

Supplementary Table 1. Search strategy for each database

Search set for Medline (via Pubmed)

- #1 type 2 diabetes [All Fields]
- #2 type 2 diabetes mellitus [All Fields]
- #3 non-insulin-dependent diabetes mellitus [All Fields]
- #4 NIDDM [All Fields]
- #5 Diabetes type 2 [MeSH Terms]
- #6 resistance training [All Fields]
- #7 resistance exercise [All Fields]
- #8 strength training [All Fields]
- #9 strength exercise [All Fields]
- #10 strengthening [All Fields]
- #11 Strength training [MeSH Terms]
- #12 inflammation [All Fields]
- #13 inflammatory markers [All Fields]
- #14 inflammatory cytokines [All Fields]
- #15 inflammatory biomarkers [All Fields]
- #16 c reactive protein [MeSH Terms]
- #17 interleukin 6 [MeSH Terms]
- #18 tumor necrosis factor alpha [MeSH Terms]
- #19 Randomised controlled trial [All Fields]
- #20 controlled trial [All Fields]
- #21 randomized controlled trial [All Fields]
- #22 intervention [All Fields]
- #23 RCT
- #24 1 OR 2 OR 3 OR 4 OR 5
- #25 6 OR 7 OR 8 OR 9 OR 10 OR 11
- #26 12 OR 13 OR 14 OR 15 OR 16 OR 17 OR 18
- #27 19 OR 20 OR 21 OR 22 OR 23
- #28 5 AND 11
- #29 24 AND 25 AND 26 AND 27

((Diabetes type 2[MeSH Terms]) AND (strength training [MeSH Terms])) Results: 250

("type 2 diabetes" OR "type 2 diabetes mellitus" OR "non-insulin-dependent diabetes mellitus" OR NIDDM) AND ("resistance training" OR "resistance exercise" OR "strength training" OR "strength exercise" OR strengthening) AND (inflamm* OR (c reactive protein [MeSH Terms]) OR (interleukin 6[MeSH Terms]) OR (tumor necrosis factor alpha [MeSH Terms])) Results: 129

("type 2 diabetes" OR "type 2 diabetes mellitus" OR "non-insulin-dependent diabetes mellitus" OR NIDDM) AND ("resistance training" OR "resistance exercise" OR "strength training" OR "strength exercise" OR strengthening) AND (inflammation OR "inflammatory markers" OR "inflammatory cytokines" OR "inflammatory biomarkers") AND (RCT OR "randomised controlled trial" OR "controlled trial" OR "randomized controlled trial" OR intervention) Results: 61

Total results: 440

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Supplementary Table 1. Continued

Search set for SCOPUS

TITLE-ABS-KEY (“type 2 diabetes” OR “non-insulin-dependent diabetes mellitus”) AND (TITLE-ABS-KEY (“resistance training” OR “resistance exercise” OR “strength training” OR “strength exercise” OR “strengthening”)) AND (TITLE-ABS-KEY (“inflammation” OR “inflammatory markers” OR “inflammatory cytokines” OR “inflammatory biomarkers” OR “c reactive protein” OR “tumor necrosis factor alpha” OR “interleukin 6”))

Total results: 181

Search set for WoS

(“type 2 diabetes” OR “type 2 diabetes mellitus” OR “non-insulin-dependent diabetes mellitus” OR NIDDM) AND (“resistance training” OR “resistance exercise” OR “strength training” OR “strength exercise” OR “strengthening”) AND (inflamm* OR “c reactive protein” OR “interleukin 6” OR “tumor necrosis factor alpha”) AND (RCT OR “randomised controlled trial” OR “controlled trial” OR “randomized controlled trial” OR intervention)

Total results: 73

Search set for CENTRAL

(“type 2 diabetes” OR “type 2 diabetes mellitus” OR “non-insulin-dependent diabetes mellitus” OR NIDDM) AND (“resistance training” OR “resistance exercise” OR “strength training” OR “strength exercise” OR “strengthening”) AND (inflamm* OR “c reactive protein” OR “interleukin 6” OR “tumor necrosis factor alpha”) AND (RCT OR “randomised controlled trial” OR “controlled trial” OR “randomized controlled trial” OR intervention)

Total results: 79