

## Supplementary Materials

# Persevering or quitting? A systematic review of adherence and dropout in nutrition and exercise interventions for sarcopenic obesity

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**Supplementary Table 1.** Search strategy for each database

Web of Science and PubMed (MEDLINE)	
#1	sarcopenia [Mesh]
#2	sarcopenia OR sarcopenic OR sarcopenic obesity OR sarcopenic obese OR SO OR dynapenia OR dynapenic OR dynapenic obesity OR dynapenic obese OR muscle loss OR muscle wasting [Title/Abstract]
#3	#1 OR #2
#4	obesity [Mesh]
#5	obesity OR obese OR overweight OR with obesity OR fat [Title/Abstract]
#6	#4 OR #5
#7	Exercise [Mesh]
#8	exercise OR physical exercise OR physical training OR aerobic exercise OR endurance training OR circuit-based exercise OR resistance Training OR strength Training [Title/Abstract]
#9	#7 OR #8
#10	Nutrition [Mesh]
#11	nutrition OR diet OR food OR energy intake OR nutrition Therapy [Title/Abstract]
#12	#10 OR #11
#13	randomized controlled trial [Mesh]
#14	RCT OR clinical trials OR randomized controlled trials OR RCTs OR treatment OR management [Title/Abstract]
#15	#13 OR #14
#16	#3 AND #6 AND #9 AND #12 AND #15
Scopus	
( KEY ( nutrition ) OR KEY ( diet ) OR KEY ( nutrition AND therapy ) ) AND ( KEY ( exercise ) OR KEY ( physical AND exercise ) OR KEY ( physical AND training ) ) AND ( KEY ( sarcopenia ) OR KEY ( sarcopenic AND obesity ) OR KEY ( so ) ) AND ( KEY ( rct ) OR KEY ( randomized AND controlled AND trial ) )	
The Cochrane Central Register of Controlled Trials (COCHRANE Library)	
“Sarcopenia” OR “sarcopenic” in Title Abstract Keyword AND “obesity” OR “overweight” in Title Abstract Keyword AND “exercise” OR “physical exercise” OR “physical training” in Title Abstract Keyword AND “nutrition” OR “diet” in Title Abstract Keyword AND “RCT” OR “randomized controlled trials” in Title Abstract Keyword - (Word variations have been searched)	
Search strategy for other sources	
The references of all the included articles and the systematic reviews mentioned below were thoroughly searched to identify any potential new studies for inclusion. Last searched in: January 2025	
Title	doi
Nutritional Management and Physical Activity in the Treatment of Sarcopenic Obesity: A Review of the Literature	10.3390/nu16152560
Benefits and side effects of protein supplementation and exercise in sarcopenic obesity: A scoping review	10.1186/s12937-023-00880-7
Effects of Nutrition and Exercise Interventions on Persons with Sarcopenic Obesity: An Umbrella Review of Meta-Analyses of Randomised Controlled Trials	10.1007/s13679-023-00509-0. Epub 2023 May 30
Non-pharmacological treatment strategies for anthropometric, physical capacity and physiological indicators among sarcopenic obesity patients: a systematic review of rigorous randomized controlled trials	10.1093/ageing/afae278
Nutritional and exercise interventions in individuals with sarcopenic obesity around retirement age: a systematic review and meta-analysis	10.1093/nutrit/nuad007