

Table II - Associations between interventions and outcomes according to effect and confidence level

Confidence level	Effect	Intervention category	Outcome category
High	Positive	Stretching	Other (Restless legs syndrome)
		Physical and muscular fitness	Epidemiological outcomes (Prognosis)
		Exercise	Physical fitness and muscle Anthropometric and body composition outcomes (Body Mass Index) Clinical outcomes (cardiovascular, musculoskeletal and metabolites) Renal outcomes (Glomerular filtration) Fatigue Optimization of dialysis Others (Cramping, restless legs syndrome, sleep quality, inflammatory markers, maturation of arteriovenous fistulas and exercise duration time) Quality of life and well-being Mental health (Depression)
		Combined and/or multimodal intervention	Physical and muscular fitness Anthropometric and body composition outcomes (Body fat) Clinical outcomes (cardiovascular and musculoskeletal) Optimization of dialysis Quality of life and well-being Mental health (Depression)
		Others	Physical and muscular fitness
	Potentially positive	Integrative and complementary practices	Others (inflammatory markers)
		Exercise	Physical and muscular fitness Anthropometric and body composition outcomes (Muscle mass) Clinical outcomes (cardiovascular and musculoskeletal) Renal outcomes (Multiple or nonspecific) Others (Inflammatory markers) Quality of life and well-being Mental health (anxiety, depression)
		Combined and/or multimodal intervention	Physical and muscular fitness Anthropometric and body composition outcomes (Multiple or nonspecific) Clinical (cardiovascular) outcomes Fatigue Level of physical activity Quality of life and well-being Mental health (anxiety, depression)
		Integrative and complementary practices	Clinical outcomes (musculoskeletal)

Moderate	Positive	Exercise	Physical and muscular fitness Anthropometric and body composition outcomes (Body Mass Index) Quality of life and well-being
		Combined and/or multimodal intervention	Physical fitness
Moderate	Potentially positive	Exercise	Muscular fitness Clinical outcomes (cardiovascular and musculoskeletal) Renal outcomes (glomerular filtration) Optimization of dialysis
		Combined and/or multimodal intervention	Physical aptitude Renal outcomes (multiple or nonspecific) Quality of life and well-being
Low	Positive	Exercise	Physical and muscular fitness Anthropometric and body composition outcomes (Body Mass Index) Clinical (cardiovascular) outcomes Other (restless legs syndrome)
		Combined and/or multimodal intervention	Stretching Other interventions (neuromuscular electrical stimulation)
	Inconclusive	Exercise	Renal outcomes (glomerular filtration) Optimization of dialysis
	No effect	Stretching	Adverse effects
		Exercise	Other outcomes (sleep quality)
		Other interventions	Other outcomes (restless legs syndrome)
Critically low	Positive	Exercise	Muscular fitness Clinical (cardiovascular) outcomes