

Article:

Exercise for patients with major depression: A systematic review with meta-analysis and trial sequential-analysis

**Supplementary Table S2**

**Table S2.** Trials characteristics for exploration of heterogeneity in trials assessing the effect of exercise in patients diagnosed with depression

Trial	Lower risk of bias	Age > 60	Group vs. individual	Duration	Attention control waitlist	Exercise as add on to drugs vs. exercise alone	Within-study dose exercise	Increase in VO2max <sup>1</sup>	Somatic disease vs. only MD	Trial Includes minor depression
Klein 1985	No	Young	Individual	12 weeks	Other	Exercise alone	No	No	No	Yes
Martinsen 1985	No	Young	Group	9 weeks	Attention control	Unclear	No	11 <sup>a</sup>	No	No
Epstein 1986	No	Young	Group	8 weeks	Waitlist	Unclear	No	No	No	Yes
Doyne 1987	No	Young	Individual	8 weeks	Waitlist	Exercise alone	No	No	No	Yes
Veale 1992	No	Young	Group	12 weeks	Other	Unclear	No	No	No	No
Singh 1997	No	Old	Group	10 weeks	Attention control	Exercise alone	No	N/A	No	Yes
Blumenthal 1999	No	Young	Group	16 weeks	Other	Add on	No	2.3	No	No
Mather 2002	No	Old	Group	10 weeks	Attention control	Add on	No	No	No	No
Dunn 2005	No	Young	Individual	12 weeks	Attention control	Exercise alone	Yes	No	No	No
Singh 2005	No	Old	Group	8 weeks	Other	Exercise alone	Yes	N/A	No	Yes
Pilu 2007	No	Young	Group	24 weeks	Other	Add on	No	No	No	No
Viera 2007	No	Young	Group	12 weeks	Other	Add on	No	No	No	No
Blumenthal 2007	No	Young	Group	16 weeks	Other	Add on	No	2.0 <sup>a</sup>	No	No
Krogh 2009	Yes	Young	Group	16 weeks	Attention control	No	No	2.9	No	No
Mota-Pereira 2011	No	Young	Group	12 weeks	Other	Add on	No	No	No	No
Krogh 2012	Yes	Young	Group	12 weeks	Attention control	Exercise alone	No	3.4	No	No
Chalder 2012	No	Young	Individual	32 weeks	Other	No	No	No	No	No
Fang 2013	No	Young	Group	6 weeks	Attention control	No	Yes	No	No	No
Huipeng 2013	No	Young	Group	6 weeks	Other	No	No	No	No	No
Cassandra 2014	No	Young	Group	3 weeks	Other	Add on	No	No	No	No
Danielsson 2014	No	Young	Group	10 weeks	Other	Add on	No	2.4	No	No
Pfaff 2014	Yes	Old	Group	12 weeks	Other	No	No	1.5	No	Yes
Guifeng 2015	No	Young	Group	8 weeks	Other	No	No	No	No	No
Jinchun 2015	No	Young	Group	8 weeks	Other	No	No	No	No	No
Schuch 2015	Yes	Young	Individual	2 weeks	Other	No	No	No	No	No
Kerling 2015	No	Young	Group	6 weeks	Other	No	No	2.8	No	No

Belvederi 2015	No	Old	Group	24 weeks	Other	Add on	Yes	0.3 <sup>a</sup>	No	No
Carneiro 2015	No	Young	Group	16 weeks	Other	Add on	No	No	No	No
Doose 2015	No	Young	Group	8 weeks	Other	No	No	3.2	No	No
Pentecost 2015	No	Young	Individual	12 weeks	Other	No	No	No	No	No
Legrand 2016	No	Young	Individual	10 days	Other	No	No	No	No	No
Salehi 2016	No	Young	Individual	4 weeks	Other	Add on	No	No	No	No
Euteneuer 2017	No	Young	Individual	16 weeks	Attention control	No	No	No	No	No
Olsen 2017	No	Young	Group	8 weeks	Attention control	No	No	No	No	No
Patten 2017	No	Young	Group	12 weeks	Other	No	No	5.0	No	No

<sup>1</sup>Increase in VO2max is based on increase in intervention group, if <sup>a</sup> then value is based on an estimate from text or figures.