**2018 EULAR recommendations for physical activity in people with inflammatory arthritis and osteoarthritis**

**Supplement 2 - PICOs**

**PICO 1**

|  |  |
| --- | --- |
| Population | Adult people with RA\*, OA\*\*, SpA |
| Interventions | Physical activity promotion\*\*\*  Exercise promotion\*\*\* |
| Comparators | As presented in the papers : usual care, attention to control, no treatment or waiting list control |
| Oucomes | **General health benefits**: cardiovascular risk, all-cause mortality/cancer, depression, weight, psychological well-being.  **Disease specific health benefits :**  cardiorespiratory fitness, muscle strength, ROM, functional abilities, activity limitation, physical function, fatique/anxiety/energy, quality of life, self-efficacy, bone health/sarcopenia, working ability, depression, sleep, health care utilisation, use of drugs, body composition, pain,..  **Additional outcomes derived from other research questions:** screening tools, assessment tools, exercise adaptions, provider, exercise setting, contraindication, safety, Behaviour change technique,.. |
| Study Type | Systematic literature reviews, meta-analyses, RCTs |

TABLE 1: PICO 1; \*lower limb involvement only, \*\* hip and knee only, \*\*\*according to ACSM principles

**PICO 2**

|  |  |
| --- | --- |
| Population | People with RA\*, OA\*\*, SpA |
| Interventions (if RCT) | Behaviour change intervention regarding PA or exercise promotion\*\*\* |
| Comparators (if RCT) | As presented in the papers : usual care, attention to control, no treatment or waiting list control |
| Oucomes | Barrieres and facilitators regarding PA |
| Study Type | Systematic literature reviews, meta-analyses, RCTs, qualitative studies |

TABLE 2: PICO 2; \*lower limb involvement only, \*\* hip and knee only, \*\*\*according to ACSM principles