**SDC 1: Paper Characteristics (HIIT vs CON)**

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| Author | Year | Mean age  (years) | %female | Duration  (weeks) | No. Exercise sessions | Comorbidity | Country |
| Andersen et al. | 2017 | 50 | 33% | 8 | 24 | Neurological/muscular | Denmark |
| Dolan et al. | 2015 | 57 | 100% | 6 | 18 | Cancer | Canada |
| Dunne et al. | 2016 | 62 | 29% | 4 | 12 | Cancer | UK |
| Flemmen et al. | 2014 | 32 | 19% | 8 | 24 | Psychiatry | Norway |
| Freese et al. | 2014 | 52 | 100% | 6 | 18 | Obesity / Metabolic / Endocrine | USA |
| Heggelund et al. | 2011 | 33.6 | 32% | 8 | 24 | Psychiatry | Norway |
| Hermann et al. | 2011 | 50 | 19% | 8 | 24 | Cardiovascular | Denmark |
| Hwang et al. | 2012 | 60 | 50% | 8 | 24 | Respiratory | Taiwan |
| Licker et al. | 2017 | 64 | 40% | 4 | ~12 | Cancer | Switzerland |
| Mobius-Winkler et al. | 2016 | 64 | 25% | 4 | 20 | Cardiovascular | Germany |
| Monk-Hansen et al. | 2014 | 50 | 22% | 8 | 24 | Cardiovascular | Denmark |
| Smith-Ryan et al. | 2016 | 34 | 100% | 3 | 9 | Obesity / Metabolic / Endocrine | USA |
| Trilk et al. | 2010 | 31 | 100% | 4 | 12 | Obesity / Metabolic / Endocrine | USA |
| Wallman et al. | 2009 | 42 | 75% | 8 | 32 | Obesity / Metabolic / Endocrine | Australia |