

Supplementary material

Search strategy to build the questionnaire PEF-COVID19

The literature search was made in order to obtain the articles for the topic of interest synthesis. The Searches were carried out through the electronic index databases (PubMed, SCOPUS, EMBASE) on 3rd March 2020. The data collection used the following keywords/descriptors/MESH in the English, Spanish and/or Portuguese languages according to the databases instructions. The general search string was: (“covid-19” OR “COVID-19 pandemic”) AND (“physical exercise” OR “physical activity”) AND (“stress and anxiety” OR “mental health” OR “psychological impact”) AND (“pain” OR “pain perception”) AND (“survey and questionnaire” OR “cross-sectional study”) were used.

The aim of the literature search was to identify validated surveys in the literature to investigate the effects of the physical exercise practice, pain, stress and anxiety before and during the pandemic.

The studies that fulfilled the eligibility criteria (Table 1) were considered for the analysis and to serve as a base to build a new questionnaire in case of survey inexistence based on the proposed goal.

Table 1. PICOS eligibility criteria

Criteria	Inclusion	Exclusion
P	General population (≥ 18 years-old)	Individuals with age inferior as 18 years-old and with specific diseases
I	Physical exercise, pain, stress and anxiety during the COVID-19 pandemic	Interventions outside the pandemic
C	Comparison before and during the pandemic	----
O	Physical exercise, pain, stress and anxiety	Measure outside the pandemic
S	No type of studies restriction.	----

Legend: P: participants; I: intervention; C: comparison; O: outcomes; S: studies;