

SUPPLEMENTARY FILE

Supplementary 1

Table S1: Searching Strategy

Database	Searching	Limitations	Results
Pubmed	"heart failure" OR "chronic heart failure" [All field] AND "physical activity" OR "exercise" OR "activity" [All field] AND (kinesiophobia or "fear of movement" or "movement fear" or "self-efficacy" or confiden*) [All field]	Year: 2015-2025	1138
Scopus	"heart failure" OR "chronic heart failure" [Abstract, Title, Keywords] AND "physical activity" OR "exercise" OR "activity" [Abstract, Title, Keywords] AND (kinesiophobia or "fear of movement" or "movement fear" or "self-efficacy" or confiden*) [Abstract, Title, Keywords]	-Year: 2015-2025 -Research article -Field: health professions, nursing, medicine, social sciences	2315
ScienceDirect	kinesiophobia or "fear of movement" or "self-efficacy") AND ("heart failure" or CHF or "chronic heart failure") AND "physical activity"	-Year: 2015-2025	198
ProQuest	kinesiophobia or "fear of movement" or "self-efficacy") [Abstract] AND ("heart failure" or CHF or "chronic heart failure") [Abstract] AND "physical activity" [Abstract]	-Year: 2015-2025	238
CINHAL	kinesiophobia or "fear of movement" or "self-efficacy") [All field] AND ("heart failure" or CHF or "chronic heart failure") [All field] AND "physical activity" [All field]	-Year: 2015-2025	1003

Supplementary 2: Quality of studies**Table S1: Quality of included studies by JBI Critical Appraisal Checklist for Cohort Study**

	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11	Total
Pozehl, 2018	Y	Y	Y	NA	NA	Y	Y	Y	NA	NA	Y	7/11
Meng, 2024	Y	Y	Y	NA	NA	Y	Y	Y	NA	NA	Y	7/11
Chen, 2020	Y	Y	Y	NA	NA	NA	Y	Y	Y	NA	Y	7/11

Y=Yes; NA=Not Applied

Q1: Were the two groups similar and recruited from the same population?

Q2: Were the exposures measured similarly to assign people to both exposed and unexposed groups?

Q3: Was the exposure measured in a valid and reliable way?

Q4: Were confounding factors identified?

Q5: Were strategies to deal with confounding factors stated?

Q6: Were the groups/ participants free of the outcome at the start of the study (or at the moment of exposure)?

Q7: Were the outcomes measured in a valid and reliable way?

Q8: Was the follow up time reported and sufficient to be long enough for outcomes to occur?

Q9: Was follow up complete, and if not, were the reasons to loss to follow up described and explored?

Q10: Were strategies to address incomplete follow up utilized?

Q11: Was appropriate statistical analysis used?

Table S2: Quality of included studies by JBI Critical Appraisal Checklist for Cross-sectional study

	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Total
Teresa, 2025	Y	Y	Y	Y	NA	NA	Y	Y	6/8
Tang, 2023	Y	Y	Y	NA	NA	NA	Y	Y	5/8
Chanida 2023	Y	Y	Y	Y	NA	NA	Y	Y	6/8
Spaderna, 2024	Y	Y	Y	Y	NA	NA	Y	Y	6/8
Klomptra, 2018	Y	Y	Y	Y	NA	NA	Y	Y	6/8
Lee, 2017	Y	Y	Y	Y	NA	NA	Y	Y	6/8
Klomptra, 2015	Y	Y	Y	Y	NA	NA	Y	Y	6/8
Deka, 2021	Y	Y	Y	Y	NA	NA	Y	Y	6/8
Marques, 2022	Y	Y	Y	Y	NA	NA	Y	Y	6/8

Y=Yes; NA=Not Applied

Q1: Were the criteria for inclusion in the sample clearly defined?

Q2: Were the study subjects and the setting described in detail?

Q3: Was the exposure measured in a valid and reliable way?

Q4: Were objective, standard criteria used for measurement of the condition?

Q5: Were confounding factors identified?

Q6: Were strategies to deal with confounding factors stated?

Q7: Were the outcomes measured in a valid and reliable way?

Q8: Was appropriate statistical analysis used?

Supplementary 3:

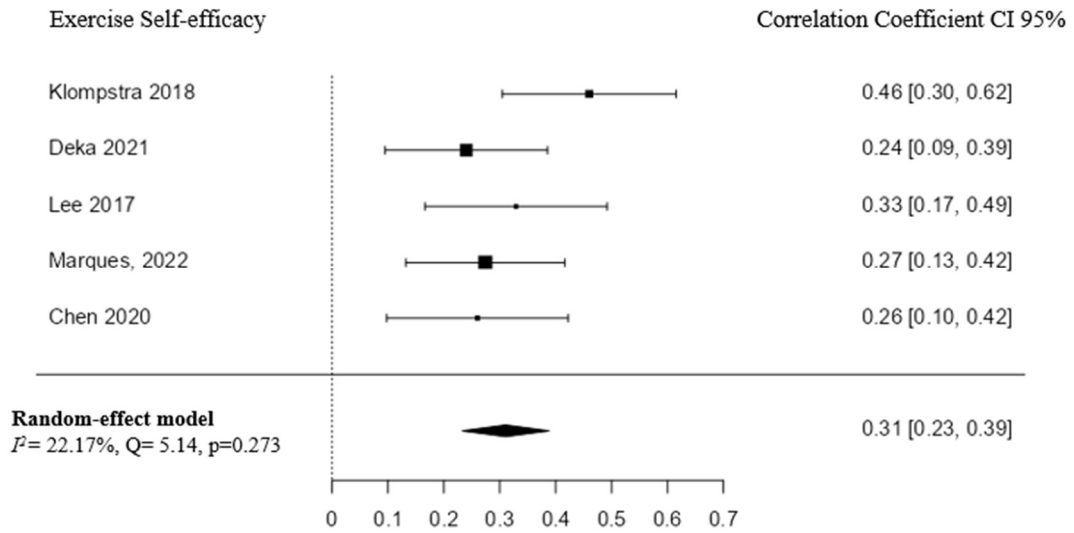


Figure S1: The forest plot of exercise self-efficacy and PA relationship

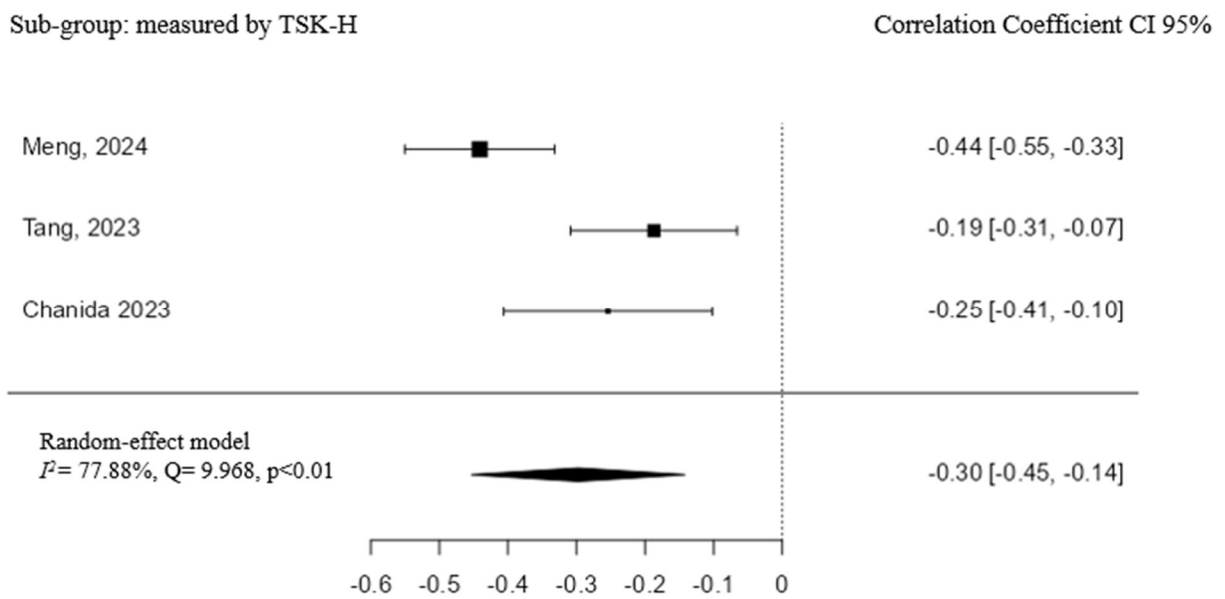


Figure S2: The forest plot of kinesiophobia measured by TSK-H and PA relationship

Sub-group: measured by FActS-HF

Correlation Coefficient CI 95%

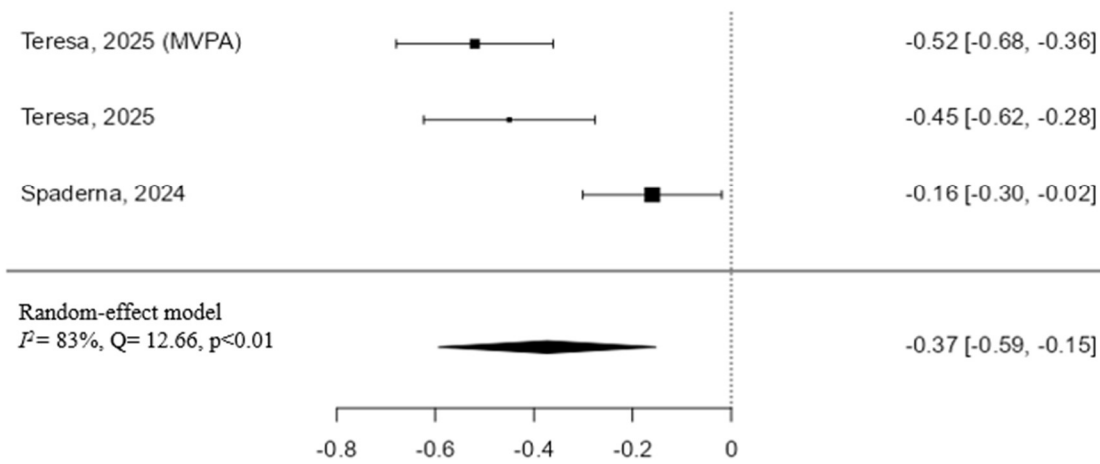


Figure S3: The forest plot of kinesiophobia measured by FActS- HF and PA relationship

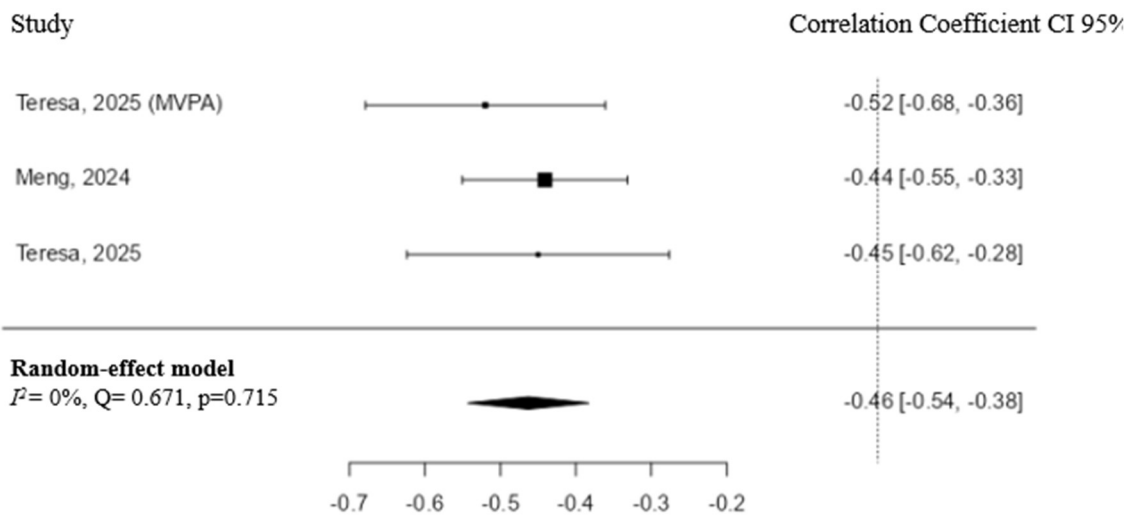


Figure S4: The forest plot of the relationship between kinesiophobia and PA after sensitivity analysis