

Table S1

*Example Search Terms*

Overarching Term	Range of Search Terms
Youth	<i>Youth, child, adolescent, adoles*, boy, girl, teen, minor, minors, teenager, teenage, school-aged, pre-school, children, pediatric</i>
Trauma	<i>Trauma, Psychological Trauma, Stress, PTSD, acute trauma, complex trauma, developmental trauma, adjustment disorders, battered child syndrome, combat disorders stress disorders, post-traumatic, post-trauma,</i>
Sport	<i>Sport, sport for dev* sport dev*, sport for dev*, sport for change, sport for social change, sport for development and peace, sport for youth dev* sport based youth dev*, athletics, athlet*, motor activity, physical activity, physical education and training, physical education, motor activity</i>
Mental Health and Wellbeing	<i>Mental health, wellbeing, well-being, health, psychological health, positive adjustment, psychological well-being, holistic health, hygiene, mental hygiene, life skill*, life skill development, life skill transfer, self-efficacy, self-esteem, confidence, confident, social skills, behavioural health, behavioural health</i>
Qualitative Research	<i>Qualitative, 'focus group*', interview*, ethnograph*, 'participant observation*', interpret*, 'life world*', 'lived experience*', 'grounded theory', 'content analysis', 'discourse analysis', 'thematic analysis', 'constant comparative', narrative, hermeneutic*, phenomenol*</i>

Table S2							
<i>Summary of Included Studies</i>							
Paper	Aim	Context of Sport/ Movement	Trauma History	Theoretical Orientation	Participants	Methodology	Summary of Results
Andrews & Andrews (2003)	Examine how youth and staff respond to sport and physical education within a secure unit	Sport and physical activity within a juvenile detention facility	Participants were incarcerated at the time of intervention programming	Delinquency and sport provision theories	20 youth who were residents in a secure facility	<i>Design:</i> Qualitative <i>Data collection:</i> Participant observation, field notes, interviews <i>Analysis:</i> Grounded theory	Even with environmental modifications, sport fostered social comparison anxieties and could negatively impact self-esteem. Autonomy and ownership in the program gave youth a sense of responsibility. There is a need to consider how gender may impact the effective use of sport in the social rehabilitation process.
Dyck (2011)	Examine how ex-youth combatants, camp administrators and caregivers perceived impact and significant of sporting activities in disarmament, demobilisation and reintegration (DDR) camps	Sierra Leone DDR programmes	Participants were former child soldiers and “wives.” Data suggests participants had recently exited their soldier status	Galtung’s distinction of structural and direct violence	13 former child and youth combatants, 4 adult camp administrators and care takers	<i>Design:</i> Case study methodology <i>Data collection:</i> Semi-structured interviews <i>Analysis:</i> Unclear	Four main themes included sport as beneficial for reducing violence, integrating youth within the community, developing social networks through sport, and sport as a psychological escape. Author notes that sport also had the potential to perpetuate gender-based violence.
Ley et al (2018)	To describe and explain therapeutic processes and effects taking place in a sport and exercise program with war and torture survivors	European sport-based therapy program offered to refugees fleeing war	Participant was diagnosed with post-traumatic stress disorder (PTSD) and currently in treatment	Embodiment; Neurobiology of PTSD	One refugee fleeing from war and torture	<i>Design:</i> Case study <i>Data collection:</i> Interviews and observations <i>Analysis:</i> Inductive analysis	Sport was shown to have a motivational and restoration effect, a distraction effect, and an exposure effect (i.e., coping with bodily sensations).

Massey & Whitley (2016)	To examine the role of sport in the lives of former athletes who experienced multiple traumas and/or adverse experiences in their childhood	Youth sport from disadvantaged community and multiple adverse childhood experiences	Participants were adults at the time of the study who had identified previous adverse experiences in childhood	Critical theory; Resilience theory; Systems theory	10 former athletes	<i>Design:</i> Narrative <i>Data collection:</i> Interview <i>Analysis:</i> Content and Structural analysis	Positive themes included sport as a distraction and escape during the trauma of childhood, and that sport was a place of purpose and structure. Negative themes included sport as a source of increased symptomology through being a place of celebrated deviance. Neutral themes highlighted how sport could not overcome the difficulties faced in childhood.
Meek & Lewis (2014)	Explore experiences and impact of prison-based football and rugby academies on participants and prison staff	Young offender institution aiming to use sport as a way of integrating young men in identifying and meeting their resettlement needs in transition from custody to community	Participants were incarcerated at the time of intervention programming.	Not specified	38 participants interviewed following release to community, 11 key prison staff also interviewed	<i>Design:</i> Qualitative <i>Data collection:</i> Interviews and focus groups (prior to, during and following academies) <i>Analysis:</i> Inductive/deductive thematic analysis	Sport helped to create a more positive environment in the prison and to break down barriers between prisoners and guards. Sport program allowed youth to see activity options upon release from prison and sport provided a direct avenue to employment for some.
Parker et al (2014)	Examine young people's motivations for and experiences of participating in a multimodal sports-based initiative	Sports-based academies over 12 weeks including theoretical and practice sessions with support	Participants were incarcerated at the time of intervention programming	Not specified	12 young men (aged 15-17 years old)	<i>Design:</i> Qualitative <i>Data collection:</i> Participant observation, semi-structured interviews, documentary analysis <i>Analysis:</i> Not explicitly stated	Findings suggested that sport was a distraction to those incarcerated, served as a positive alternative and a source of motivation, helped with behavioural disciplines and helped youth build positive social networks. Sport also promoted a sense of possibility and opportunity.
Ratcliff et al (2002)	Deepen understanding of the role of engaging in physical occupation may have in women's	Physical occupation	Participants were adults who had been victims of childhood sexual abuse during childhood.	Occupational science	Two women who were survivors of childhood sexual abuse and engaging in physical occupation	<i>Design:</i> Narrative (integrated with biology) <i>Data collection:</i> Repeat interviews <i>Analysis:</i> Two-fold narrative analysis	Participants noted a disconnection from their physical selves as a result of trauma. It was noted that participation in sporting activities helped them to reconnect with their bodies and integrate their trauma experience into their lives. An

	experience of body and self						environment of personal safety and value was needed for engagement.
Rhodes (2015)	Experiences of yoga and its role within processes of health for adult women with complex trauma histories	Yoga	77% of sample reported childhood physical abuse; 87% reported emotional neglect by a caregiver; 51% reported separation from a caregiver; 74% reported being sexually assaulted at some point in their life.	Post-traumatic growth; Embodiment; Biopsychosocial theories	39 women meeting criteria for PTSD and all reported childhood maltreatment	<i>Design:</i> Hermeneutic phenomenology <i>Data collection:</i> Semi-structured phenomenological interview <i>Analysis:</i> Hermeneutic phenomenological analysis	Data suggested that yoga was a multidimensional process that allowed participants to connect with and have ownership over their own bodies, thoughts, and emotions. Data supported yoga as a way to facilitate post-traumatic growth. Facilitators included a gentle approach, going at your own pace, and regular practice. Barriers included cost, motivation, and emotional safety.
Sobotova (2016)	Explore role of sport in the process of social inclusion and peacebuilding in post-conflict Columbia	Settlement Cazucá, Soacha, Colombia	Participants were living in a settlement due to an internal conflict. Reports indicate high levels of violence and conflict in the settlement	Grounded with the field of sport for development and peace	32 young peer leaders and their coaches between the ages of 15 and 25	<i>Design:</i> Participatory mapping <i>Data collection:</i> Mapping exercise <i>Analysis:</i> Maps analysed by general framework of i) security (ii) freedom of speech (iii) feeling of belonging to a place and (iv) equal access for women and men.	Participants noted that the spaces often used for sport had higher levels of security, freedom of speech, belonging, and equality.
Spaaij (2015)	Examine community sport as a site where refugee youth negotiate belonging	Community football clubs in Melbourne Australia	Participants were refugees in Australia. Time since displacement was not noted.	Theory of belonging	39 Somali Australian players and volunteers, and 12 Somali Australian community members and multicultural workers	<i>Design:</i> Ethnography <i>Data collection:</i> Participant observation and interviews <i>Analysis:</i> Not explicitly stated	Sport had the ability to transcend clans/cultural groups and can be helpful in rebuilding social support networks and community. Sport is a gendered activity and can further marginalize girls and women in the refugee community.

Thorpe (2015; 2016; Thorpe & Ahmad, 2015)	Examine youth agency, coping, resilience, and sporting creativity within local contexts of conflict and post-disaster, and signal important considerations for Sport for Development and Peace organisations working in such locations.	Post-disaster zones of Christchurch and New Orleans and conflict zone of Palestine	Participants were residents of cities that were affected by earthquakes, conflict, or hurricanes	Critical theory; Youth agency; Resilience	37 interviews with action sport participants in Palestine, Christchurch earthquake survivors and Hurricane Katrina survivors	<i>Design:</i> Interdisciplinary approach, on-going case studies <i>Data collection:</i> Interviews, media analysis and digital methods <i>Analysis:</i> Thematic analysis	Results focused on the importance of youth agency in making meaning of their lives through sporting activities during conflict and disasters. Sporting activities provided a psychological escape, a source of resilience, and a source of pleasure and enjoyment.
Van Hout & Phelan (2014)	Explore leaning and associated experiences of young male offenders' participation in fitness training and organized sports during community reintegration	Fitness training and sports programmes offered as part of community-based project aiming to address needs to young adults who are, or have been criminally active and to positively challenge offending attitudes and behaviours	Participants were former offenders who were no longer incarcerated.	Not specified	9 adult males (aged 18-26 years old) engaged in two community reintegration projects	<i>Design:</i> Grounded theory <i>Data collection:</i> Interviews, field memos and researcher observations <i>Analysis:</i> Grounded theory	Fitness program promoted a sense of belonging, enjoyment, and sense of physical health. Fitness program also helped pass the time. Sport and fitness acted as a drug/addiction leaving youth vulnerable to relapse when participation was limited. A sport ethos was developed in which some participants applied lessons of discipline and confidence to other areas of life.
Van Ingen (2011)	Theoretical and empirical examination of how anger is experienced, defined, felt and how it functions as means of insight and power	A recreational boxing programme called Shape Your Life (SYL)	Participants were survivors of gender-based violence; timing of trauma in relation to the study was not indicated.	Social space, geography, and emotion	78 women and transgendered participants (16-58 years old) from diverse social locations who identified as survivors of violence	<i>Design:</i> Action research project <i>Data collection:</i> Observation, focus groups, interviews <i>Analysis:</i> Thematic analysis	Results focused on the multiple ways anger can shape experience, inform meaning making, and incite social change. Themes included fighting the trope of anger, a symphony of anger, the use of anger, anger unleashed, and training anger.

Van Ingen (2016)	Explore the ways in which participants illustrate the significant role that boxing and art can play in making difficult pasts comprehensible	SYL recreational boxing programme for female and trans survivors of violence in Toronto, Canada.	Participants were survivors of gender-based violence; timing of trauma in relation to the study was not indicated.	Anti-oppression framework	10 participants and 2 coaches in the Shape Your Life boxing program for women and trans survivors of gender-based violence	<i>Design:</i> Methodology of getting lost <i>Data collection:</i> Art and interview <i>Analysis:</i> Post-qualitative	Through the expression of art and boxing, results showed the complex nature of trauma, and how sport can, if only in part, help trauma survivors to make sense of their lives. Results highlight the tension in participants lives as they navigate the past and move towards a new understanding rooted in bodily practices.
Whitley, Coble & Jewell (2016b)	Assess participants' perceptions and experiences in a sport and recreational programme	The Refugee Sport Club (RSC) was a sport-based youth development programme that was grounded in the structure, values, and themes of the Teaching Personal and Social Responsibility Model	Participants were refugees in the United States. On average, time since displacement was 2-3 years.	Conceptual models of TPSR and Acculturation	16 refugee youth	<i>Design:</i> Program evaluation <i>Data collection:</i> Interviews <i>Analysis:</i> Hierarchical content analysis	Results showed that having fun, learning new sports, being members of a team, developing relationship with adults, learning about respect, learning about leadership, and learning about teamwork were key parts of the sport program.
Whitley, Massey & Leonetti (2016a)	To explore the experiences of growing up with multiple adverse experiences and the role of sport throughout development	Youth elite sport from disadvantaged community and multiple adverse childhood experiences	Athlete was an adult at the time of the study who had identified previous adverse experiences in childhood	Systems theory	One elite athlete participant	<i>Design:</i> Narrative case study <i>Data collection:</i> Interviews with participant and significant others <i>Analysis:</i> Narrative analysis	Key findings included understanding the role of the cultural context, cultural values, social norms, and important others in considering how sport shapes development. A temporal analysis showed how sport played a role in the athlete's life at multiple developmental transitions.