

APPENDIX 01 – Search Record

SEARCH RECORD

1. SCIELO

Search Strategy:

((Military OR "Personnel, Military" OR "Military Personnel" OR "Armed Forces Personnel" OR "Personnel, Armed Forces" OR "Army Personnel" OR "Personnel, Army" OR "Navy Personnel" OR "Personnel, Navy" OR Soldiers OR Soldier OR "Air Force Personnel" OR "Personnel, Air Force" OR "Military Health" OR "Health, Military" OR "Health of Military Personnel" OR "Military Personnel Health" OR "Military Medicine" OR "Military Psychiatry" OR "Psychiatry, Military" OR "Military Science" OR "Armed Forces" OR "Military Sciences" OR "Science, Military" OR "Sciences, Military")) AND (("Overtraining Syndrome" OR "Syndrome, Overtraining" OR "Over-Training Syndrome" OR "Over Training Syndrome" OR "Syndrome, Over-Training" OR "Exercise Overtraining" OR "Overtraining, Exercise" OR Fatigue OR Lassitude))

Filters applied: None; **Results:** 18

2. PUBMED

Search Strategy:

((Military[Title/Abstract] OR "Personnel, Military"[Title/Abstract] OR "Military Personnel"[Title/Abstract] OR "Armed Forces Personnel"[Title/Abstract] OR "Personnel, Armed Forces"[Title/Abstract] OR "Army Personnel"[Title/Abstract] OR "Personnel, Army"[Title/Abstract] OR "Navy Personnel"[Title/Abstract] OR "Personnel, Navy"[Title/Abstract] OR Soldiers[Title/Abstract] OR Soldier[Title/Abstract] OR "Air Force Personnel"[Title/Abstract] OR "Personnel, Air Force"[Title/Abstract] OR "Military Health"[Title/Abstract] OR "Health, Military"[Title/Abstract] OR "Health of Military Personnel"[Title/Abstract] OR "Military Personnel Health"[Title/Abstract] OR "Military Medicine"[Title/Abstract] OR "Military Psychiatry"[Title/Abstract] OR "Psychiatry, Military"[Title/Abstract] OR "Military Science"[Title/Abstract] OR "Armed Forces"[Title/Abstract] OR "Military Sciences"[Title/Abstract] OR "Science, Military"[Title/Abstract] OR "Sciences, Military")) AND (("Overtraining Syndrome"[Title/Abstract] OR "Syndrome, Overtraining"[Title/Abstract] OR "Over-

Training Syndrome"[Title/Abstract] OR "Over Training Syndrome"[Title/Abstract] OR "Syndrome, Over-Training"[Title/Abstract] OR "Exercise Overtraining"[Title/Abstract] OR "Overtraining, Exercise"[Title/Abstract] OR Fatigue[Title/Abstract] OR Lassitude[Title/Abstract]))

Filters applied: Keyword search in "Title", and studies with "Humans"; **Results:** 690

3. LILACS

Search Strategy:

(Military OR "Personnel, Military" OR "Military Personnel" OR "Armed Forces Personnel" OR "Personnel, Armed Forces" OR "Army Personnel" OR "Personnel, Army" OR "Navy Personnel" OR "Personnel, Navy" OR Soldiers OR Soldier OR "Air Force Personnel" OR "Personnel, Air Force" OR "Military Health" OR "Health, Military" OR "Health of Military Personnel" OR "Military Personnel Health" OR "Military Medicine" OR "Military Psychiatry" OR "Psychiatry, Military" OR "Military Science" OR "Armed Forces" OR "Military Sciences" OR "Science, Military" OR "Sciences, Military") AND ("Overtraining Syndrome" OR "Syndrome, Overtraining" OR "Over-Training Syndrome" OR "Over Training Syndrome" OR "Syndrome, Over-Training" OR "Exercise Overtraining" OR "Overtraining, Exercise" OR Fatigue OR Lassitude)

Filters applied: None; **Results:** 22

4. SCIENCE DIRECT

Search Strategy:

(Military OR "Armed Forces Personnel" OR "Military Health" OR "Military Sciences" OR "Armed Forces") AND ("Overtraining Syndrome" OR "Exercise Overtraining" OR Fatigue OR Lassitude)

Filters applied: Search by title, abstract, and keywords; **Results:** 308

5. COCHRANE LIBRARY

Search Strategy:

(Military OR "Personnel, Military" OR "Military Personnel" OR "Armed Forces Personnel" OR "Personnel, Armed Forces" OR "Army Personnel" OR "Personnel, Army" OR "Navy Personnel" OR "Personnel, Navy" OR Soldiers OR Soldier OR "Air Force Personnel" OR "Personnel, Air Force" OR "Military Health" OR "Health, Military" OR "Health of Military Personnel" OR "Military Personnel Health" OR "Military Medicine" OR "Military Psychiatry" OR "Psychiatry, Military" OR "Military Science" OR "Armed Forces" OR

"Military Sciences" OR "Science, Military" OR "Sciences, Military") AND ("Overtraining Syndrome" OR "Syndrome, Overtraining" OR "Over-Training Syndrome" OR "Over Training Syndrome" OR "Syndrome, Over-Training" OR "Exercise Overtraining" OR "Overtraining, Exercise" OR Fatigue OR Lassitude)

Filters applied: Search by title, abstract, and keywords; **Results:** 184

6. EMBASE

Search Strategy:

(Military OR "Personnel, Military" OR "Military Personnel" OR "Armed Forces Personnel" OR "Personnel, Armed Forces" OR "Army Personnel" OR "Personnel, Army" OR "Navy Personnel" OR "Personnel, Navy" OR Soldiers OR Soldier OR "Air Force Personnel" OR "Personnel, Air Force" OR "Military Health" OR "Health, Military" OR "Health of Military Personnel" OR "Military Personnel Health" OR "Military Medicine" OR "Military Psychiatry" OR "Psychiatry, Military" OR "Military Science" OR "Armed Forces" OR "Military Sciences" OR "Science, Military" OR "Sciences, Military") AND ("Overtraining Syndrome" OR "Syndrome, Overtraining" OR "Over-Training Syndrome" OR "Over Training Syndrome" OR "Syndrome, Over-Training" OR "Exercise Overtraining" OR "Overtraining, Exercise" OR Fatigue OR Lassitude)

Filters applied: Search by title, abstract, and keywords; **Results:** 1170

7. SCOPUS

Search Strategy:

(Military OR "Personnel, Military" OR "Military Personnel" OR "Armed Forces Personnel" OR "Personnel, Armed Forces" OR "Army Personnel" OR "Personnel, Army" OR "Navy Personnel" OR "Personnel, Navy" OR Soldiers OR Soldier OR "Air Force Personnel" OR "Personnel, Air Force" OR "Military Health" OR "Health, Military" OR "Health of Military Personnel" OR "Military Personnel Health" OR "Military Medicine" OR "Military Psychiatry" OR "Psychiatry, Military" OR "Military Science" OR "Armed Forces" OR "Military Sciences" OR "Science, Military" OR "Sciences, Military") AND ("Overtraining Syndrome" OR "Syndrome, Overtraining" OR "Over-Training Syndrome" OR "Over Training Syndrome" OR "Syndrome, Over-Training" OR "Exercise Overtraining" OR "Overtraining, Exercise" OR Fatigue OR Lassitude)

Filters applied: Search by title; **Results:** 141

8. WEB OF SCIENCE

Search Strategy:

(Military OR "Personnel, Military" OR "Military Personnel" OR "Armed Forces Personnel" OR "Personnel, Armed Forces" OR "Army Personnel" OR "Personnel, Army" OR "Navy Personnel" OR "Personnel, Navy" OR Soldiers OR Soldier OR "Air Force Personnel" OR "Personnel, Air Force" OR "Military Health" OR "Health, Military" OR "Health of Military Personnel" OR "Military Personnel Health" OR "Military Medicine" OR "Military Psychiatry" OR "Psychiatry, Military" OR "Military Science" OR "Armed Forces" OR "Military Sciences" OR "Science, Military" OR "Sciences, Military") AND ("Overtraining Syndrome" OR "Syndrome, Overtraining" OR "Over-Training Syndrome" OR "Over Training Syndrome" OR "Syndrome, Over-Training" OR "Exercise Overtraining" OR "Overtraining, Exercise" OR Fatigue OR Lassitude)

Filters applied: Search by title; **Results:** 99

9. PEDro

Search Strategy:

Military* AND Overtraining*

Filters applied: None; **Results:** 1

NOTE: The initial search was conducted on April 26, 2023. Two additional searches were performed to update the database on March 15, 2024, and January 12, 2025, respectively.