 7-8



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	16b	One study[1] meets the inclusion criteria, but the participants combine with other diseases. [1] Wang Q. Clinical observation on the treatment of chronic obstructive pulmonary disease with anxiety and depression by lung rehabilitation therapy of traditional Chinese Medicine. Shandong University of Traditional Chinese Medicine. 2017. [Chinese]	
Study characteristics	17	Described in the Study characteristics.	Page 8 Table 1
Risk of bias in studies	18	Stated in the Quality assessment and Publication bias.	Page 16 (Quality assessment) Page 17 (Publication bias)
Results of individual studies	19	Described in the Network Meta-analysis of outcome measures.	Page 17-27
Results of syntheses	20a	Described in the Network Meta-analysis of outcome measures and Publication bias.	Page 17-27
	20b	Stated in the Network Meta-analysis of outcome measures.	Page 17-27
	20c	In each outcome measure, the loop inconsistency test passed, indicating that the data was consistency. So the analysis of inconsistency was not performed.	Page 17 Lines 164-169
	20d	The sensitivity analyses conducted to assess the robustness of the synthesized results were not applied.	
Reporting biases	21	Stated in the Publication bias.	Page 17
Certainty of evidence	22	Certainty assessment is not applied.	
DISCUSSION			
Discussion	23a	A general interpretation of the results in the context of other evidence were stated in the Discussion.	Page 27-29 Lines 256-313
	23b	Limitations of the evidence were stated in the Discussion.	Page 29-30 Lines 314-326
	23c	Limitations of the review processes used were stated in the Discussion.	Page 29-30 Lines 314-326
	23d	Implications of the results for practice, policy, and future research were stated in the Discussion.	Page 30 Lines 325-326
OTHER INFORMATION			
Registration and protocol	24a	Described in the Systematic review registration.	Page 4
	24b	The review protocol can be accessed in https://www.crd.york.ac.uk/prospero/PROSPERO .	
	24c	We have changed the title: from Eastern-Western Exercise Therapy to Different Exercise Therapies.	
Support	25	The present study was funded by The National Natural Science Foundation of China (Grant no. 82360906) and National key specialty of the National Health Commission(040203001001).	Page 31
Competing interests	26	The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.	Page 31



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Availability of data, code and other materials	27	Not available at present.	

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