rr_ms in T2D after exercise compared to baseline
and in controls without exercise

Study ID		SMD (95% CI)	% Weight

Exercise

Cassidy 2019, T2D HIIT		0.37 (-0.47, 1.22)	14.60
Duennwald 2014, T2D HIIT		0.02 (-0.96, 1.00)	10.82
Duennwald 2014, T2D endurance training		0.38 (-0.68, 1.44)	9.28
Sacre 2014, T2D endurance & resistance training		0.43 (-0.17, 1.02)	29.07
Simmonds 2012, T2D 30 min 4/w endurance training		0.36 (-0.70, 1.42)	9.30
Simmonds 2012, T2D 60 min 2/w endurance training		-0.15 (-1.13, 0.83)	10.79
Zoppini 2007, T2D endurance training		0.21 (-0.60, 1.01)	16.14
Subtotal (I-squared = 0.0%, p = 0.968)		0.27 (-0.06, 0.59)	100.00

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Control

Cassidy 2019, T2D no exercise		0.43 (-0.41, 1.28)	33.50
Sacre 2014, T2D no exercise		-0.13 (-0.69, 0.42)	66.50
Subtotal (I-squared = 17.2%, p = 0.272)		0.06 (-0.47, 0.58)	100.00

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NOTE: Weights are from random effects analysis

-1   0   1.5