Evidence of disease severity, cognitive and physical outcomes of dance interventions for persons with Parkinson's Disease: a systematic review and meta-analysis

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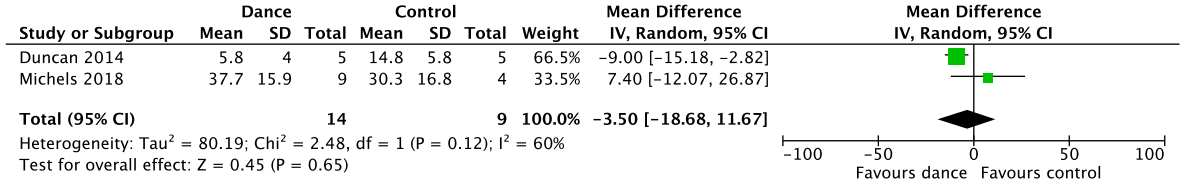
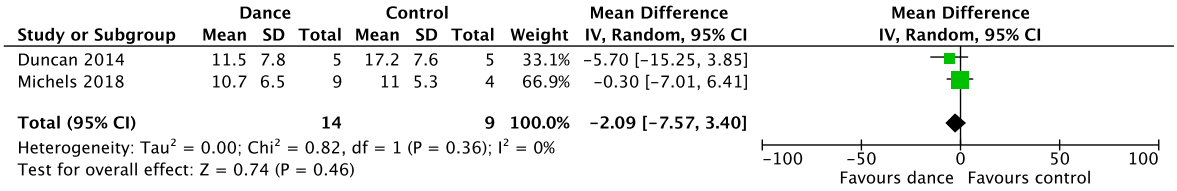
Additional File 8

Forest plots

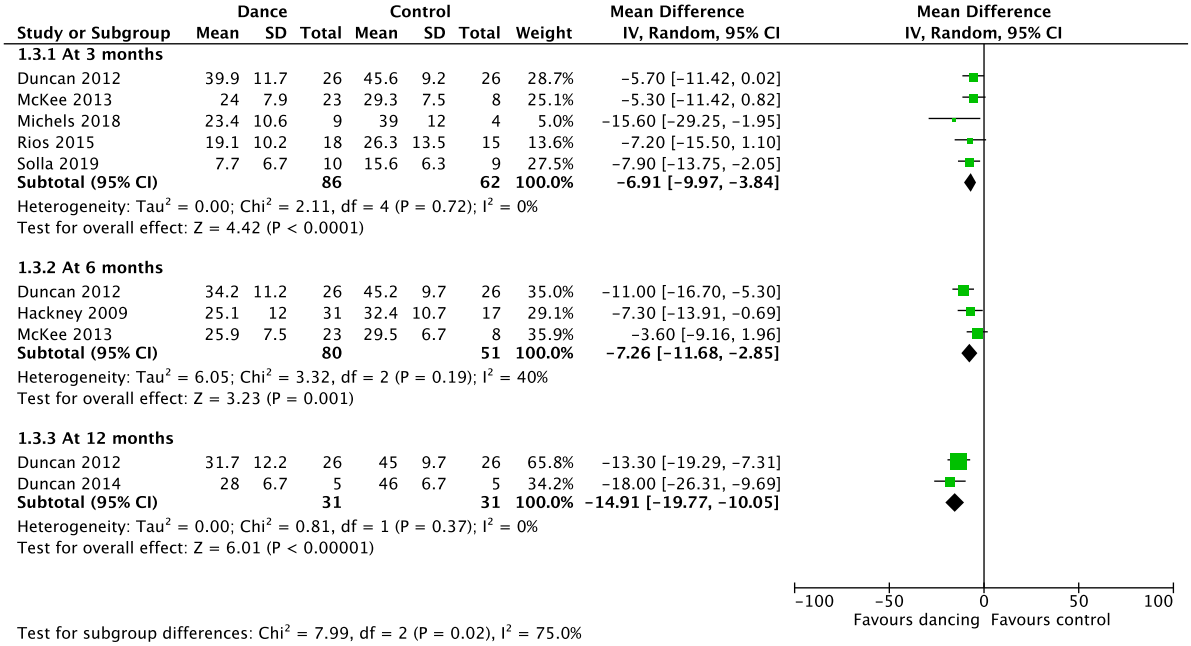
1. Comparison 1: Dance versus control



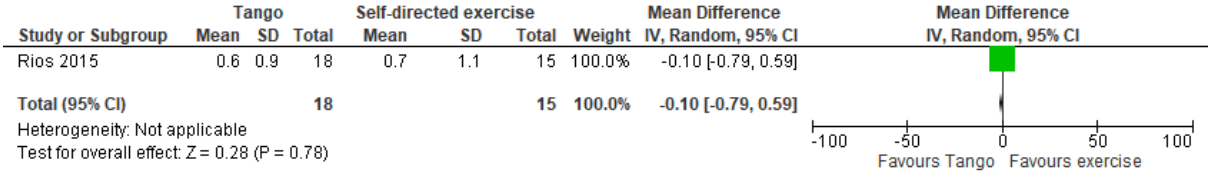
1.1 Disease severity: MDS-UPDRS 1 (non-motor experiences of daily living) (0-16, higher score worse)



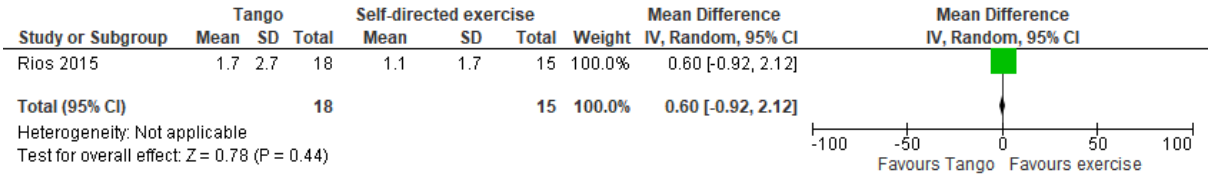
1.2 Disease severity: MDS-UPDRS 2 (motor experiences of daily living) (0-56, higher score worse)



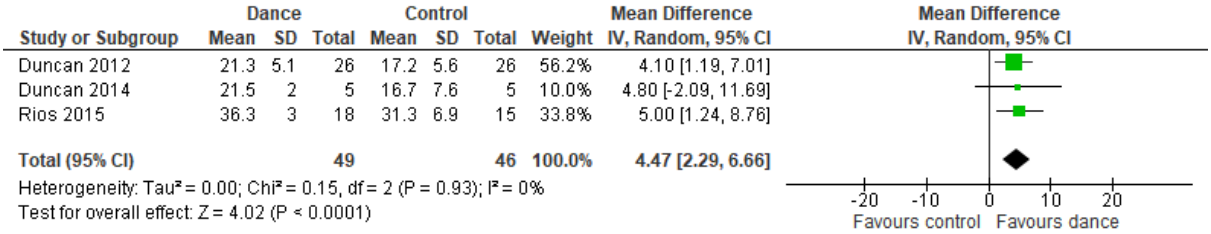
1.3 Disease severity: MDS-UPDRS 3 (Motor examination) (0-108, higher score worse)



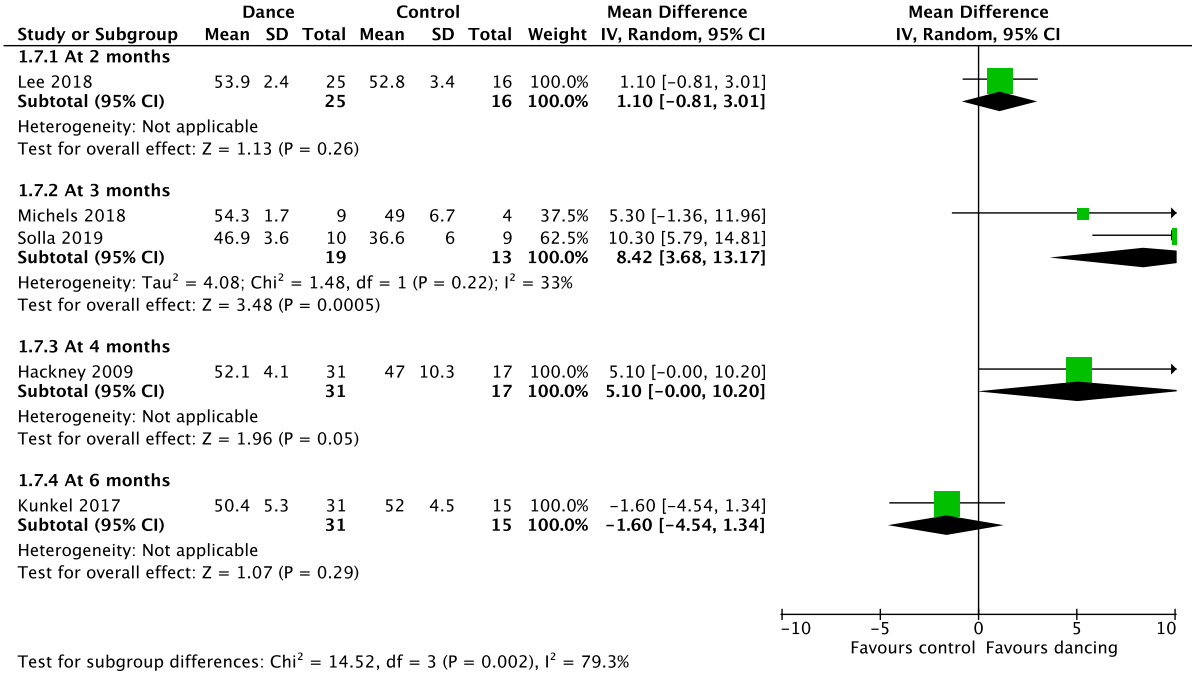
1.4 Disease severity: MDS-UPDRS 4 (dyskinesia) (0-13, higher score worse)



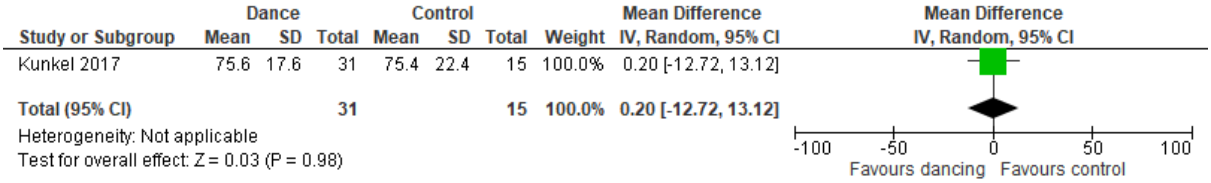
1.5 Disease severity: MDS-UPDRS 4 (fluctuation) (0-10, higher score worse)



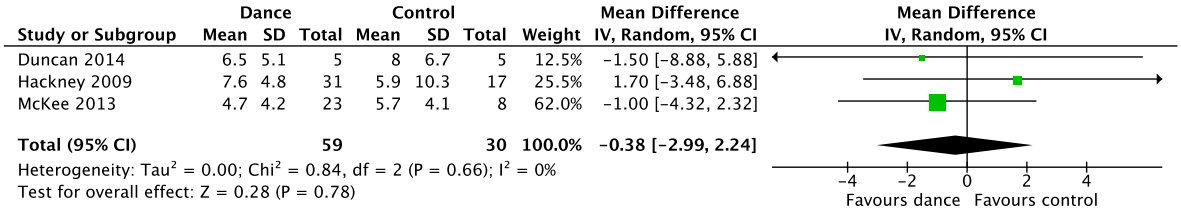
1.6 Balance: Mini-BEST Test (0-28, higher score indicates better balance)



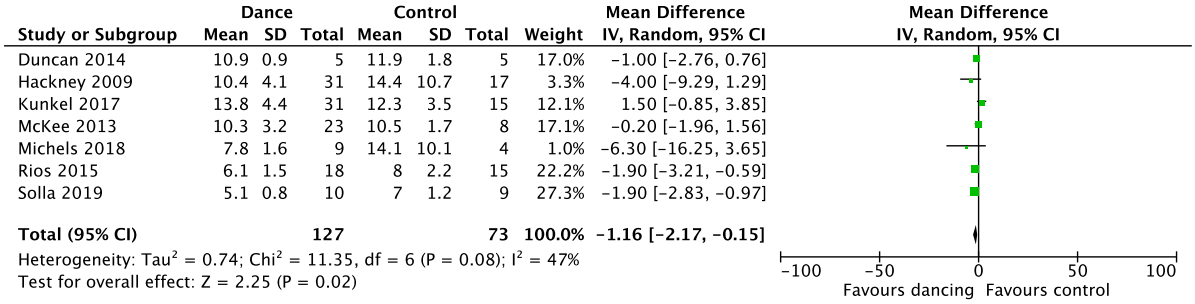
1.7 Balance: Berg Balance Scale (0-56, higher score indicates better balance)



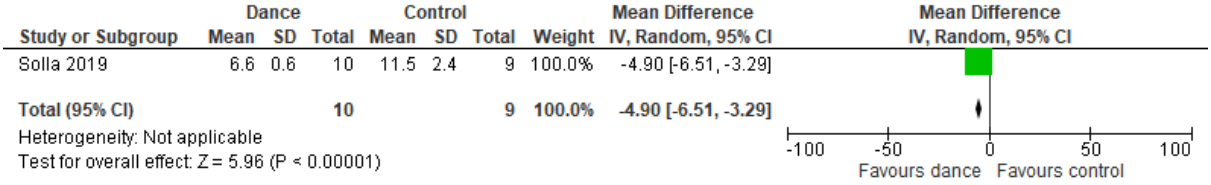
1.8 Balance: Activity-specific balance confidence (0-100, higher score indicates better balance confidence)



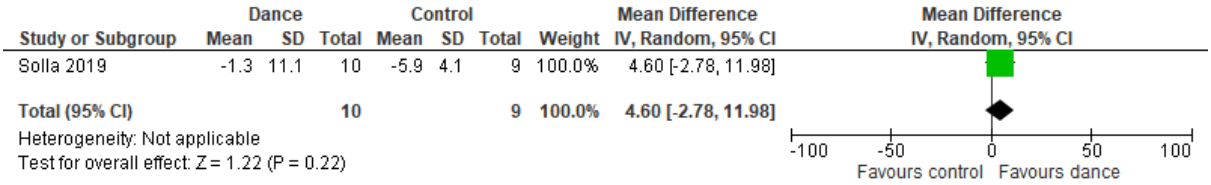
1.9 Freezing of gait questionnaire (0-24, higher score indicates more severe condition)



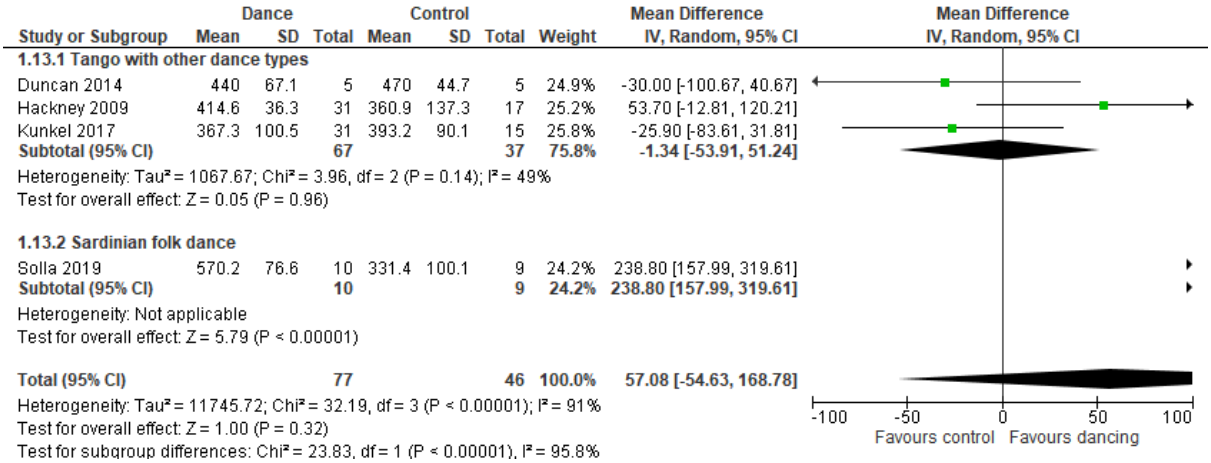
1.10 Timed Up and Go Test (TUG) (seconds)



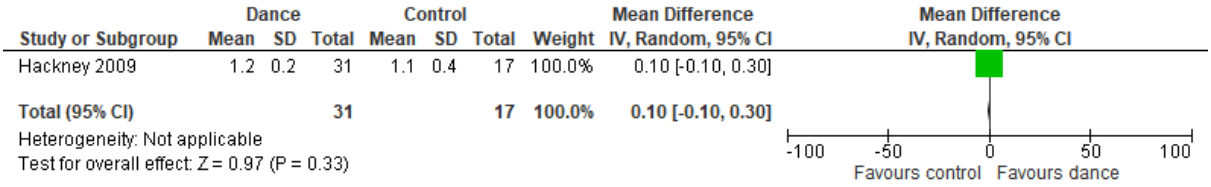
1.11 Five Times Sit-to-Stand Test (seconds) (lower better)



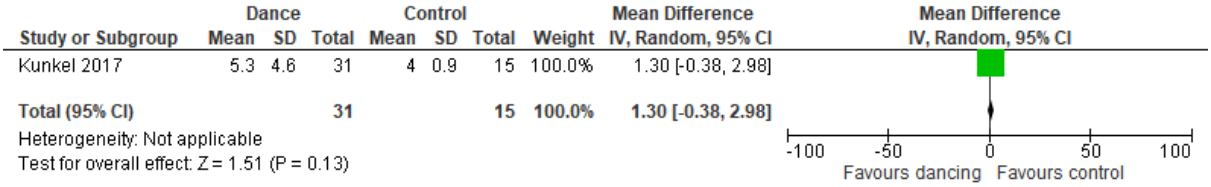
1.12 Sit-and-Reach Test (cm) (longer better)



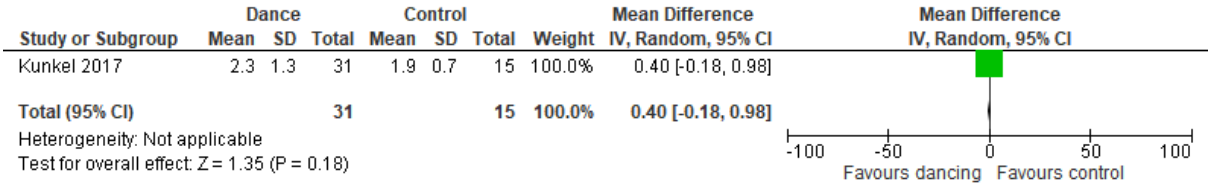
1.13 Walking distance: six-minute walk test (meters) (longer better)



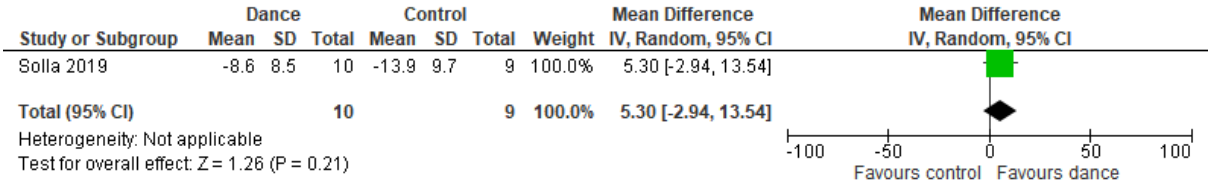
1.14 Forward velocity (meter/second)



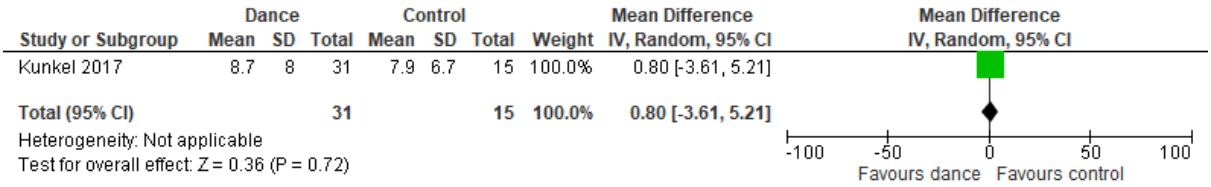
1.15 Standing start 180 degree turn test (number of steps)



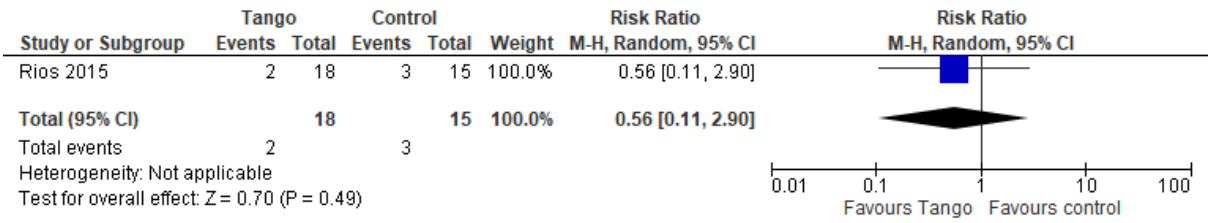
1.16 Standing start 180 degree turn test (time taken in seconds)



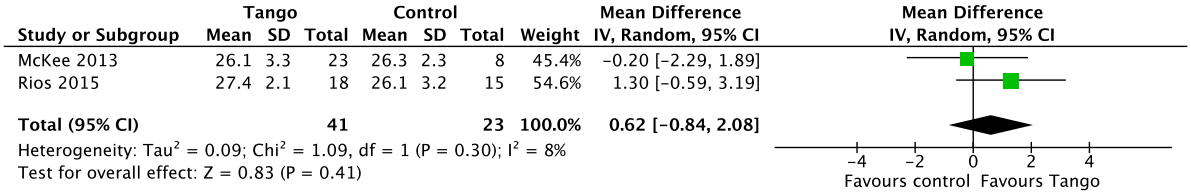
1.17 Back-Scratch Test (cm) (longer better)



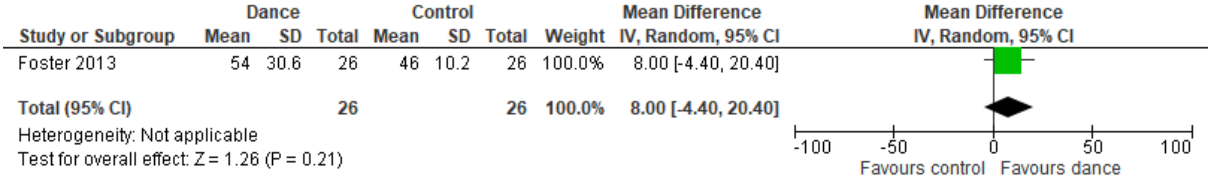
1.18 Spinal mouse inclination degree (higher worse)



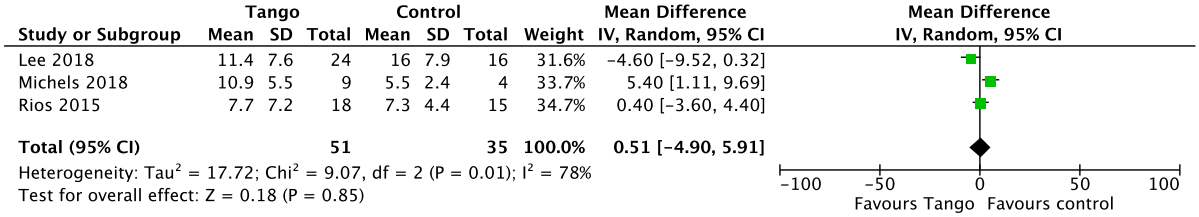
1.19 Adverse events: falls during study



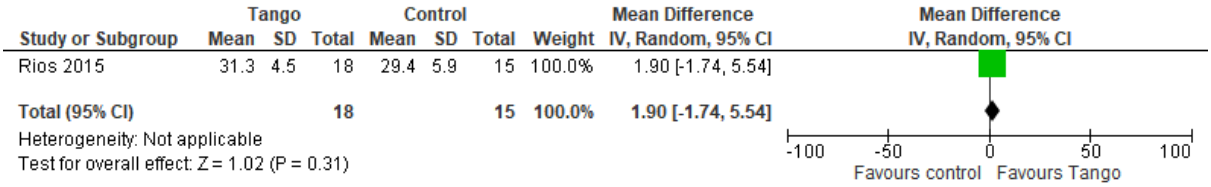
1.20Cognitive function: Montreal Cognitive Assessment Scale (0-30, higher score better)



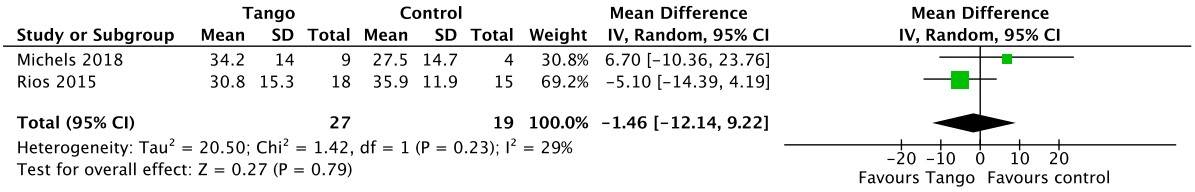
1.21Activity participation: Activity Card Sort score (0-100, higher score better)



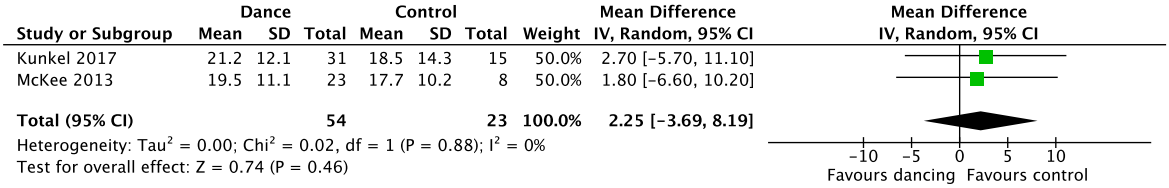
1.22Depressive symptoms: Beck Depression Inventory score (0-60, higher score worse)



1.23Apathy: Apathy Scale score (18-72, higher score better, less apathy)



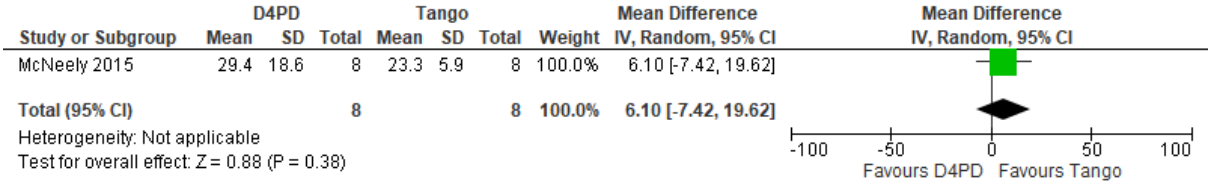
1.24Fatigue: Krupp Fatigue Severity Scale score (9-63, higher score worse)



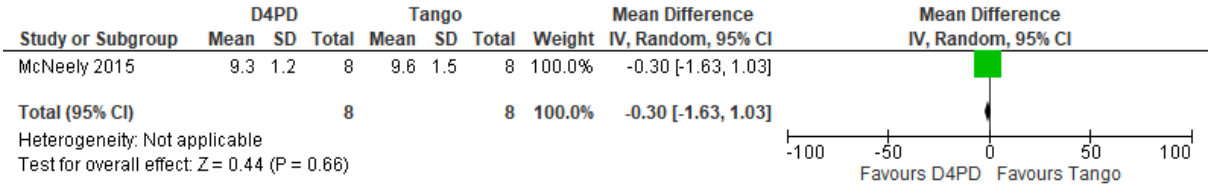
1.25Quality of life: PDQ 39 score (0-100, higher score worse)

2. Two different forms of dance interventions

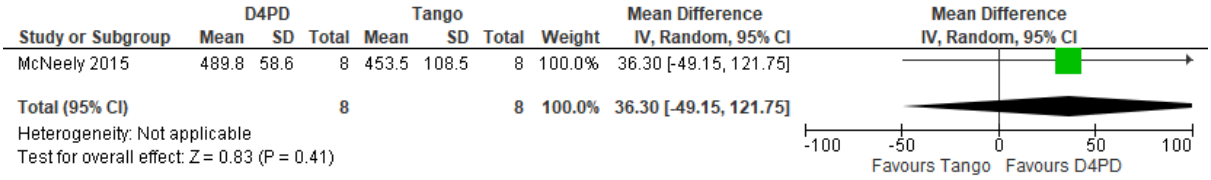
2.1. Dance for Parkinson's Disease (D4PD) versus Tango



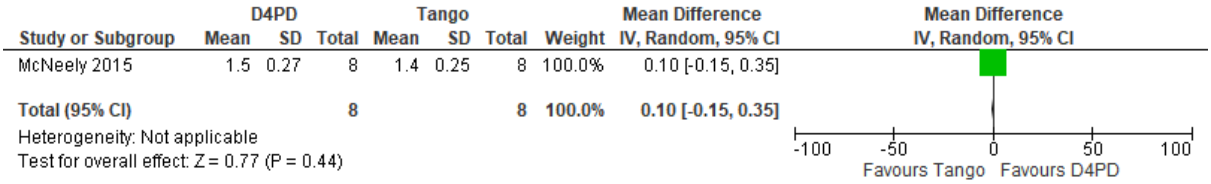
2.1.1. Disease severity: MDS-UPDRS 3 (motor examination) (0-108, higher score worse)



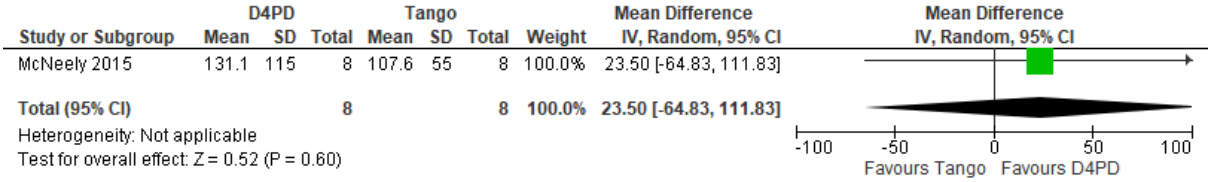
2.1.2. Agility: Timed Up and Go Test (seconds)



2.1.3. Walking distance: six-minute walk test (meters)

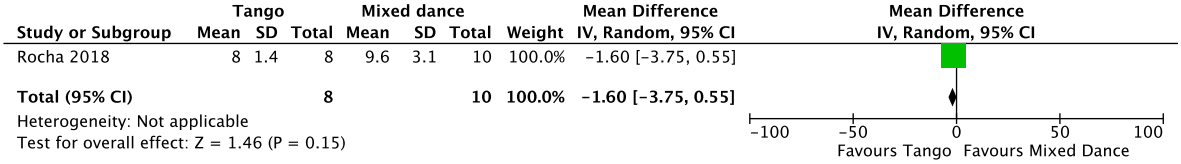


2.1.4. Forward velocity (meter/second)

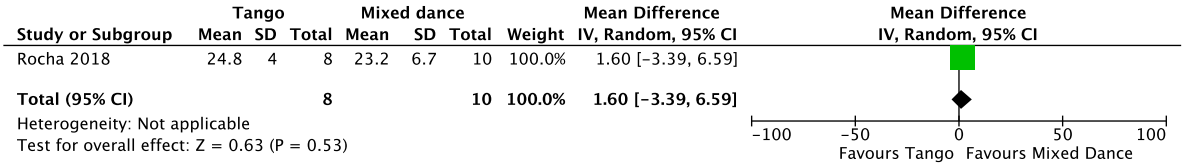


2.1.5. Quality of life: PDQ 39 score (0-100, higher score worse)

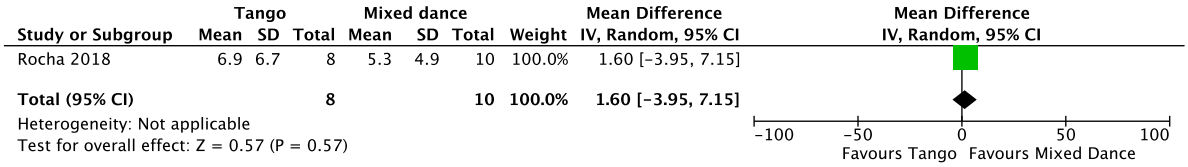
2.2. Tango versus Mixed dances



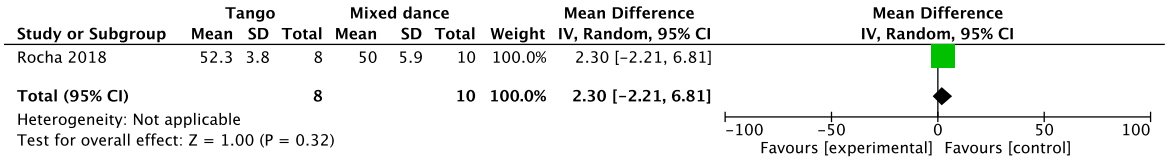
2.2.1. Time Up and Go test (TUG)



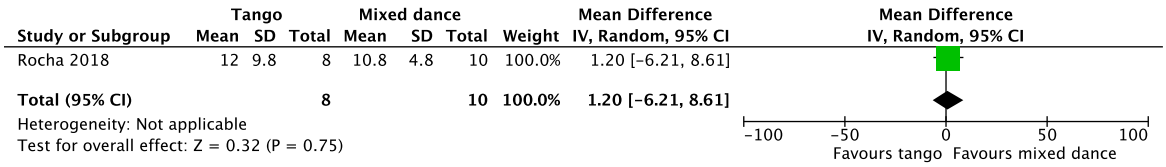
2.2.2. Functional Gait Assessment



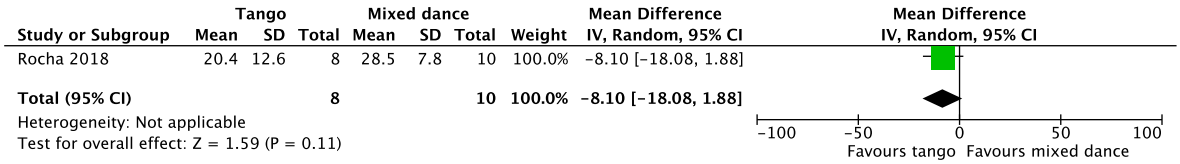
2.2.3. Freezing gait questionnaire (0- 24, lower score better)



2.2.4. Berg Balance Scale

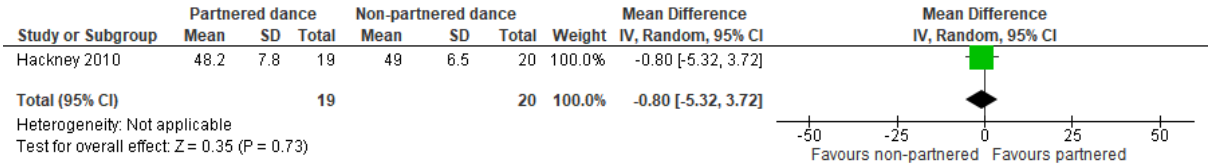


2.2.5. Motor experiences of daily living: MDS-UPDRS 2

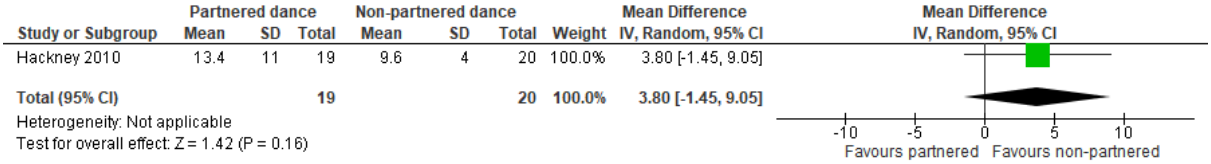


2.2.6. Quality of life: PDQ39

2.3. Partnered versus non-partnered dance



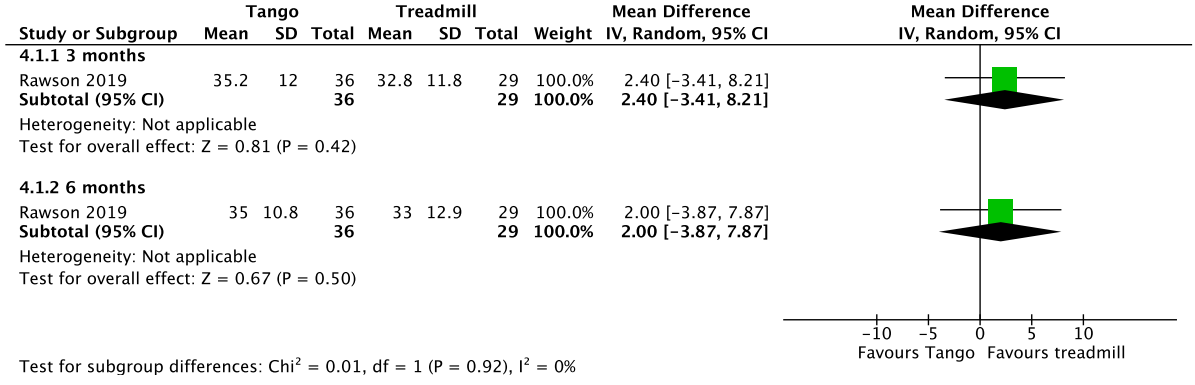
2.3.1. Balance: Berg Balance Scale (0-56, higher score indicates better balance)



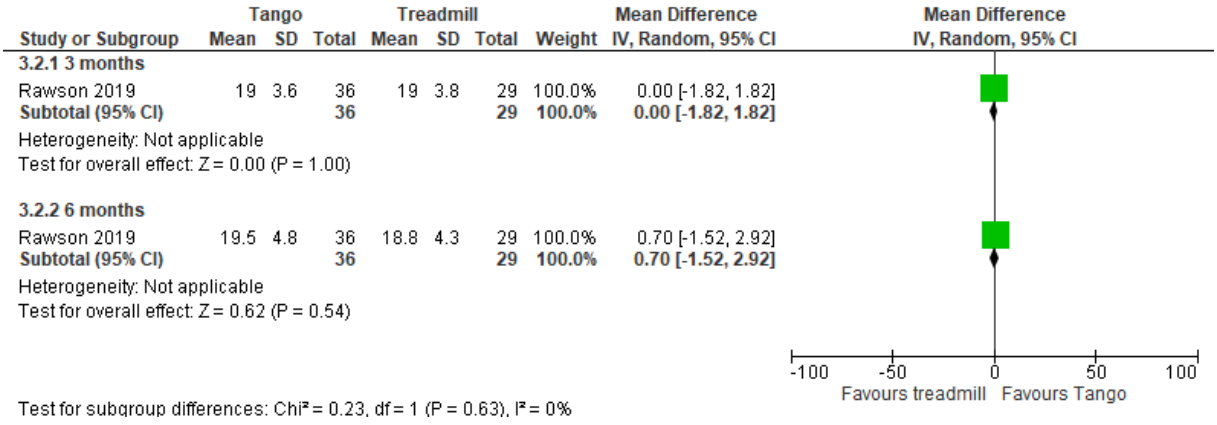
2.3.2. Agility: Timed Up and Go Test (seconds)

3. Dance versus different exercises

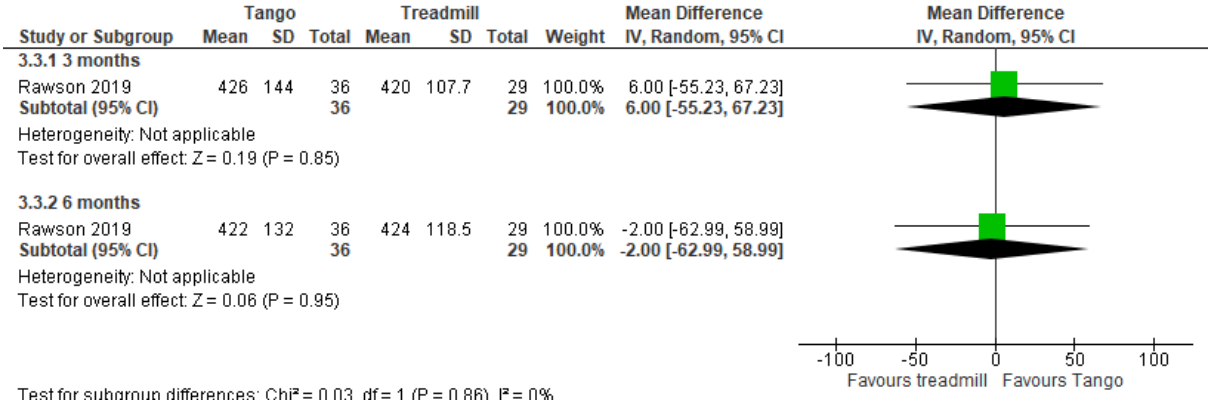
3.1. Tango versus treadmill



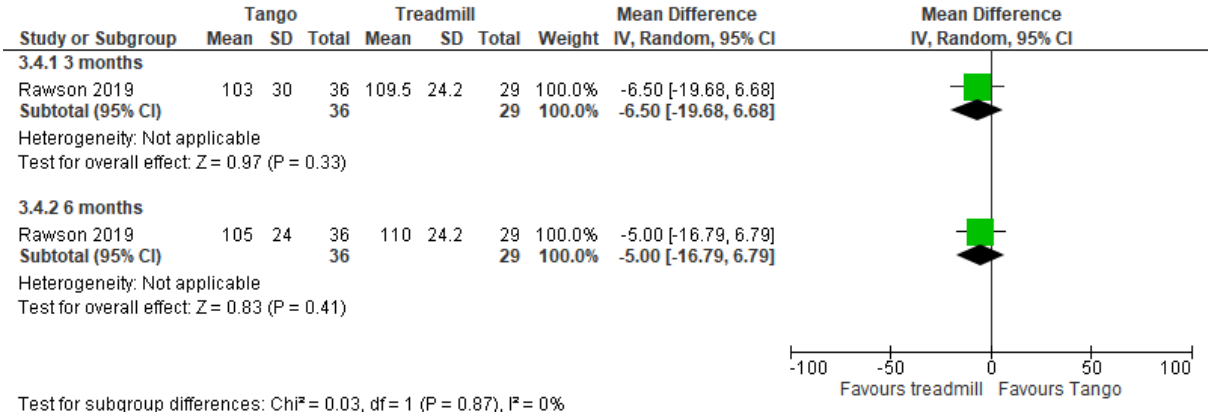
3.1.1. Disease severity: MDS-UPDRS 3 (motor examination) (0-108, higher score worse)



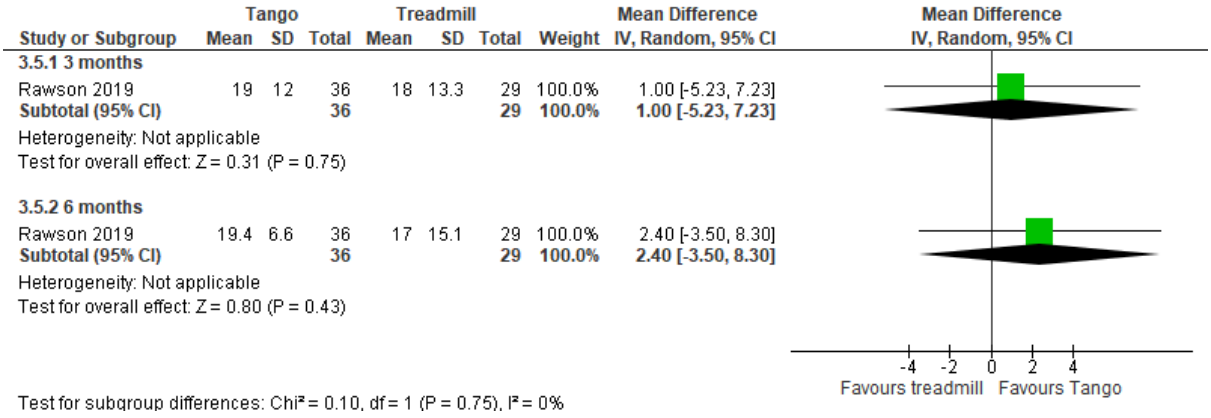
3.1.2. Balance: Mini-BEST Test (0-28, higher score indicates better balance)



3.1.3. Walking distance: Six-minute walk test (meters)

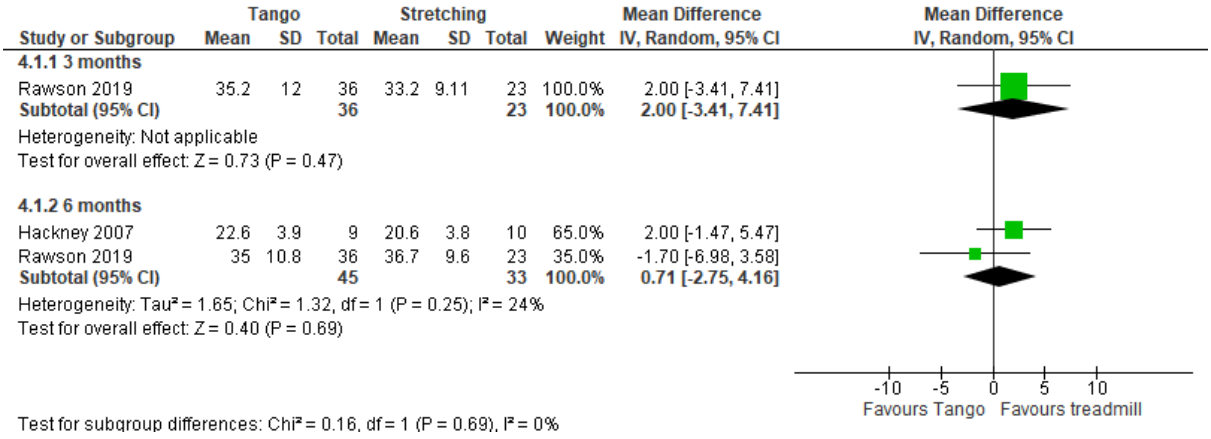


3.1.4. Forward velocity (meter/second)

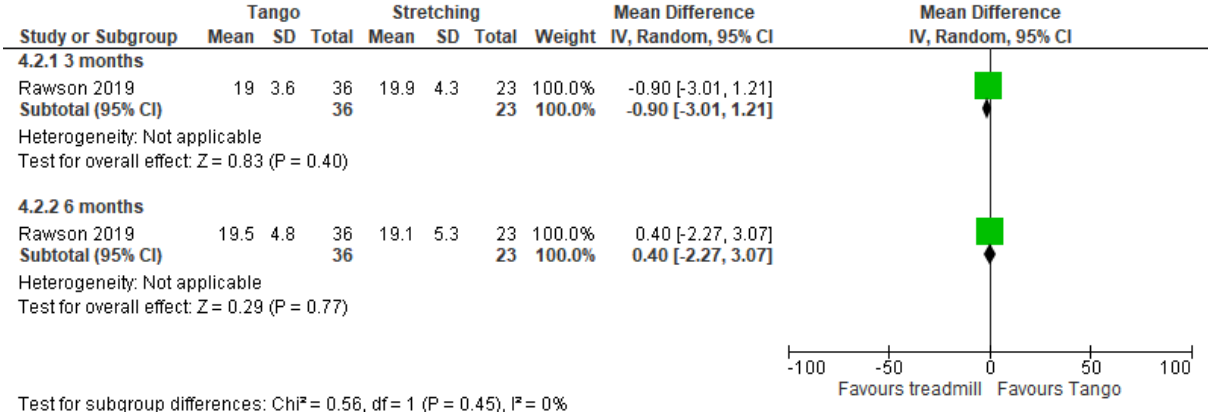


3.1.5. Quality of life: PDQ 39 score (0-100, higher score worse)

3.2. Tango versus stretching or flexibility exercises



3.2.1. Disease severity: MDS-UPDRS 3 (motor examination) (0-108, higher score worse)



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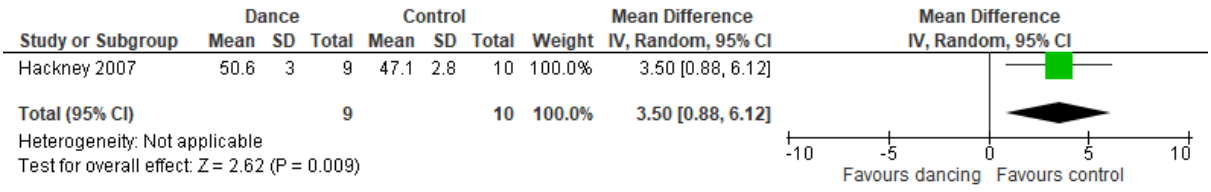
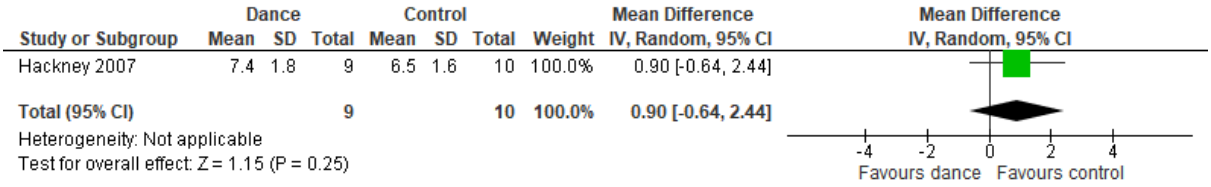
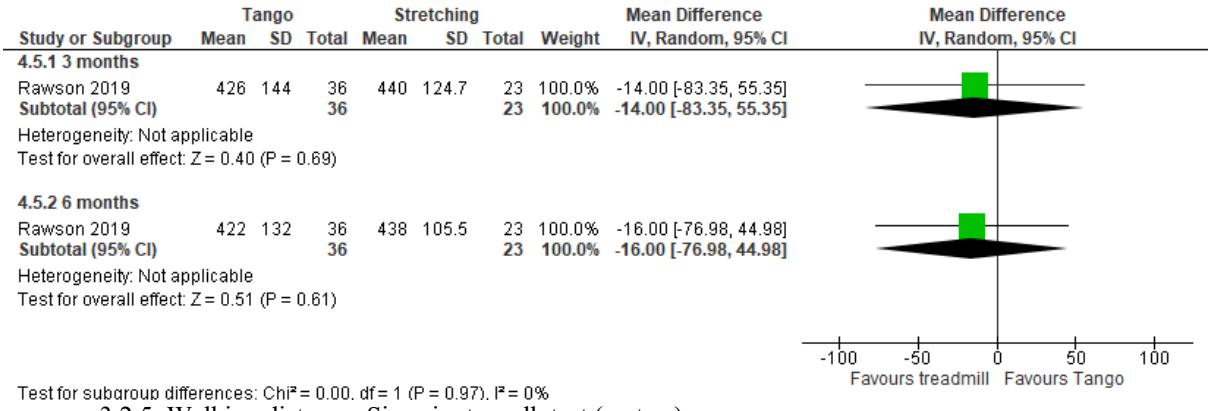


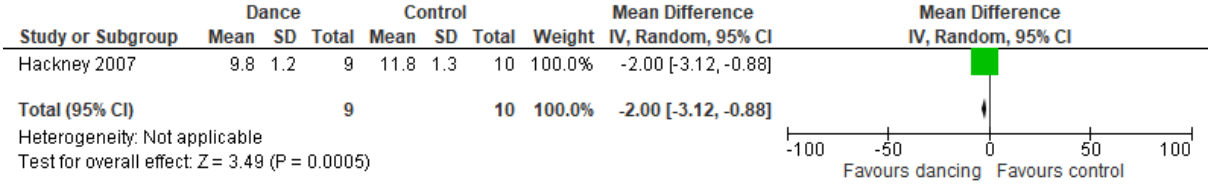
3.2.3. Balance: Berg Balance Scale (0-56, higher score indicates better balance)



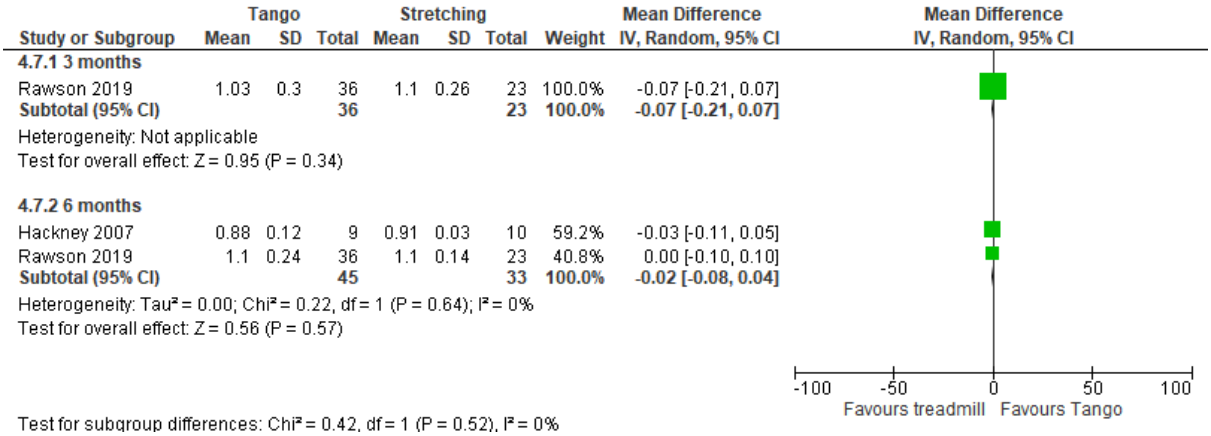
3.2.4. Freezing of gait questionnaire (0-24, higher score indicates more severe condition)



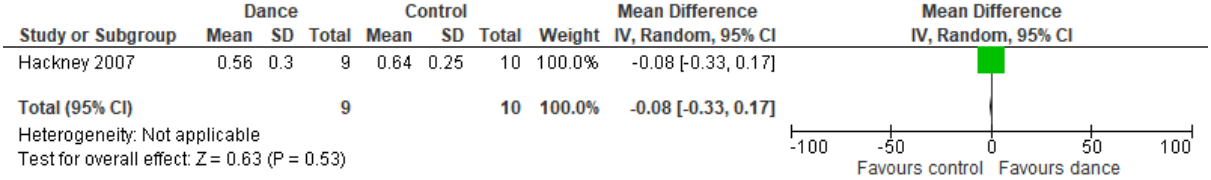
3.2.5. Walking distance: Six-minute walk test (meters)



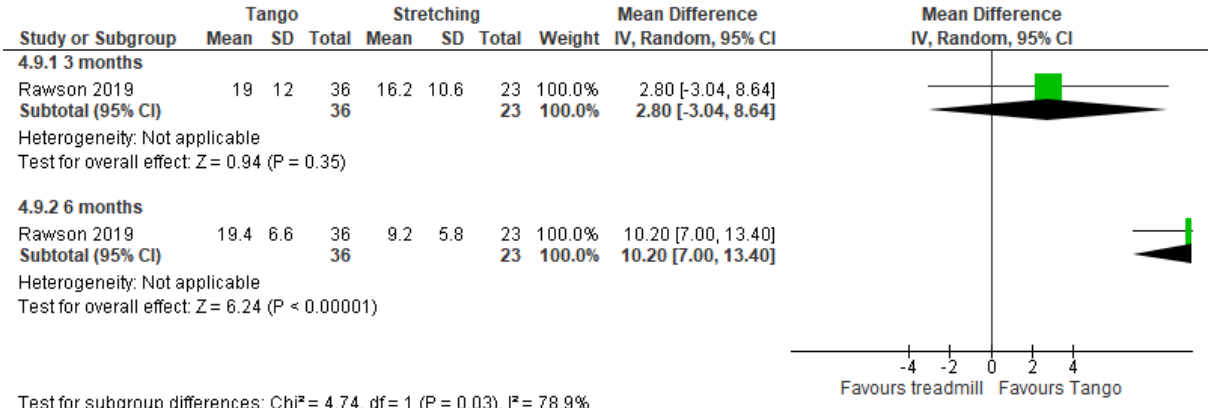
3.2.6. Agility: Timed Up and Go Test (seconds)



3.2.7. Forward velocity (meter/second)

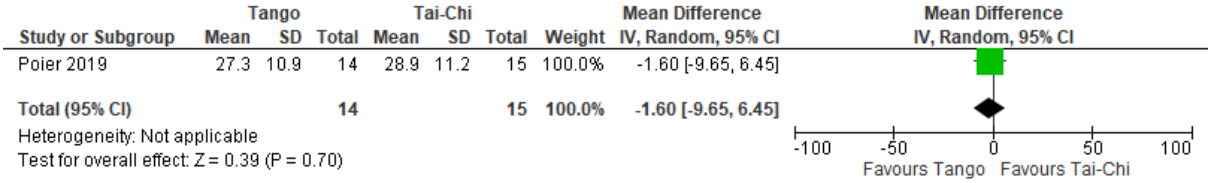


3.2.8. Dual-task walking velocity (meter/second)

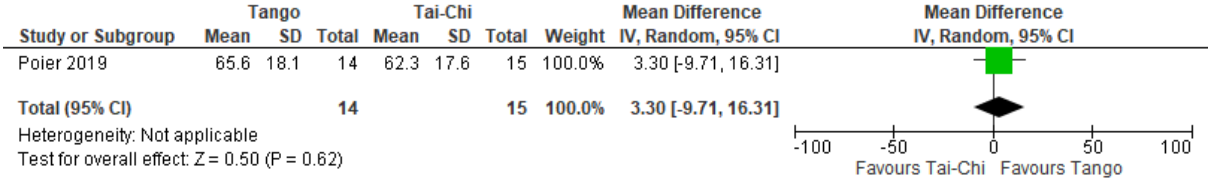


3.2.9. Quality of life: PDQ 39 score (0-100, higher score worse)

3.3. Tango versus Tai-Chi



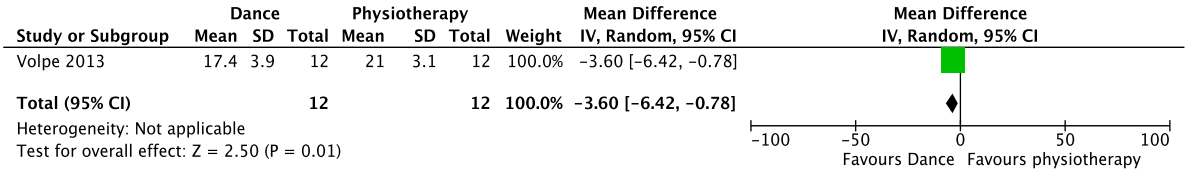
3.3.1. Quality of life: PDQ 39 score (0-100, higher score worse)



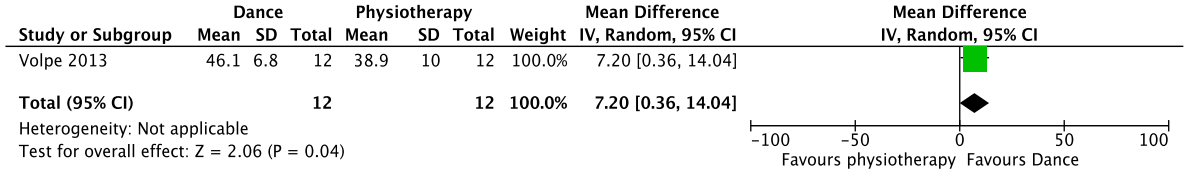
3.3.2. Brief Multidimensional Life Satisfaction Scale (BMLSS) (0-100, higher score better)

4. Dance versus physiotherapy

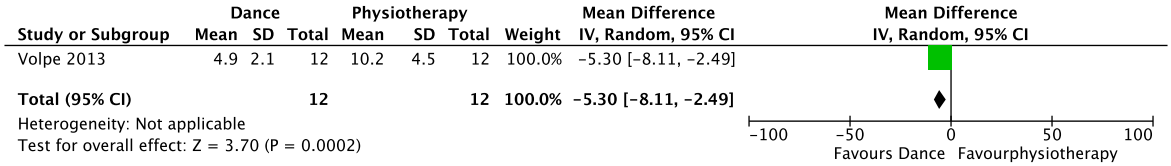
4.1. Irish Dance versus physiotherapy



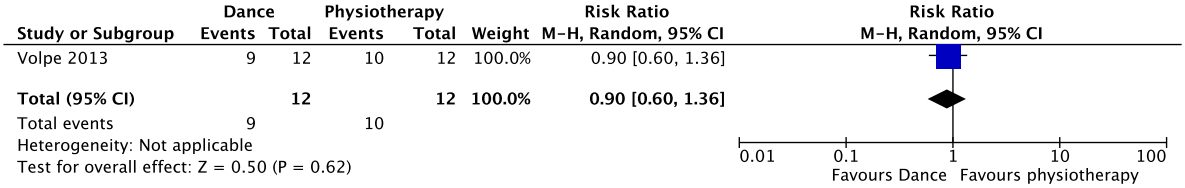
4.1.1. Disease severity: MDS-UPDRS 3 (motor examination) (0-108, higher score worse)



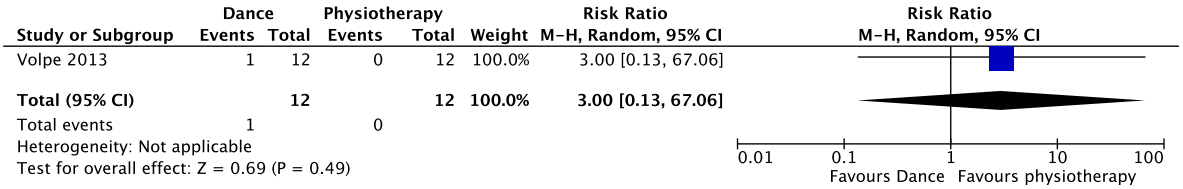
4.1.2. Balance: Berg Balance Scale (0-56, higher score indicates better balance)



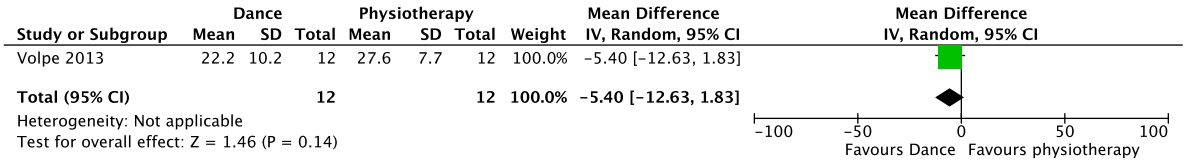
4.1.3. Freezing of gait questionnaire (0-24, higher score indicates more severe condition)



4.1.4. Adverse events: falls (any cause) during study period



4.1.5. Adverse events: falls during the time of intervention (dancing or physiotherapy)



4.1.6. Quality of life: PDQ 39 score (0-100, higher score worse)