

## APPENDIX

### Search strategy for PubMed

1. (“pregnancy” [MeSH] OR “pregnancy” [tiab] OR “gestation” [tiab] OR “gravity” [MeSH] OR “gravity” [tiab] OR “gravities” [tiab] OR “pregnant” [tiab] OR “pregnancies” [tiab] OR “gestational” [tiab]).
2. (Pregnancy OR ‘Postpartum Period’ OR pregnant OR ‘post partum’ OR postpartum OR ‘post natal’ OR postnatal OR puerperium OR antenatal OR prenatal OR gestation OR gestational OR gravida OR perinatal)
3. ‘Pregnant women’ OR ‘Pregnancy’ OR ‘Prenatal’ OR ‘Antenatal’ OR ‘Gestation’ OR ‘Maternal’
4. 1 OR 2 OR 3
5. “musculoskeletal disabilities” [MeSH] OR “musculoskeletal disabilities” [tiab] OR “musculoskeletal pain” [MeSH] OR “musculoskeletal pain” [tiab] OR “musculoskeletal diseases” [MeSH]
6. MeSH: (MH ‘Musculoskeletal Diseases’) OR (MH ‘Musculoskeletal Abnormalities’) OR (MH ‘Diagnosis, Musculoskeletal’) OR (MH ‘Osteoarthritis’) OR (MH ‘Osteoarthritis, spine’) OR (MH ‘Osteoarthritis, Wrist’) OR (MH ‘Osteoarthritis, knee’) OR (MH ‘Osteoarthritis, Hip’) OR (MH ‘Osteoarthritis, Cervical’) OR (MH ‘Low Back Pain’) OR (MH ‘Back Pain’) OR (MH ‘Neck Pain’) OR (MH ‘Chronic Pain’) OR (MH ‘Shoulder Pain’) OR (MH ‘Nociceptive Pain’) OR (MH ‘Patellofemoral Pain’).

7. "musculoskeletal diseases" [MeSH] OR "musculoskeletal pain" [MeSH] OR "occupational diseases" [MeSH] OR "occupational injuries" [MeSH] OR "occupational health" [MeSH] OR "cumulative trauma disorders" [MeSH] OR "carpal tunnel syndrome" [MeSH] OR "shoulder pain" [MeSH] OR "neck pain" [MeSH] OR "leg injuries" [MeSH] OR "back injuries" [MeSH] OR "neck injuries" [MeSH] OR "arm injuries" [MeSH] OR "hand injuries" [MeSH] OR "upper extremity" [MeSH] OR "lower extremity" [MeSH] OR "muscle fatigue" [MeSH] OR "posture" OR "movement" OR "fatigue" OR "physical exertion"
8. SU "musculoskeletal diseases" OR SU "muscle pain" OR SU "occupational diseases" OR SU "occupational-related injuries" OR SU "occupational health" OR SU "cumulative trauma disorders" OR SU "carpal tunnel syndrome" OR SU "shoulder pain" OR SU "neck pain" OR SU "back pain" OR SU "leg injuries" OR SU "back injuries" OR SU "neck injuries" OR SU "arm injuries" OR SU "hand injuries" OR SU "upper extremity" OR SU "lower extremity" OR SU "muscle fatigue" OR SU posture OR SU movement OR SU fatigue OR SU exertion
9. 5 OR 6 OR 7 OR 8
10. (non-pharmacologic\*[tw] OR nonpharmacologic\*[tw] OR "Art Therapy"[mesh] OR "art therapy"[tw] OR "Music Therapy"[mesh] OR "music therapy"[tw] OR "Music"[mesh] OR "music"[tw] OR "Art"[mesh] OR "Singing"[Mesh] OR "singing"[tw] OR "singing therapy"[tw] OR "Exercise"[mesh] OR "exercise"[tw] OR "exercises"[tw] OR "walking"[tw] OR "walk"[tw] OR "Stair Climbing"[tw] OR outdoor\*[tw] OR "Animal Assisted Therapy"[Mesh] OR "Animal Assisted Therapy"[tw] OR "Animal Assisted Therapies"[tw])

OR "Animal Facilitated Therapy"[tw] OR "Pet Therapy"[tw] OR "Pet Therapies"[tw] OR "Pet Facilitated Therapy"[tw] OR "Sensory Art Therapies"[mesh] OR "Sensory Art Therapies"[tw] OR "sensory stimulation"[tw] OR sensory stimulat\*[tw] OR "Smell"[tw] OR "smell"[tw] OR "Sensory integration"[tw] OR "Sensory Thresholds"[Mesh] OR "Sensation/physiology"[Mesh] OR "Aromatherapy"[mesh] OR aromatherap\*[tw] OR "Recreation Therapy"[mesh] OR "recreation therapy"[tw] OR "recreational therapy"[tw] OR "Behavior Therapy"[Mesh] OR "Behavior Therapy"[tw] OR "Behavioral therapy"[tw] OR "Behaviour Therapy"[tw] OR "Behavioural therapy"[tw] OR "Anger Management Therapy"[tw] OR "Applied Behavior Analysis"[tw] OR "Applied Behaviour Analysis"[tw] OR "Aversive Therapy"[tw] OR "Psychology Biofeedback"[tw] OR "Sensory Feedback"[tw] OR "Neurofeedback"[tw] OR "Cognitive Remediation"[tw] OR "Cognitive Therapy"[tw] OR "Acceptance and Commitment Therapy"[tw] OR "Mindfulness"[tw] OR "Psychologic Desensitization"[tw] OR "Psychological Desensitization"[tw] OR "Eye Movement Desensitization Reprocessing"[tw] OR "EMDR"[tw] OR "Implosive Therapy"[tw] OR "Virtual Reality Exposure Therapy"[tw] OR "Relaxation Therapy"[tw] OR "Meditation"[tw] OR "Sleep Phase Chronotherapy"[tw] OR "Reminiscing therapy"[tw] OR reminisc\*[tw] OR "pleasant activities"[tw] OR "pleasant activity"[tw] OR "Photos"[tw] OR "Photographs"[tw] OR "Photo"[tw] OR "Photograph"[tw] OR "Narration"[tw] OR "story telling"[tw] OR "telling stories"[tw] OR "narration"[tw] OR "watching football"[tw] OR "Color Therapy"[mesh] OR "color therapy"[tw] OR "magic table"[tw] OR ("magic"[tw] AND table\*[tw]) OR fiddle\*[tw] OR "Play and Playthings"[Mesh] OR Bingo\*[tw] OR

"Recreation"[mesh] OR "Dance Therapy"[mesh] OR "dance therapy"[tw] OR "Play Therapy"[mesh] OR "play therapy"[tw]))

11. Psychotherapy OR Cognitive Therapy OR Behavior Therapy OR Aromatherapy OR Massage OR Music Therapy OR Animal Assisted Therapy OR Exercise OR Art Therapy OR Horticultural Therapy OR Occupational Therapy OR Telerehabilitation OR Therapy OR Computer-Assisted OR; Dance Therapy OR Play Therapy OR Reality Therapy OR Recreation Therapy OR non pharmacological OR non drug OR light therap\* OR Snoezelen OR multimodality therap\* OR multisensory OR doll therapy OR robot therapy OR cognitive training

12. rehabilitat\* or physiotherapy\* or physical therapy\* or occupation\* or acupuncture or social work or orthotics\* or cognitive therapy\* or behavior therapy\* or counseling\* or nutrition\* or diet\* or food)

13. 10 OR 11 OR 12

14. Community Based Participatory Research\* or Community Based Participatory Research study\* or Community Trial\*

15. "lay health worker" OR "community based" OR "Health workers" OR "Health worker" OR "aides"

16. "community based treatment" OR "community-directed" OR "community engagement" OR "public health program"

17. 14 OR 15 OR 16

18. 4 AND 9 AND 13 AND 17

### Search Strategy for CINAHL

S1 (MH "Pregnancy+")

S2 TI pregnan\* OR gestation\* OR gravid\* OR puerperium OR postpartum OR postnatal OR antenatal OR prenatal OR perinatal OR maternal

S3 S1 OR S2

S4 (MH "Musculoskeletal Diseases+")

S5 TI musculoskeletal OR occupational OR movement OR posture OR condition OR injur\* OR disabilit\* OR disorder OR dysfunction OR abnormalit\* OR pain OR ache OR stiffness OR fatigue OR exertion OR diagnosis

S6 S4 OR S5

S7 TI non pharmacological intervention or non-pharmacologic\* OR nonpharmacologic\* OR non drug OR intervention OR therap\* OR rehabilitat\* OR physiotherap\* OR train\* OR activit\* OR reminisc\* OR stimulat\* OR analys\* OR remediat\*

S8 TI exercis\* OR art OR music OR sing\* OR walk\* OR climb\* OR smell\* OR sleep\* OR play\* OR recreat\* OR magic OR massage OR dance OR bingo OR snoezelen OR social work OR occupation\* OR sensory integration OR sensation OR physiolog\* OR aroma\* OR psycho\* OR threshold OR feedback OR mindfulness OR desensitization OR photo\* OR narration OR tell\* OR watch\* OR tele\* OR counsel\* OR nutrition\* OR diet\* OR food OR orthotic\*OR acupuncture

S9 S7 OR S8

S10(MH "Rehabilitation, Community-Based")

S11 TI community\* OR communal OR lay OR public OR civic OR municipal OR health worker OR health aides

S12 S10 OR S11

S13 S3 AND S6 AND S9 AND S12

### Search Strategy for Cochrane CENTRAL (Register of Controlled Trials)

1. Mesh descriptor Pregnancy explode all trees
2. pregnan\* OR gestation\* OR gravid\* OR puerperium OR postpartum OR postnatal OR antenatal OR prenatal OR perinatal OR maternal
3. #1 OR #2
4. Mesh descriptor Musculoskeletal diseases explode all trees
5. musculoskeletal OR occupational OR movement OR posture OR condition OR injur\* OR disabilit\* OR disorder OR dysfunction OR abnormalit\* OR pain OR ache OR stiffness OR fatigue OR exertion OR diagnosis
6. #4 OR #5
7. non pharmacological intervention or non-pharmacologic\* OR nonpharmacologic\* OR non drug OR intervention OR therap\* OR rehabilitat\* OR physiotherap\* OR train\* OR activit\* OR reminisc\* OR stimulat\* OR analys\* OR remediat\*
8. exercis\* OR art OR music OR sing\* OR walk\* OR climb\* OR smell\* OR sleep\* OR play\* OR recreat\* OR magic OR massage OR dance OR bingo OR snoezelen OR social work OR occupation\* OR sensory integration OR sensation OR physiolog\* OR aroma\* OR psycho\* OR threshold OR feedback OR mindfulness OR desensitization OR photo\* OR narration OR tell\* OR watch\* OR tele\* OR counsel\* OR nutrition\* OR diet\* OR food OR orthotic\*OR acupuncture

9. #7 OR #8

10. Mesh descriptor Community Based Participatory Research, explode all trees

11. community\* OR communal OR lay OR public OR civic OR municipal OR health worker OR health aides

12. #10 OR #11

13. #3 AND #6 AND #9 AND #12