

Additional file 1: search details

All databases were last searched on 31st of January 2023

Database	Keyword combination
Pubmed (National Library of Medicine)	(physiotherap* OR "physical therapy") AND (motivation* OR "behaviour change" OR "behavior change" OR centeredness OR "therapeutic alliance" OR "working alliance" OR "health education" OR communication OR counselling) AND (adheren* OR complian*) AND (effectiveness OR effect*) Filter: only reviews, systematic review and meta-analysis
Web of Science Core Collection (Clarivate Analytics)	TS=(physiotherap* OR "physical therapy") AND TS=(motivation* OR "behaviour change" OR "behavior change" OR centeredness OR "therapeutic alliance" OR "working alliance" OR "health education" OR communication OR counselling) AND TS=(adheren* OR complian*) AND TS=(effectiveness OR effect*) Filter: only review articles
Cochrane Library (Wiley)	(physiotherap* OR "physical therapy") AND (motivation* OR "behaviour change" OR "behavior change" OR centeredness OR "therapeutic alliance" OR "working alliance" OR "health education" OR communication OR counselling) AND (adheren* OR complian*) AND (effectiveness OR effect*) in Title Abstract Keyword
CINAHL complete (EBSCOhost)	(physiotherap* OR "physical therapy") AND (motivation* OR "behaviour change" OR "behavior change" OR centeredness OR "therapeutic alliance" OR "working alliance" OR "health education" OR communication OR counselling) AND (adheren* OR complian*) AND (effectiveness OR effect*) AND ("systematic review" OR meta-analysis) Filter: Academic journals (no dissertations)
PsycInfo (EBSCOhost)	1. (physiotherap* OR "physical therapy") AND (motivation* OR "behaviour change" OR "behavior change") AND (adheren* OR complian*) AND (effectiveness OR effect*). Expanders - Apply equivalent subjects; Search modes - Boolean/Phrase. Filter: Literature Review; SR; Meta-analysis; Meta-synthesis; AND peer-reviewed. 2. (physiotherap* OR "physical therapy") AND (centeredness OR "therapeutic alliance" OR "working alliance" OR "health education" OR communication OR counselling) AND (adheren* OR complian*) AND (effectiveness OR effect*). Expanders - Apply equivalent subjects; Search modes - Boolean/Phrase. Filter: Literature Review; SR; Meta-analysis; Meta-synthesis; AND peer-reviewed
Scopus (Elsevier)	1. TITLE-ABS-KEY ((physiotherap* OR "physical therapy") AND (motivation* OR "behaviour change" OR "behavior change") AND (adheren* OR complian*) AND (effectiveness OR effect*)) AND (LIMIT-TO (DOCTYPE , "re")) AND (LIMIT-TO (SRCTYPE , "j")) 2. TITLE-ABS-KEY ((physiotherap* OR "physical therapy") AND (centeredness OR "therapeutic alliance" OR "working alliance" OR "health education" OR communication OR counselling) AND (adheren* OR complian*) AND (effectiveness OR effect*)) AND (LIMIT-TO (SRCTYPE , "j")) AND (LIMIT-TO (DOCTYPE , "re"))
PEDro (Physiotherapy Evidence Database)	physiotherap* motivation* adheren* effect* physiotherap* behaviour change adheren* effect* physiotherap* behavior change adheren* effect* physical therap* motivation* adheren* effect* physical therap* behavior change adheren* effect* physiotherap* adheren* effect* centered* physiotherap* adheren* effect* centred* physiotherap* adheren* effect* "therapeutic alliance" physiotherap* adheren* effect* "working alliance" physiotherap* adheren* effect* "health education" physiotherap* adheren* effect* communication physiotherap* adheren* effect* counselling physical therap* adheren* effect* centered* physical therap* adheren* effect* centred* physical therap* adheren* effect* "therapeutic alliance" physical therap* adheren* effect* "working alliance" physical therap* adheren* effect* "health education" physical therap* adheren* effect* communication physical therap* adheren* effect* counselling Filter: systemtic reviews