

Supplementary Table 1. Full search strategy for each of the electronic databases queried.

Electronic databases	Vendor/Platform	Coverage	Searches strategy	Hits
PubMed (including MEDLINE)	National Library of Medicine	Date of inception 1946 – October 1st, 2020	<p>(“Tai Ji” OR “Tai Chi” [MeSH Terms] OR “ Tai Ji Quan” OR “T'ai Chi” OR “ Tai Chi Chuan” OR “ Tai-ji”) AND (“hypertension” [MeSH Terms] OR “primary hypertension” OR “Essential hypertension” OR “High Blood Pressure*” OR “Blood Pressure*, High” OR “pre hypertension” OR “borderline hypertension”)</p>	59
Excerpta Medica Database	Elsevier Sci Verse	Date of inception 1974 – October 1st, 2020	<p>Search #1: “hypertension” OR “primary hypertension” OR “Essential hypertension” OR “High Blood Pressure” OR “Blood Pressure, High” OR “pre hypertension” OR “borderline hypertension”</p> <p>Search #2: “Tai Ji” OR “Tai Chi” OR “Tai Ji Quan” OR “T'ai Chi” OR “Tai Chi Chuan” OR “Tai-ji”</p> <p>Then under search history: combined search #1 and #2</p>	47
The Cochrane Library	Wiley Online Library	Date of inception 1999 – October 1st, 2020	<p>Search #1: “hypertension” #2: “primary hypertension” #3: “Essential hypertension” #4: “High Blood Pressure”</p>	Trials 66

			<p>#5: “Blood Pressure, High” #6: “ Blood Pressures, High”</p> <p>#7: “High Blood Pressures” #8: “pre hypertension”</p> <p>#9: “borderline hypertension”</p> <p>#10: #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9</p> <p>#11 “ Tai Chi” #12 “ Taijiquan” #13 “Tai Ji Quan” #14 “Taiji”</p> <p>#15 “Ji Quan, Tai” #16 “Chi, Tai” #17 “Tai Chi Chuan”</p> <p>#18 “Quan, Tai Ji” #19 “Tai-ji” #20 “T'ai Chi”</p> <p>#21: #11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR</p> <p>#19 OR #20</p> <p>#22: #10 AND #21</p> <p>Trials</p>
Web of Science	Clarivate Analytics	Date of inception 1950 – October 1st, 2020	<p>Search #1:</p> <p>“hypertension” OR “primary hypertension” OR “Essential hypertension”</p> <p>OR “High Blood Pressure” OR “Blood Pressure, High” OR “pre</p> <p>hypertension” OR “borderline hypertension”</p> <p>Search #2:</p> <p>“Tai Ji” OR “Tai Chi” OR “Tai Ji Quan” OR “T'ai Chi” OR “Tai Chi</p> <p>Chuan” OR “Tai-ji”</p>

Chinese Knowledge Resource Integrated Database	Date of inception 1999 – October 1st, 2020	Then under search history: combined search #1 and #2	
		Search #1 (“高血压”+ “原发性高血压”+“高血压病”+“高血压患者”)	
		Search #2 (“太极” + “太极拳” + “太极拳运动” +“太极拳锻炼”)	318
		#1 AND #2	
Wanfang Database	Date of inception 1950 – October 1st, 2020	Search #1 (“高血压”+ “原发性高血压”+ “高血压病”+“高血压患者”)	
		Search #2 (“太极”+ “太极拳”+“太极拳运动”+“太极拳锻炼”)	288
		#1 AND #2	
China Science and Technology Journal Database	Date of inception 1999 – October 1st, 2020	Search #1 (“高血压”+ “原发性高血压”+ “高血压病” +“高血压患者”)	
		Search #2 (“太极”+ “太极拳”+“太极拳运动”+“太极拳锻炼”)	158
		#1 AND #2	
