

Supplementary file 5. GRADE results.

Author(s): What are the effects of exercise (aerobic, strength training, or both) on anxiety in adults with arthritis and other rheumatic diseases? **Date:** July 3, 2017

Question: Exercise compared to control for reducing anxiety in adults with arthritis and other rheumatic diseases

Setting: Home, Facility, Both

Quality assessment							No of patients		Effect		Quality	Importance
No of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	exercise	control	Relative (95% CI)	Absolute (95% CI)		
Anxiety (follow up: mean 15.3 weeks; assessed with: Various self-report instruments)												
14	randomized trials	not serious	not serious	not serious	not serious	publication bias strongly suspected; all plausible residual confounding would reduce the demonstrated effect ^a	514	369	not estimable	SMD 0.4 SD lower (0.65 lower to 0.15 lower)	⊕⊕⊕⊕ HIGH	CRITICAL

CI: Confidence interval; SMD: Standardized mean difference

Explanations

a. Statistically significant small-study effects, suggesting the possibility of publication bias, possible confounding by year of publication, with the magnitude of effect over time smaller with more recent studies.