

Supplementary Table SII Search terms.

The following search terms were used for Ovid MEDLINE with modification for other databases as required.

- (1) preconcep\$.tw.
- (2) pre-concep\$.tw.
- (3) pre concep\$.tw.
- (4) prepregnant\$.tw.
- (5) pre-pregnant\$.tw.
- (6) pre pregnan\$.tw.
- (7) pregestation\$.tw.
- (8) pre-gestation\$.tw.
- (9) pre gestation\$.tw.
- (10) periconception\$.tw.
- (11) peri-conception\$.tw.
- (12) peri conception\$.tw.
- (13) interconception\$.tw.
- (14) inter-conception\$.tw.
- (15) inter conception\$.tw.
- (16) interpregnan\$.tw.
- (17) inter-pregnant\$.tw.
- (18) inter pregnan\$.tw.
- (19) intergestation\$.tw.
- (20) inter-gestation\$.tw.
- (21) inter gestation\$.tw.
- (22) internatal.tw.
- (23) inter-natal.tw.
- (24) inter natal.tw.
- (25) before pregnan\$.tw.
- (26) interconcep\$.tw.
- (27) inter-concep\$.tw.
- (28) inter concep\$.tw.
- (29) exp Preconception Care/
- (30) family planning services/ or perinatal care/ or preconception care/
- (31) or/1-30
- (32) diet\$.tw.
- (33) nutrition\$.tw.
- (34) (Energy adj3 restrict\$).tw.
- (35) (Energy adj3 reduc\$).tw.
- (36) hypocaloric.tw.
- (37) Feeding behavior\$.tw.
- (38) Feeding behavior\$.tw.
- (39) eating behavior\$.tw.
- (40) eating behavior\$.tw.
- (41) exp diet/
- (42) exp diet therapy/
- (43) exp nutrition therapy/
- (44) exp feeding behavior/
- (45) (diet\$ or diet\$ therap\$ or diet\$ modification\$ or diet\$ intervention\$ or diet\$ counsel\$).tw.
- (46) or/32-45
- (47) exercise\$.tw.
- (48) exercise therapy.tw.
- (49) physical activit\$.tw.
- (50) physical performance.tw.
- (51) (strength adj2 training).tw.
- (52) resistance training.tw.
- (53) (aerobic\$ adj2 training).tw.
- (54) (endurance adj2 training).tw.
- (55) physical training.tw.
- (56) (strength\$ adj2 exercise\$).tw.
- (57) (weight-bearing adj2 exercise\$).tw.
- (58) (Resistance adj2 exercise\$).tw.
- (59) (Aerobic\$ adj2 exercise\$).tw.
- (60) (Endurance adj2 exercise\$).tw.
- (61) (Physical adj2 exercise\$).tw.
- (62) exp exercise/
- (63) exp exercise therapy/
- (64) exp Yoga/

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- (65) or/47–64
(66) exp cognitive therapy/
(67) exp relaxation techniques/
(68) (cognitive adj2 therap\$).tw.
(69) (relax\$ adj2 technique\$).tw.
(70) exp Psychotherapy/
(71) Psychotherap\$.tw.
(72) exp Behavior Therapy/
(73) (Behavio\$ adj2 therap\$).tw.
(74) risk reduction behavior/
(75) (risk reduction adj2 behavio\$).tw.
(76) behavior control/
(77) (behavio\$ adj2 control).tw.
(78) exp life style/
(79) exp life change events/
(80) (((life style adj2 change\$) or lifestyle) adj2 change\$).tw.
(81) (((life style adj2 intervention\$) or lifestyle) adj2 intervention\$).tw.
(82) (((life style adj2 modif\$) or lifestyle) adj2 modif\$).tw.
(83) (((life style adj2 choice\$) or lifestyle) adj2 choice\$).tw.
(84) Relaxation.tw.
(85) exp Health Promotion/
(86) (Health adj2 Promotion).tw.
(87) exp Health Education/
(88) (Health\$ adj2 Education).tw.
(89) (motivation\$ adj2 therap\$).tw.
(90) kinesiotherap\$.tw.
(91) (life?style or life style).tw.
(92) exp relaxation technique/
(93) behavio?r\$coping strateg\$.tw.
(94) patient education as topic/
(95) counseling/ or directive counseling/ or sex counseling/
(96) exp Relaxation Therapy/
(97) exp Meditation/
(98) exp Health Behavior/
(99) or/66–98
(100) ((weight or BMI or body mass index) and (preser\$ or maintain\$ or maintenance or reduc\$ or los\$ or decreas\$ or control)).tw.
(101) ((weight adj3 lo\$) or weight) adj3 reduc\$).tw.
(102) ((body mass index adj2 los\$) or BMI) adj2 los\$).tw.
(103) ((body mass index adj2 reduc\$) or BMI) adj2 reduc\$).tw.
(104) ((body mass index adj2 decreas\$) or BMI) adj2 decreas\$).tw.
(105) exp weight control/ or exp weight reduction/
(106) or/100–105
(107) 46 or 65 or 99 or 106
(108) 31 and 107
(109) limit 108 to humans
(110) randomized controlled trial.pt.
(111) controlled clinical trial.pt.
(112) randomized controlled trials.sh.
(113) random\$.ab.
(114) random allocation.sh.
(115) double-blind method.sh.
(116) single-blind method.sh.
(117) placebo.ab.
(118) trial.ti.
(119) or/110–118
(120) Meta-analysis.pt.
(121) exp Technology Assessment, Biomedical/
(122) hta.tw.ot.
(123) (health technology adj6 assessment\$).tw.ot.
(124) (meta analy\$ or metaanaly\$ or meta?analy\$).tw.ot.
(125) ((review\$ or search\$) adj10 (literature\$ or medical database\$ or medline or pubmed or embase or cochrane or conhal or psycinfo or psychlit or healthstar or biosis or current content\$ or systemat\$).tw.ot.
(126) or/120–125
(127) (comment or editorial or historical-article).pt.
(128) 126 not 127
(129) 119 or 128
(130) 108 and 129