Supplementary document 1 Table 1 PICOS framework for oxidative stress indicators MDA and SOD in patients with Type 2 Diabetes undergoing exercise intervention

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| Population | Intervention | Comparison | Outcome | Study design |
| Type Diabetes | Exercise  Aerobic exercise  Resistance Exercise  Body and Mind Exercise  Combined Exercise | 1.With or without exercise intervention | Malondialdehyde | Randomized Controlled Trial |
|  |  | Super Oxide Dismutase |  |
| Age ≥ 45 years | Intervention prescription  Duration of intervention  Frequency of intervention  Intervention cycle  Place of intervention | 2.Different exercise prescriptions |  |