

**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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Sommer

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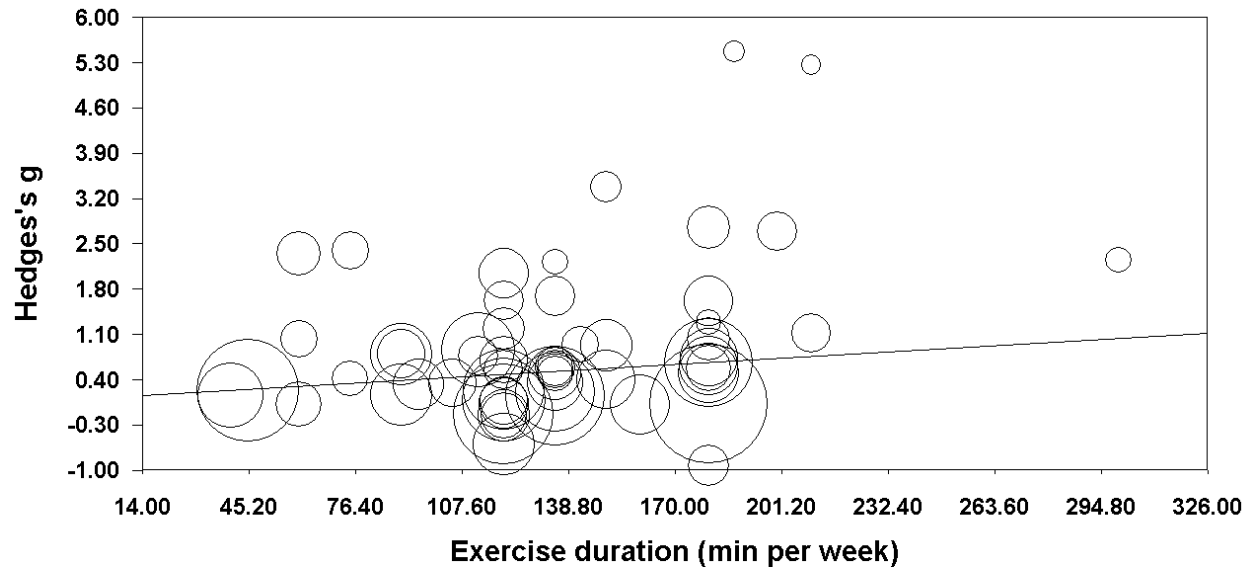


Figure S1: Meta-regression of exercise time (minutes/week) on depressive symptoms