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The Impact of Physical Activity on Quality of Life for individuals Living Endometriosis. A Systematic Review
Kate Day, Sharon Manship, Caroline Flurrey

REVIEW TITLE AND BASIC DETAILS

Review title: The Impact of Physical Activity on Quality of Life for individuals Living Endometriosis. A Systematic Review
Condition or domain being studied: Endometriosis; Quality of Life; Health-Related Quality of Life; Non-Pharmacological Interventions; Physical activity; Non-Surgical Interventions; Physical Activity Level; Physical Exercises
Rationale for the review: Endometriosis is a long-term health condition where tissue similar to the womb lining grows elsewhere in the body.
Review objectives: How effective are physical activity interventions for improving quality of life for those living with endometriosis?

ELIGIBILITY CRITERIA

Population: Adults clinically diagnosed with endometriosis, assigned female at birth (18 years old and over)
Intervention(s) or exposure(s): A repeated measures intervention with minimum 4 weeks of intervention application.
Comparator(s) or control(s): PICO tags selected: Waiting list control; Usual Care; Placebo
Study design: Both randomized and nonrandomized study types will be included.

Context: Endometriosis is a chronic, lifelong condition that is considered untreatable however NHS management pathways promote laparoscopic surgeries and pain medication.
TIMELINE OF THE REVIEW: Date of first submission to PROSPERO: 16 October 2025

Availability of full protocol: A full protocol has been written and uploaded to PROSPERO. The protocol may be accessed through this link
SEARCHING AND SCREENING: Search for unpublished studies: Only published studies will be sought.

Main bibliographic databases that will be searched: The main databases to be searched are ASSIA - Applied Social Sciences Index & Abstracts, CLIB - The Cochrane Library, Embase - Embase via Ovid, Embase.com, MEDLINE, PsycInfo, PubMed, SSCI - Social Science Citation Index and Scopus.
Link to search strategy: A full search strategy is available in the full protocol as described in the Availability of full protocol section

DATA COLLECTION PROCESS

Data extraction from published articles and reports: Data will be extracted independently by at least two people (or person/machine combination) with a process to resolve differences.
Study risk of bias or quality assessment: Risk of bias will be assessed using: ROBINS-I
Reporting bias assessment: Utilising the Risk of Bias for Missing Evidence Tool (ROB-ME) will support synthesis.

OUTCOMES TO BE ANALYSED

Main outcomes: Main outcomes will report quality of life score changes and significance from base line following a physical activity intervention of at least 4 weeks within an endometriosis population.
PLANNED DATA SYNTHESIS: Strategy for data synthesis: Due to the anticipated heterogeneity of the studies a Meta analysis is not proposed, a Narrative synthesis (Rai et al., 2020) will be undertaken.

CURRENT REVIEW STAGE

Table with 3 columns: Review stage, Started, Completed. Rows include Pilot work, Formal searching/study identification, Screening search results against inclusion criteria, Data extraction or receipt of IPD, Risk of bias/quality assessment, Data synthesis, Review status, Publication of review results.

REVIEW AFFILIATION, FUNDING AND PEER REVIEW

Review team members: Miss Kate Day (review guarantor and contact) ORCID: 0009-0003-3284-446X. University of Kent. England.
Miss Sharon Manship. University of Kent. England.
Dr Caroline Flurrey. University of West England. England.
Review affiliation: University of Kent employees within the Centre of Health Services Studies in collaboration with the University of West England.

Additional information: Any changes from the protocol will be reported in the published paper.
Review conflict of interest: Declared individual interests are recorded under team member details.. No additional interests are recorded for this review.
Medical Subject Headings: Chronic Disease; Chronic Pain; Endometriosis; Exercise; Endometrium; Fatigue; Female; Humans; Mental Fatigue; Psychosocial Intervention; Quality of Life; Uterus

SIMILAR REVIEWS

Check for similar records already in PROSPERO: PROSPERO identified a number of existing PROSPERO records that were similar to this one (last check made on 25 August 2025).
Effectiveness of psychosocial interventions in endometriosis: A systematic review [published 13 February 2025] [CRD42025622067].

PROSPERO version history

Version 1.0, published 16 Oct 2025
Disclaimer: The content of this record displays the information provided by the review team. PROSPERO does not peer review registration records or endorse their content.