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

Study ID	SMD (95% CI)	% Weight
Exercise		
Abdelbasset 2019, T2D obese HIIT	2.12 (1.34, 2.90)	5.92
Cassidy 2019, T2D HIIT	0.00 (-0.84, 0.84)	5.66
Duennwald 2014, T2D HIIT	-0.55 (-1.55, 0.45)	4.90
Duennwald 2014, T2D endurance training	0.04 (-1.01, 1.09)	4.70
Faulkner 2014, T2D endurance training	0.07 (-0.86, 0.99)	5.24
Goit 2014, T2D endurance training	0.53 (-0.10, 1.16)	6.68
Goit 2017, T2D obese endurance training	1.74 (1.23, 2.25)	7.29
Kang 2016, T2D endurance & resistance training	0.56 (-0.44, 1.56)	4.89
Loimaala 2003, T2D endurance & resistance training	0.27 (-0.30, 0.84)	7.00
Moawd 2015, T2D endurance training	0.82 (0.18, 1.47)	6.60
Moawd 2015, T2D resistance training	0.41 (-0.25, 1.07)	6.53
Pagkalos 2008, T2D with CAN endurance training	0.87 (0.16, 1.57)	6.30
Pagkalos 2008, T2D without CAN endurance training	1.08 (0.31, 1.85)	5.98
Parpa 2009, T2D HIIT	1.01 (0.22, 1.80)	5.88
Sacre 2014, T2D endurance & resistance training	0.34 (-0.25, 0.94)	6.86
Simmonds 2012, T2D 30 min 4/w endurance training	0.42 (-0.64, 1.48)	4.64
Simmonds 2012, T2D 60 min 2/w endurance training	-0.45 (-1.44, 0.54)	4.93
Subtotal (I-squared = 69.5%, p = 0.000)	0.59 (0.26, 0.93)	100.00
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Control		
Abdelbasset 2019, T2D obese no exercise	-0.08 (-0.70, 0.54)	22.65
Cassidy 2019, T2D no exercise	1.38 (0.44, 2.32)	14.11
Kang 2016, T2D no exercise	0.25 (-0.74, 1.23)	13.25
Loimaala 2003, T2D no exercise	0.00 (-0.55, 0.55)	24.99
Sacre 2014, T2D no exercise	0.00 (-0.55, 0.55)	24.99
Subtotal (I-squared = 48.5%, p = 0.101)	0.21 (-0.22, 0.64)	100.00

NOTE: Weights are from random effects analysis

-2.5   0   1.5