

Table I - Main associations between interventions and outcomes based on the evidence map analysis

Interventions	Effect, n	Outcomes
Stretching	Positive, 2	Restless legs syndrome
	No effect, 1	Adverse effects
Physical activity	Positive, 2	Prognosis
Physical activity and/or unspecified exercise	Inconclusive, 5	Physical fitness, depression, adverse effects, fatigue, quality of life
Neuromuscular electrical stimulation	No effect, 2	adverse effects, restless legs syndrome
	Positive, 2	physical fitness, muscle fitness
	Inconclusive, 4	cardiovascular outcomes, musculoskeletal outcomes, muscle mass, multiple or nonspecific
Exercise + Health education	Positive, 1	Physical aptitude
Exercise + Neuromuscular electrical stimulation	Potentially Positive, 3	Physical fitness, Muscle fitness
Exercise + Behavior change techniques	Potentially Positive, 3	Physical fitness, Multiple or nonspecific, Quality of life
Exercise + Integrative and Complementary Practices + Sports	Positive, 1	Depression
	Potentially Positive, 5	Anxiety, depression, fatigue, level of physical activity, quality of life
Aerobic exercise	Potentially Positive, 5	Musculoskeletal outcomes, Depression, Optimization of dialysis, Quality of life
	Positive, 26	Physical fitness, muscular fitness, cardiovascular outcomes, musculoskeletal outcomes, depression, glomerular filtration, body mass index, quality of life, restless legs syndrome, time duration of exercise
	No effect, 7	Cardiovascular outcomes, musculoskeletal outcomes, body mass index, optimization of dialysis, quality of life, cardiovascular risk
	Inconclusive, 10	Anxiety, physical fitness, cardiovascular outcomes, musculoskeletal outcomes, glomerular filtration, inflammatory markers, quality of sleep, quality of life
Aerobic exercise + stretching	No effect, 1	Sleep quality
Aerobic exercise + resistance	Potentially Positive, 10	Anxiety, muscle fitness, musculoskeletal outcomes, depression, glomerular filtration, inflammatory markers, multiple or nonspecific, quality of life
	Positive, 30	Physical fitness, muscular fitness, cramp, cardiovascular outcomes, fatigue, body mass index, inflammatory markers, quality of sleep, quality of life, optimization of dialysis
	Inconclusive, 13	Muscle fitness, musculoskeletal outcomes, adverse effects, glomerular filtration, body fat, body mass index, inflammatory markers, proteinuria, quality of life, multiple or nonspecific
	No effect, 1	Optimization of dialysis
Aerobic exercise + resistance + stretching	Potentially Positive, 1	Anxiety
	Positive, 3	Physical aptitude

Aerobic exercise + resistance + respiratory muscle training + neuromuscular electrical stimulation	Positive, 6	physical fitness, muscular fitness, musculoskeletal outcomes, optimization of dialysis, quality of life
	No effect, 1	Adverse effects
Aerobic Exercise + Telehealth	Inconclusive, 1	Cardiovascular outcomes
	Potentially Positive, 1	Quality of life
	Positive, 8	Physical fitness, muscular fitness, depression, cardiovascular outcomes, body fat, quality of life
Home-based exercise	Potentially Positive, 1	Muscle fitness
Multiple or non-specific exercise	Inconclusive, 2	optimization of dialysis, proteinuria
	Potentially Positive, 2	cardiovascular outcomes
	Positive, 4	physical fitness, depression, optimization of dialysis, quality of life
	No effect, 2	adverse effects, quality of life
Resistance exercise	Potentially Positive, 5	Physical fitness, muscle fitness, muscle mass, quality of life
Upper Limb Musculature Training	Positive, 2	Maturation of arteriovenous fistula
Respiratory Muscle Training	Potentially Positive, 1	Quality of life
	Positive, 1	Muscle fitness
Yoga	Potentially Positive, 1	Musculoskeletal outcomes