**Supplemental Digital Content 1 Search strategy example** (Pubmed, CNKI)

Pubmed:

#1 tuina[Title/Abstract] OR tui na[Title/Abstract] OR tui-na[Title/Abstract] OR chuna[Title/Abstract] OR anma[Title/Abstract] OR massage[Title/Abstract] OR massage[MeSH Terms]

#2 IBS[Title/Abstract] OR irritable bowel syndrome[Title/Abstract] OR irritable bowel syndrome[MeSH Terms] OR colonic disease, functional[MeSH Terms]

#3 Filters: Randomized Controlled Trial

#4 #1 AND #2 AND #3

China National Knowledge Infrastructure (CNKI):

#1 SU(subject)=Changyiji(irritable bowel) OR Changjire(irritable bowel) OR IBS OR irritable bowel syndrome

#2 SU(subject)=tuina(Tuina) OR anmo(massage) OR xuewei (acupoint)

#3 FT(full text)=suiji(Random) OR RCT OR duizhao (Control)

#4 TI(title)=jinzhan(progress) OR gaikuang(overview) OR jinkuang(recent developments) OR xitongzongshu (systematic review) OR xitongpingjia (systematic review) huicuifenxi(systematic review) OR meta OR shu (mouse)

#5 #1 AND #2 AND # 3 NOT #4