



Supplemental File

Appendix A

The evidence of screening results for included studies in the meta-analysis can be found in this link.

<https://1drv.ms/f/s!AoOvg402MxCp1Dt8U1RZdyREnuw9>

The example of the ERIC search strategy (July 2018)

Database(s): **ERIC** 2000 to July Week 1 2018

Search result screenshot:

Eric.bib

- 1 @article{Weinstock2010,
2 abstract = {College students have high rates of alcohol problems despite a number of intervention initiatives designed to reduce alcohol use. Substance use, including heavy drinking, often occurs at the expense of other, substance-free, activities. This review examines the promotion of one specific substance-free activity--exercise--as an intervention for hazardous drinking. Exercise has numerous physical and mental health benefits, and data suggest that students who engage in exercise regularly are less likely to drink heavily. However, the adherence to exercise necessary to achieve these benefits and possibly reduce drinking is poor, and improved exercise adherence interventions are needed. A novel combination of motivational enhancement therapy and contingency management is discussed as a means to address the critical issue of exercise adherence.},
3 annote = {Accession Number: EJ882620; Acquisition Information: Heldref Publications. 1319 Eighteenth Street NW, Washington, DC 20036-1802. Tel: 800-365-9753; Tel: 202-296-6267; Fax: 202-293-6130; e-mail: subscribe@heldref.org; Web site: <http://www.heldref.org>; Language: English; Education Level: Higher Education; Reference Count: 76; Journal Code: APR2018; Level of Availability: Not available from ERIC; Publication Type: Academic Journal; Publication Type: Report; Entry Date: 2010},
4 author = {Weinstock, Jeremiah},
5 issn = {0744-8481},
6 journal = {Journal of American College Health},
7 keywords = {College Students; Intervention; Physical Activity Level; Contingency Management; Drinking; Exercise; Life Style; Alcohol Abuse; At Risk Persons; Compliance (Psychology); Motivation},
8 month = {jan},
9 number = {6},
10 pages = {539--544},
11 publisher = {Journal of American College Health},
12 title = {{A Review of Exercise as Intervention for Sedentary Hazardous Drinking College Students: Rationale and Issues}},
13 url = {<http://search.ebscohost.com/login.aspx?direct=true{\&}db=eric{\&}AN=EJ882620{\&}amp lang=tr{\&}site=ehost-live>
<http://heldref.metapress.com/openurl.asp?genre=article{\&}id=doi:10.1080/07448481003686034>},
14 volume = {58},
15 year = {2010}
16 }
17 @article{Davis2017,
18 abstract = {Objective: To help clarify the effect of gender on the bidirectional relationship between alcohol use and strenuous physical activity in college students. Participants: Five hundred twenty-four (52{\%} female) college students recruited in August 2008 and 2009 and followed up in April 2009 and April 2011, respectively. Methods: Participants reported their alcohol use and strenuous physical activity on 2 occasions (baseline and follow-up) spaced approximately 1 or 2 years apart. Results: For females, alcohol use quantity at