Pubmed search strategy as an example

ID	Search terms	Results
#1	(((((((((((((((((Atrophies,Muscular[Title/Abstract]) OR (Atrophy, Muscular[Title/Abstract])) OR (Muscular Atrophies[Title/Abstract])) OR (Atrophy,Muscle[Title/Abstract])) OR (Atrophies,Muscle[Title/Abstract])) OR (Muscle Atrophies[Title/Abstract])) OR (Muscle Atrophy[Title/Abstract])) OR (Neurogenic Muscular Atrophy[Title/Abstract])) OR (Atrophies, Neurogenic Muscular[Title/Abstract])) OR (Atrophy, Neurogenic Muscular[Title/Abstract])) OR (Muscular Atrophies, Neurogenic[Title/Abstract])) OR (Muscular Atrophy, Neurogenic[Title/Abstract])) OR (Neurogenic Muscular Atrophies[Title/Abstract])) OR (Neurotrophic Muscular Atrophy[Title/Abstract])) OR (Atrophies, Neurotrophic Muscular[Title/Abstract])) OR (Atrophy, Neurotrophic Muscular[Title/Abstract])) OR (Muscular Atrophies, Neurotrophic[Title/Abstract])) OR (Muscular Atrophy, Neurotrophic[Title/Abstract])) OR (Neurotrophic Muscular Atrophies[Title/Abstract])) OR Muscular Atrophy[MeSH Terms]	
#2	((((((((((((((Sarcopenias[Title/Abstract]) OR (skeletal muscle[Title/Abstract])) OR (muscle, skeletal[Title/Abstract])) OR (skeletal muscle mass[Title/Abstract])) OR (muscle atrophy[Title/Abstract])) OR (lean body weight[Title/Abstract])) OR (skeletal muscle index[Title/Abstract])) OR (muscle mass[Title/Abstract])) OR (muscle strength[Title/Abstract])) OR (muscle insufficiency[Title/Abstract])) OR (muscle depletion[Title/Abstract])) OR (muscle wasting[Title/Abstract])) OR (muscle loss[Title/Abstract])) OR (muscle weakness[Title/Abstract])) OR Sarcopenia[MeSH Terms]	
#3	(((((((((((((((((((((((Strokes[Title/Abstract]) OR (Cerebrovascular Accident*[Title/Abstract])) OR (Cerebrovascular Accident*[Title/Abstract])) OR (CVA*[Title/Abstract])) OR (Cerebrovascular Apoplexy[Title/Abstract])) OR (Apoplexy, Cerebrovascular[Title/Abstract])) OR (Vascular Accident*, Brain[Title/Abstract])) OR (Brain Vascular Accident*[Title/Abstract])) OR (Cerebrovascular Stroke*[Title/Abstract])) OR (Stroke*, Cerebrovascular[Title/Abstract])) OR (Apoplexy[Title/Abstract])) OR (Cerebral Stroke*[Title/Abstract])) OR (Stroke*, Cerebral[Title/Abstract])) OR (Stroke*, Acute[Title/Abstract])) OR (Acute Stroke*[Title/Abstract])) OR (Cerebrovascular Accident*, Acute[Title/Abstract])) OR (Acute Cerebrovascular Accident*[Title/Abstract])) OR (disorder, intracerebral[Title/Abstract])) OR (cerebral hemorrhage[Title/Abstract])) OR (ischemic stroke*[Title/Abstract])) OR (cerebral infarction[Title/Abstract])) OR (brain infarction[Title/Abstract])) OR (brain ischemia[Title/Abstract])) OR (Hemorrhage Stroke*[Title/Abstract])) OR (Intracranial Embolism[Title/Abstract])) OR (Intracranial Thrombosis[Title/Abstract])) OR (Cerebrovascular Disorders[Title/Abstract])) OR stroke[MeSH Terms]	
#4	(((((((((((Function Recoveries[Title/Abstract]) OR (Function Recovery[Title/Abstract])) OR (Recovery of Function[MeSH Terms])) OR (((((((Functional Performance*, Physical[Title/Abstract]) OR (Performance*, Physical Functional[Title/Abstract])) OR (Physical Functional Performance*[Title/Abstract])) OR (Functional Performance*[Title/Abstract])) OR (Performance*, Functional[Title/Abstract])) OR (Physical Performance*[Title/Abstract])) OR (Performance*, Physical[Title/Abstract])) OR (Physical Functional Performance[MeSH Terms]))) OR ("Exercise/physiology"[Mesh])) OR (((((((((ADL[Title/Abstract]) OR (Activities, Daily Living[Title/Abstract])) OR (Activity, Daily Living[Title/Abstract])) OR (Daily Living Activities[Title/Abstract])) OR (Daily Living Activity[Title/Abstract])) OR (Living Activities, Daily[Title/Abstract])) OR (Living Activity, Daily[Title/Abstract])) OR (Limitation of Activity, Chronic[Title/Abstract])) OR (Chronic Limitation of Activity[Title/Abstract])) OR (Activities of Daily Living[MeSH Terms]))) OR (((((Status, Functional[Title/Abstract]) OR (Functional	

Independence[Title/Abstract])) OR (Independence, Functional[Title/Abstract])) OR (Functional
Dependence[Title/Abstract])) OR (Functional Status[MeSH Terms]))) OR ("Walking/physiology"[Mesh])) OR
("Physical Fitness/physiology"[Mesh])) OR ((((Disability Evaluations[Title/Abstract]) OR (Evaluation,
Disability[Title/Abstract])) OR (Evaluations, Disability[Title/Abstract])) OR (Disability Evaluation[MeSH
Terms]))) OR ("Health Status/physiology"[Mesh])) OR (((((((((Examinations, Physical[Title/Abstract]) OR
(Physical Examinations[Title/Abstract])) OR (Physical Exam[Title/Abstract])) OR (Exam,
Physical[Title/Abstract])) OR (Exams, Physical[Title/Abstract])) OR (Physical Exams[Title/Abstract])) OR
(Examination, Physical[Title/Abstract])) OR (Physical Examinations[Title/Abstract] OR
Diagnoses[Title/Abstract])) OR (Physical Examination[MeSH Terms]))) OR (physical functi*[Title/Abstract])

| #5 | (#1 OR #2) AND #3 AND #4 | 555 |

Supplementary table 1.　Details of the quality assessment of the included studies

Study	Selection of participants (0-4)				Comparability of participants (0-2)		Assessment of outcomes (0-3)			Total Score
	1	2	3	4	5	6	7	8	9	
Masafumi Nozoe,2019	√	√	√	×	√	√	√	√	√	8
Takafumi Abe,2020	√	√	√	√	√	√	√	×	√	8
Youbin Yi,2017	√	√	√	×	√	√	√	×	√	7
Yongjun Jang,2019	√	√	√	√	√	√	√	√	√	9
Ken Ohyama,2019	√	√	√	×	√	√	√	×	√	7
Tatsuya Matsushita,2019	√	√	√	×	√	√	√	×	√	7
Hiroshi Irisawa,2020	√	√	√	×	√	√	√	×	√	7
Fumihiko Nagano,2020	√	√	√	×	√	√	√	×	√	7

One point for a study that meets the quality assessment component represented by the
serial number

1- truly representative of the average __ (describe) in the community OR somewhat representative of
the average __ in the community (Representativeness of the exposed cohort)

2- drawn from the same community as the exposed cohort (Selection of the non-exposed cohort)

3- secure record OR structured interview (Ascertainment of exposure)

4- Demonstration that outcome of interest was not present at start of study

5- study controls for __ (select the most important factor) (Comparability of cohorts on the basis of the
design or analysis)

6- study controls for any additional factor (Comparability of cohorts on the basis of the design or
analysis)

7- independent blind assessment OR record linkage (Assessment of outcome)

8- select an adequate follow up period for outcome of interest (Select an adequate follow up period for
outcome of interest)

9- complete follow up - all subjects accounted for OR subjects lost to follow up unlikely to introduce
bias - small number lost - > _____ % (select an adequate %) follow up, or description provided of
those lost) (Adequacy of follow up of cohorts)

comments:

(1) Masafumi Nozoe

1. truly representative of patients with stroke in the community

2. drawn from the same community as the exposed cohort

3. structured interview

4. Demonstration that outcome of interest was present at start of study

5. study controls for age

6. study controls for sex, previous stroke, hypercholesterolemia, and NIHSS score on admission

7. independent blind assessment

8. select an adequate follow up period for outcome of interest

9. description provided of those lost

(2) Takafumi Abe

1. truly representative of patients with stroke in the community

2. drawn from the same community as the exposed cohort

3. structured interview

4. Demonstration that outcome of interest was not present at start of study

5. study controls for age

6. study controls for Length of hospital stay, Previous stroke, and NIHSS (point)

7. independent blind assessment

8. select an inadequate follow up period for outcome of interest

9. description provided of those lost

(3) Youbin Yi

1. truly representative of patients with stroke in the community

2. drawn from the same community as the exposed cohort

3. structured interview

4. Demonstration that outcome of interest was present at start of study

5. study controls for age

6. study controls for sex, Initial NIHSS, Initial NIHSS, Stroke profiles, onset-to-admission interval, and onset-to-follow-up interval

7. independent blind assessment

8. select an inadequate follow up period for outcome of interest

9. description provided of those lost

(4) Yongjun Jang

1. truly representative of patients with stroke in the community

2. drawn from the same community as the exposed cohort

3. structured interview

4. Demonstration that outcome of interest was not present at start of study

5. study controls for age

6. study controls for sex, FOIS, malnutrition, and MMSE

7. independent blind assessment

8. select an adequate follow up period for outcome of interest

9. description provided of those lost

(5) Ken Ohyama
1. truly representative of patients with stroke in the community
2. drawn from the same community as the exposed cohort
3. structured interview
4. Demonstration that outcome of interest was present at start of study
5. study controls for NIHSS on admission
6. study controls for sex and periventricular hyperintensity
7. independent blind assessment
8. select an inadequate follow up period for outcome of interest
9. complete follow up

(6) Tatsuya Matsushita
1. truly representative of patients with stroke in the community
2. drawn from the same community as the exposed cohort
3. structured interview
4. Demonstration that outcome of interest was present at start of study
5. study controls for Age
6. study controls for sex, Days from onset to admission, FIM-M on admission, and Lower limb motor paralysis
7. independent blind assessment
8. select an inadequate follow up period for outcome of interest
9. description provided of those lost

(7) Hiroshi Irisawa
1. truly representative of patients with stroke in the community
2. drawn from the same community as the exposed cohort
3. structured interview
4. Demonstration that outcome of interest was present at start of study
5. study controls for age
6. study controls for sex, nutrition, body fat percentage, body water composition percentage, and phase angle
7. independent blind assessment
8. select an inadequate follow up period for outcome of interest
9. description provided of those lost

(8) Fumihiko Nagano
1. truly representative of patients with stroke in the community
2. drawn from the same community as the exposed cohort
3. structured interview
4. Demonstration that outcome of interest was present at start of study
5. study controls for age
6. study controls for sex, Premorbid mRS score, Charlson's Comorbidity Index score, Food Intake Level

Scale score

7. independent blind assessment

8. select an inadequate follow up period for outcome of interest

9. description provided of those lost