

Table 2. Characteristics of included studies

Study	Participants (number, age, other important characteristics)	Comparison	Outcome measures	Comments	Risk of bias*
<i>Included in systematic review of Pearce, 2020</i>					
Jafernajad, 2016	N total: 65 - Intervention: 35 - Control: 30 University students aged 20 to 40 years.	Intervention: Home-based aerobic exercise for 20 minutes, three times a week for 8 weeks. Control: No intervention.	- PMS symptoms using the Daily record of symptoms of premenstrual syndrome - Psychological PMS symptoms - Physical PMS symptoms	Iran	High
Kamalifard, 2017	N total: 62 - Intervention: 31 - Control: 31 Outpatient clinic attendees aged 20 to 45 years.	Intervention: Yoga for 60 minutes, three times a week for 10 weeks. Control: No intervention.	PMS symptoms using the Premenstrual Symptoms Screening Tool psychological symptoms - Psychological PMS symptoms - Physical PMS symptoms	Iran	High
Samadi, 2013	N total: 40 - Intervention: 20 - Control: 20 Students aged 18 to 25 years.	Intervention: Aerobic exercise for 60 minutes, three times per week for 8 weeks, intensity gradually increased. Control: No intervention.	- PMS symptoms using an unvalidated tool - Psychological PMS symptoms - Physical PMS symptoms	Iran	High
Tonekaboni, 2012	N total: 90 - Intervention: 30 and 30 - Control: 30 'Women in childbearing age'.	Intervention I: High intensity aerobic exercise Intervention II: Moderate intensity aerobic exercise. Both for 50 minutes, three times a week for 12 weeks. Control: No intervention.	- PMS symptoms using an unvalidated tool - Psychological PMS symptoms - Physical PMS symptoms	Iran	High

Yang and Kim, 2016	N total: 40 - Intervention: 20 - Control: 20 Nursing students aged 18 to 25 years.	Intervention: Yoga for 60 minutes, once a week for 12 weeks. Control: No intervention, not practising yoga.	- PMS symptoms using the Modified Short-Form Menstrual Distress Questionnaire	Korea	High
Zoodfekar, 2017	N total: 40 of which 20 allocated to a study arm of our interest - Intervention: 10 - Control: 10 Hospital clinic patients aged 18 to 35 years.	Intervention: Aerobic exercise for 60 minutes, three times a week for 8 weeks. Control: Placebo pill (two other groups used different dosages of curcumin pills)	- PMS symptoms using the Dickerson Questionnaire	Iran	High
<i>Individual studies</i>					
Abic, 2024	N total: 68 of which 34 allocated to a study arm of our interest - Intervention: 17 - Control: 17 Female nursing students aged >18 years ≥110 points on the PMSS scale.	Intervention: Yoga twice a week 60 minutes for 8 weeks, including breathing exercises, stretches, balance-based physical postures and mediation. Control: No intervention. (two other groups performed progressive muscle relaxation, and progressive muscle relaxation and yoga).	- PMS symptoms with PMSS - Depression, anxiety and stress with DASS-21	Non-blinded RCT in Turkey.	Moderate
Al Kiyumi, 2023	N total: 72 - Intervention: 36 - Control: 36 Students aged ≥16 years who fitted the PMS criteria based on the DRSP questionnaire two consecutive	Intervention: Individual face-to-face dietary consultations twice a week recommending a healthy diet based on the dietary guidelines customized for adolescents: carbohydrates (330–450 g), proteins (48–60 g), fiber (19–48 g), energy (2400 Kcal), calcium (600–960 mg)	- PMS symptoms using DRSP - Psychological PMS symptoms using PSS	Open-label RCT in Oman.	High

	months. Those with PMDD were excluded.	and salt (<5 mg/day). Limit extra salt, caffeine and sugar. Once every two weeks a motivational phone consultation. Advise for physical exercise. Control: No intervention, advice for physical exercise.			
Yurt, 2020	N total: 31 - Intervention: 16 - Control: 15 Students aged 20 to 28 years with PMS diagnosed by a doctor and who were consuming less than the recommended dietary allowance of calcium.	Intervention: Consumption of 1000mg of calcium for two months: 50g Kasser cheese, 400mL milk and 150g yogurt per day. Control: No intervention.	- PMS symptoms using PMSS - Quality of life with SF-36	RCT in Cyprus.	High

*For further details, see risk of bias table in the appendix

Abbreviations: DASS-42: Depression, Anxiety, and Stress Scale, DRSP: Daily Record of Severity of Problems, N: number, PMS: PreMenstrual Syndrome, PMSS: PreMenstrual Syndrome Scale, PSS: Perceived Stress Scale, RCT: Randomized Controlled Trial, SF-36: Short Form 36.