

Univariate meta-regression analyses in PA by different covariates in patients with T2D

Covariates	No. of studies	Regression coef ^a	95% CI	<i>P</i>	Adjusted <i>R</i> ² (%) ^b	<i>I</i> ² _{res} (%) ^c
Goal setting	7	2,628.00	985.61 to 4,270.39	0.009	86.91	86.91
Sample size	7	-9.91	-26.92 to 7.10	0.195	15.14	15.14
Intervention duration	7	-282.03	-752.92 to 188.87	0.184	19.42	19.42
Diary use	7	2,090.99	-2,071.58 to 6,253.55	0.253	8.63	8.63
Study quality	7	-76.91	-1,995.48 to 1,841.65	0.922	-24.86	-24.86

Abbreviation: PA, physical activity; T2D, type 2 diabetes; regression coef, regression coefficient; CI, confidence interval.

^a The regression coefficient obtained from the meta-regression analysis describes how the outcome variable (PA (steps per day)) changes with a unit increase in the explanatory variable.

^b Proportion of between-study variance explained.

^c % residual variation due to heterogeneity.