***Table S1.* Search strategies for electronic databases**

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| **Database** | **Search Terms** |
| CINAHL (via EBSCOhost) | 1. (“Multiple sclerosis” or MS)
2. (MH "Exercise+") or (MH "Resistance Training") or (MH "Therapeutic Exercise+") or (MH "Exercise Positions+") or (MH "Group Exercise") or (MH "Aerobic Exercises+")
3. (Exercise or "Resistance Training" or "Therapeutic Exercise" or "Exercise Position\*" or "Group Exercise" or "Aerobic Exercise\*")
4. (MH "Cognitive Therapy+") or (MH "Behavior Therapy+")
5. ("cognitive therap\*" or "behav\* therap\*" or "cognitive behavio?ral therapy" or CBT or "psychotherapeutic treatment\*" or mindfulness)
6. ("energy manag\*" or "energy conserv\*" or "energy saving" or "fatigue manag\*" or "managing fatigue" or pacing)
7. (MH "Rehabilitation+") or (MH "Rehabilitation Centers+") or rehab\*
8. (MH "Fatigue+") or (fatigue or "physical fatigue" or "mental fatigue" or "central fatigue" or "fatigue impact")
9. 2 or 3 or 4 or 5 or 6 or 7
10. 1 and 8 and 9
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| Cochrane Library | 1. (("Multiple sclerosis" or MS) near/2 progressive)
2. (MeSH descriptor: [Exercise] explode all trees)or (MeSh descriptor: [Exercise therapy] explode all trees) or (Mesh descriptor: [Resistance training] explode all trees) or (MeSH descriptor: [Exercise movement techniques] explode all trees) or (MeSH descriptor: [Plyometric exercise] explode all trees)
3. (exercise or “exercise therap\*” or “exercise movement technique\*” or “resistance training” or “aerobic exercise\*”)
4. ("energy manag\*" or "energy conserv\*" or "energy saving" or "fatigue manag\*" or "managing fatigue" or pacing)
5. (MeSH descriptor: [behavior therapy] explode all trees) or (MeSH descriptor: [cognitive therapy] explode all trees)
6. ("cognitive therap\*" or "behav\* therap\*" or "cognitive behavio?ral therapy" or CBT or "psychotherapeutic treatment\*" or mindfulness)
7. (MeSH descriptor: [Rehabilitation] explode all trees) or (MeSH descriptor: [Rehabilitation Centers] explode all trees) or rehab\*
8. (fatigue or "physical fatigue" or "mental fatigue" or "central fatigue" or "fatigue impact")
9. 2 or 3 or 4 or 5 or 6 or 7
10. 1 and 8 and 9
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| MEDLINE (via Ovid) | 1. (("Multiple sclerosis" or MS) adj2 progressive).mp.
2. exp Exercise/ or exp Exercise therapy/ or exp Resistance training/ or exp Exercise movement techniques/ or exp Plyometric exercise
3. (exercise or “exercise therap\*” or “exercise movement technique\*” or “resistance training” or “aerobic exercise\*”).mp.
4. ("energy manag\*" or "energy conserv\*" or "energy saving" or "fatigue manag\*" or "managing fatigue" or pacing).mp.
5. exp behavior therapy/ or exp cognitive therapy/
6. ("cognitive therap\*" or "behav\* therap\*" or "cognitive behavio?ral therapy" or CBT or "psychotherapeutic treatment\*" or mindfulness).mp.
7. exp Rehabilitation/ or rehab\*.mp. or exp Rehabilitation Centers/
8. (fatigue or "physical fatigue" or "mental fatigue" or "central fatigue" or "fatigue impact").mp.
9. 2 or 3 or 4 or 5 or 6 or 7
10. 1 and 8 and 9
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| PEDro | 1. Progressive AND multiple AND sclerosis
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| ProQuest (Health & Medical Collection, Nursing & Allied Health Database, PsycINFO) | 1. (("Multiple sclerosis" or MS) NEAR/2 progressive)
2. (exercise or “exercise therap\*” or “exercise movement technique\*” or “resistance training” or “aerobic exercise\*”)
3. ("energy manag\*" or "energy conserv\*" or "energy saving" or "fatigue manag\*" or "managing fatigue" or pacing)
4. ("cognitive therap\*" or "behav\* therap\*" or "cognitive behavio?ral therapy" or CBT or "psychotherapeutic treatment\*" or mindfulness)
5. (Rehab\* or “rehabilitation centres”)
6. (fatigue or "physical fatigue" or "mental fatigue" or "central fatigue" or "fatigue impact")
7. 2 or 3 or 4 or 5
8. 1 and 6 and 7
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| Web of Science Core Collections | 1. (("Multiple sclerosis" or MS) Near/2 progressive)
2. (exercise or “exercise therap\*” or “exercise movement technique\*” or “resistance training” or “aerobic exercise\*”)
3. ("energy manag\*" or "energy conserv\*" or "energy saving" or "fatigue manag\*" or "managing fatigue" or pacing)
4. ("cognitive therap\*" or "behav\* therap\*" or "cognitive behavio?ral therapy" or CBT or "psychotherapeutic treatment\*" or mindfulness)
5. (Rehab\* or “rehabilitation centres”)
6. (fatigue or "physical fatigue" or "mental fatigue" or "central fatigue" or "fatigue impact")
7. 2 or 3 or 4 or 5
8. 1 and 6 and 7
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