The effects of physical exercise on cardiometabolic outcomes in women with polycystic ovary syndrome not taking the oral contraceptive pill: a systematic review and meta-analysis

WOODWARD, Amie, BROOM, David <http://orcid.org/0000-0002-0305-937X>, HARROP, Deborah <http://orcid.org/0000-0002-6528-4310>, LAHART, Ian, CARTER, Anouska <http://orcid.org/0000-0002-6419-9042>, DALTON, Caroline <http://orcid.org/0000-0002-1404-873X>, METWALLY, Mostafa and Kلونzakis, Markos <http://orcid.org/0000-0002-8864-4403>

Available from Sheffield Hallam University Research Archive (SHURA) at:
http://shura.shu.ac.uk/24828/

This document is the author deposited version. You are advised to consult the publisher’s version if you wish to cite from it.

Published version


Copyright and re-use policy

See http://shura.shu.ac.uk/information.html
The effects of exercise on cardiometabolic outcomes in women with polycystic ovary syndrome not taking the oral contraceptive pill: A systematic review and meta-analysis.

Journal of Diabetes and Metabolic Disorders

Ms Amie Woodward, BSc (Hons), MSc. Doctoral Researcher, Faculty of Health and Wellbeing, Sheffield Hallam University, Sheffield, S10 2BP. Amie.woodward@shu.ac.uk*

Dr David Broom, PhD. Reader of Physical Activity and Health, Faculty of Health and Wellbeing, Sheffield Hallam University, Collegiate Crescent, Sheffield, S10 2BP. D.r.broom@shu.ac.uk

Deborah Harrop, BA (Hons), MA, PGCE. Information Scientist, Nursing and Midwifery, Faculty of Health and Wellbeing, Sheffield Hallam University. D.harrop@shu.ac.uk

Dr Ian Lahart, BA (Hons), MSc, PGCE, PhD. Senior Lecturer in Sport and Exercise Physiology. Institute of Human Science, University of Wolverhampton, Wolverhampton, WV1 1LY. I.lahart@wlv.ac.uk

Dr Anouska Carter, PhD. Senior Sports Science Manager, Faculty of Health and Wellbeing, Sheffield Hallam University, Collegiate Crescent, Sheffield, S10 2BP. A.carter@shu.ac.uk

Dr Caroline Dalton, BSc, PhD. Senior Lecturer, Faculty of Health and Wellbeing, Sheffield Hallam University, Sheffield, S10 2BP Sheffield Hallam University. C.F.Dalton@shu.ac.uk

Dr Mostafa Metwally, MD, FRCOG, MBBCh. Consultant Gynaecologist, Jessop Wing, Tree Root Walk, Sheffield S10 2SF. Mmetwally@nhs.net

Dr Markos Klonizakis, Beng (Hons), MSc, D.Phil. Reader, Faculty of Health and Wellbeing, Sheffield Hallam University, Sheffield, S10 2BP. M.klonzakis@shu.ac.uk

* Corresponding Author
The search was performed using PubMed syntax as demonstrated below, and amended for other databases:

1. “polycystic ovary syndrome”
2. PCOS
3. PCO*
4. polycystic ovar*
5. stein leventhal
6. (1 OR 2 OR 3 OR 4 OR 5)
7. Exercise[majr]
8. exercise therapy [majr]
9. Physical activity [majr]
10. Physical Fitness [majr]
11. Physical Endurance[majr]
12. exercis*[tw]
13. ((physical or motion) AND (fitness or therapy or therapies))[tw]
14. ((strength or resistance or circuit or enduran* or aerob* or physic* or fit*) AND train*)[tw]
15. (7 OR 8 OR 9 OR 10 OR 11 OR 12 OR 13 OR 14)
16. (6 AND 15)
(((("polycystic ovary syndrome"[Title/Abstract]) OR PCOS[Title/Abstract]) OR PCO*[Title/Abstract]) OR polycystic ovar*[Title/Abstract]) OR stein leventhal[Title/Abstract])) AND (((((Exercise[majr]) OR exercise therapy [majr]) OR Physical activity [majr]) OR Physical Endurance[majr]) OR exercis*[tw]) OR (((physical or motion) AND (fitness or therapy or therapies))[tw]) OR (((strength or resistance or circuit or enduran* or aerob* or physic* or fit*) AND train*)[tw])}