Supplementary table 1. Full search strategy in Web of Science, Skopus, Embase and SportDiscus

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| **Database** | Medline |
| **Search date** | 25.03.2021 |
| **Search** | Database: Ovid MEDLINE(R) and Epub Ahead of Print, In-Process, In-Data-Review & Other Non-Indexed Citations and Daily <1946 to March 24, 2021>  Search Strategy:  --------------------------------------------------------------------------------  1 exp Healthy Volunteers/ (20709)  2 health\*.ti,ab. (2903844)  3 exp Athletes/ (14254)  4 athlete\*.ti,ab. (54662)  5 or/1-4 (2956910)  6 exp Glucocorticoids/ (195536)  7 (glucocorticoid\* or betamethasone\* or beclomethasone\* or budesonide\* or ciclesonide\* or cortisone\* or cortivazol\* or deflazacort\* or dexamethasone\* or diflucortolone\* or Flunisolide\* or Fluticason\* or Hydrocortisone\* or Methylprednisolone\* or mometason\* or Prednisolone\* or Prednisone\* or Triamcinolone Acetonide\*).ti,ab. (217107)  8 or/6-7 (307682)  9 exp Athletic Performance/ (56312)  10 (exhaustion or power or endurance or strength or aerobe\* or anaerobe\* or exercise or athletic performance).ti,ab. (903761)  11 or/9-10 (926590)  12 (random\* and (controlled or control or placebo or versus or vs or group or groups or comparison or compared or arm or arms or crossover or cross-over) and (trial or study)).ti,ab. (712764)  13 ((single or double or triple) and (masked or blind\*)).ti,ab. (195281)  14 exp Randomized Controlled Trials as Topic/ (145110)  15 exp Randomized Controlled Trial/ (526801)  16 or/12-15 (1029100)  17 exp Patients/ (68526)  18 patient\*.ti,ab. (7015977)  19 or/17-18 (7040182)  20 5 and 8 and 11 and 16 (172)  21 20 not 19 (83)  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* |
| **Records identified** | 83 (before elimination of duplicates) |

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| **Database** | SportDiscus |
| **Search date** | 25.03.2021 |
| **Search** | |  |  |  |  |  | | --- | --- | --- | --- | --- | | **#** | **Query** | **Limiters/Expanders** | **Last Run Via** | **Results** | | S1 | TI ( health\* OR athlete\* ) OR AB ( health\* OR athlete\* ) OR KW ( health\* OR athlete\* ) | Expanders - Apply equivalent subjects  Search modes - Boolean/Phrase | Interface - EBSCOhost Research Databases  Search Screen - Advanced Search  Database - SPORTDiscus with Full Text | 325,818 | | S2 | DE "ATHLETES" | Expanders - Apply equivalent subjects  Search modes - Boolean/Phrase | Interface - EBSCOhost Research Databases  Search Screen - Advanced Search  Database - SPORTDiscus with Full Text | 51,867 | | S3 | S1 OR S2 | Expanders - Apply equivalent subjects  Search modes - Boolean/Phrase | Interface - EBSCOhost Research Databases  Search Screen - Advanced Search  Database - SPORTDiscus with Full Text | 348,644 | | S4 | DE "GLUCOCORTICOIDS" | Expanders - Apply equivalent subjects  Search modes - Boolean/Phrase | Interface - EBSCOhost Research Databases  Search Screen - Advanced Search  Database - SPORTDiscus with Full Text | 554 | | S5 | TI ( glucocorticoid\* or betamethasone\* or beclomethasone\* or budesonide\* or ciclesonide\* or cortisone\* or cortivazol\* or deflazacort\* or dexamethasone\* or diflucortolone\* or Flunisolide\* or Fluticason\* or Hydrocortisone\* or Methylprednisolone\* or mometason\* or Prednisolone\* or Prednisone\* or "Triamcinolone Acetonide\*" ) OR AB ( glucocorticoid\* or betamethasone\* or beclomethasone\* or budesonide\* or ciclesonide\* or cortisone\* or cortivazol\* or deflazacort\* or dexamethasone\* or diflucortolone\* or Flunisolide\* or Fluticason\* or Hydrocortisone\* or Methylprednisolone\* or mometason\* or Prednisolone\* or Prednisone\* or "Triamcinolone Acetonide\*" ) OR KW ( glucocorticoid\* or betamethasone\* or beclomethasone\* or budesonide\* or ciclesonide\* or cortisone\* or cortivazol\* or deflazacort\* or dexamethasone\* or diflucortolone\* or Flunisolide\* or Fluticason\* or Hydrocortisone\* or Methylprednisolone\* or mometason\* or Prednisolone\* or Prednisone\* or "Triamcinolone Acetonide\*" ) | Expanders - Apply equivalent subjects  Search modes - Boolean/Phrase | Interface - EBSCOhost Research Databases  Search Screen - Advanced Search  Database - SPORTDiscus with Full Text | 2,355 | | S6 | S4 OR S5 | Expanders - Apply equivalent subjects  Search modes - Boolean/Phrase | Interface - EBSCOhost Research Databases  Search Screen - Advanced Search  Database - SPORTDiscus with Full Text | 2,465 | | S7 | TI ( exhaustion or power or endurance or strength or aerobe\* or anaerobe\* or exercise or "athletic performance" ) OR AB ( exhaustion or power or endurance or strength or aerobe\* or anaerobe\* or exercise or "athletic performance" ) OR KW ( exhaustion or power or endurance or strength or aerobe\* or anaerobe\* or exercise or "athletic performance" ) | Expanders - Apply equivalent subjects  Search modes - Boolean/Phrase | Interface - EBSCOhost Research Databases  Search Screen - Advanced Search  Database - SPORTDiscus with Full Text | 251,737 | | S8 | TI ( random\* and (controlled or control or placebo or versus or vs or group or groups or comparison or compared or arm or arms or crossover or cross-over) and (trial or study) ) OR AB ( random\* and (controlled or control or placebo or versus or vs or group or groups or comparison or compared or arm or arms or crossover or cross-over) and (trial or study) ) OR KW ( random\* and (controlled or control or placebo or versus or vs or group or groups or comparison or compared or arm or arms or crossover or cross-over) and (trial or study) ) | Expanders - Apply equivalent subjects  Search modes - Boolean/Phrase | Interface - EBSCOhost Research Databases  Search Screen - Advanced Search  Database - SPORTDiscus with Full Text | 42,545 | | S9 | TI ( (single or double or triple) and (masked or blind\*) ) OR AB ( (single or double or triple) and (masked or blind\*) ) OR KW ( (single or double or triple) and (masked or blind\*) ) | Expanders - Apply equivalent subjects  Search modes - Boolean/Phrase | Interface - EBSCOhost Research Databases  Search Screen - Advanced Search  Database - SPORTDiscus with Full Text | 9,494 | | S10 | S8 OR S9 | Expanders - Apply equivalent subjects  Search modes - Boolean/Phrase | Interface - EBSCOhost Research Databases  Search Screen - Advanced Search  Database - SPORTDiscus with Full Text | 45,349 | | S11 | TI patient\* OR AB patient\* OR KW patient\* | Expanders - Apply equivalent subjects  Search modes - Boolean/Phrase | Interface - EBSCOhost Research Databases  Search Screen - Advanced Search  Database - SPORTDiscus with Full Text | 135,455 | | S12 | S3 AND S6 AND S7 AND S10 | Expanders - Apply equivalent subjects  Search modes - Boolean/Phrase | Interface - EBSCOhost Research Databases  Search Screen - Advanced Search  Database - SPORTDiscus with Full Text | 20 | |
| **Records** | 20 (before elimination of duplicates) |
| **Comment** | It is not possible to use NOT in this database (thus it is not included in the search) |

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| **Database** | Embase |
| **Search date** | 25.03.2021 |
| **Search** | Database: Embase <1974 to 2021 Week 11>  Search Strategy:  --------------------------------------------------------------------------------  1 exp normal human/ (748630)  2 health\*.ti,ab. (3871225)  3 exp athlete/ (61980)  4 athlete\*.ti,ab. (65885)  5 or/1-4 (4432946)  6 exp glucocorticoid/ (739939)  7 (glucocorticoid\* or betamethasone\* or beclomethasone\* or budesonide\* or ciclesonide\* or cortisone\* or cortivazol\* or deflazacort\* or dexamethasone\* or diflucortolone\* or Flunisolide\* or Fluticason\* or Hydrocortisone\* or Methylprednisolone\* or mometason\* or Prednisolone\* or Prednisone\* or Triamcinolone Acetonide\*).ti,ab. (300514)  8 or/6-7 (782394)  9 exp athletic performance/ (12399)  10 (exhaustion or power or endurance or strength or aerobe\* or anaerobe\* or exercise or athletic performance).ti,ab. (1105182)  11 or/9-10 (1110860)  12 (random\* and (controlled or control or placebo or versus or vs or group or groups or comparison or compared or arm or arms or crossover or cross-over) and (trial or study)).ti,ab. (1027968)  13 ((single or double or triple) and (masked or blind\*)).ti,ab. (276930)  14 exp randomized controlled trial/ (654631)  15 or/12-14 (1291522)  16 exp patient/ (2577658)  17 patient\*.ti,ab. (10235588)  18 or/16-17 (10449719)  19 5 and 8 and 11 and 15 (837)  20 19 not 18 (567)  \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* |
| **Records** | 567 (before elimination of duplicates) |

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| **Database** | Web of Science |
| **Search date** | 25.03.2021 |
| **Search** |  |
| **Records** | 305 (before elimination of duplicates) |

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| **Database** | Scopus |
| **Search date** | 25.03.2021 |
| **Search** |  |
| **Records** | 615 (before elimination of duplicates) |

1245 totalt

1077 etter fjerning av duplikater