

## Supplementary File

**Table S1.** Search strategy

Population	Adult [MeSH] OR adults OR adult population OR 18 years and above <b>AND</b>
Outcome	Diabetes Mellitus OR Diabetes Mellitus type 1[MeSH Terms], Diabetes Mellitus type 2[MeSH Terms] OR fasting blood sugar[Other Term] OR Blood Glucose Control[MeSH Terms] OR Control, Glycaemic [MeSH Terms] OR control, blood glucose[MeSH Terms] OR Glucose control, blood[MeSH Terms] OR Exercises[MeSH Term] OR Physical Activity[MeSH Terms] OR Activities, Physical[MeSH Term] OR Activity, Physical[MeSH Terms] OR Physical Activities[MeSH Terms] OR Exercise, Physical[MeSH Terms] OR Exercises, Physical[MeSH Terms] OR Physical Exercise[MeSH Terms] OR Physical Exercises[MeSH Terms] OR Diabetic Diets[MeSH Terms] OR Diets, Diabetic OR Diabetic Diet[MeSH Terms] OR Dietary modifications[Other Term] <b>AND</b>
Exposure	COVID 19[MeSH Terms] OR COVID-19 Virus Disease[MeSH Terms] OR COVID 19 Virus Disease [MeSH Terms] OR COVID-19 Virus Diseases [MeSH Terms] OR Disease, COVID-19 Virus [MeSH Terms] OR Virus Disease, COVID-19[MeSH Terms] OR COVID-19 Virus Infection[MeSH Terms] OR COVID 19 Virus Infection[MeSH Terms] OR COVID-19 Virus Infections[MeSH Terms] OR Infection, COVID-19 Virus[MeSH Terms] OR Virus Infection, COVID-19[MeSH Terms] OR 2019-nCoV Infection[MeSH Terms] OR Infection, 2019-nCoV[MeSH Terms] OR Coronavirus Disease-19[MeSH Terms] OR Coronavirus Disease 19 [MeSH

	Terms] OR 2019 Novel Coronavirus Disease[MeSH Terms] OR 2019 Novel Coronavirus Infection [MeSH Terms] OR 2019-nCoV Disease[MeSH Terms] OR 2019 nCoV Disease[MeSH Terms] OR 2019-nCoV Diseases[MeSH Terms] OR COVID-19 Pandemic[MeSH Terms] OR COVID 19 Pandemic[MeSH Terms] <b>AND</b>
Study design	Cross-sectional study[Other Term] OR observational study OR Case-control study[Other Term] OR systematic reviews[MeSH Terms] OR reviews[MeSH Terms] OR quasi-experimental OR before and after OR pre-post OR Randomized trials[MeSH Terms] OR Randomized controlled trials[Other Term]

**Table S2.** Data extraction form

Title	
Author	
Year of publication	
Objectives	
Place	
Study setting	
Study design	
Study population	
Sampling technique	
Sample size	
Key study outcomes	

Key study results	
Study limitations	
Key conclusion	
Recommendations	
Reviewer's comments	
Quality appraisal of study	