

Physical exercise improves quality of life, depressive symptoms, and cognition across chronic brain disorders: a transdiagnostic systematic review and meta-analysis of randomized controlled trials

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Table S5: Results for all outcome measures based on studies that performed intention-to-treat (ITT) analysis

Outcome measure	Studies (N)	Patients (IG/CG)	Hedges' g	95% CI	p-value	Q-statistic (df)	I ² (%)	Egger's test	N _R
QoL	38	1277/1228	0.56	0.37 to 0.74	<.0001	Q(37)=182.89, p<.0001	80	t(36)=4.29, p<.0001	1132
<i>Without outlier</i>	33	1222/1179	0.44	0.27 to 0.61	<.0001	Q(32)=127.91, p<.0001	75	t(31)=3.18, p=.003	636
Depressive symptoms	37	1027/808	0.90	0.62 to 1.18	<.0001	Q(36)=268.64, p<.0001	87	t(35)=4.76, p<.0001	1808
<i>Without outlier</i>	26	873/682	0.62	0.38 to 0.86	<.0001	Q(25)=119.83, p<.0001	79	t(24)=3.66, p=.001	617
Cognition									
Attention & Working memory	14	586/372	0.21	-0.03 to 0.46	.089	Q(13)=32.54, p=.002	60	t(12)=1.94, p=.076	
<i>Without outlier</i>	8	533/321	0.12	-0.20 to 0.43	.462	Q(7)=26.78, p<.0001	74	t(6)=0.98, p=.366	
Executive functioning	9	441/289	0.12	-0.04 to 0.28	.152	Q(8)=9.54, p=.299	16	t(7)=0.24, p=.814	
<i>Without outlier</i>	5	410/259	0.13	-0.02 to 0.27	.086	Q(4)=2.06, p=.724	0	t(3)=1.78, p=.173	
Memory	8	477/310	0.09	-0.04 to 0.21	.191	Q(7)=4.21, p=.755	0	t(6)=0.48, p=.649	
<i>Without outlier</i>	6	461/292	0.08	-0.06 to 0.21	.265	Q(5)=3.73, p=.589	0	t(4)=1.56, p=.194	
Psychomotor speed	12	369/303	0.24	0.05 to 0.43	.015	Q(11)=15.60, p=.157	29	t(10)=2.28, p=.046	22
<i>Without outlier</i>	6	314/248	0.10	-0.05 to 0.25	.196	Q(5)=4.46, p=.485	0	t(4)=0.62, p=.570	
Verbal fluency	5	292/227	0.20	-0.13 to 0.53	.229	Q(4)=12.89, p=.012	69	t(3)=2.67, p=.076	
<i>Without outliers</i>	4	277/212	0.02	-0.17 to 0.21	.825	Q(3)=3.77, p=.287	20	t(2)=1.47, p=.280	
Global cognition	12	335/306	0.33	-0.07 to 0.73	.108	Q(11)=60.23, p<.0001	82	t(10)=0.19, p=.855	
<i>Without outliers</i>	8	290/266	0.60	0.19 to 1.00	.004	Q(7)=34.55, p<.0001	80	t(6)=2.25, p=.065	

CG=Control group; df=degrees of freedom; IG=Intervention group; N_R=Rosenthal's fail-safe number