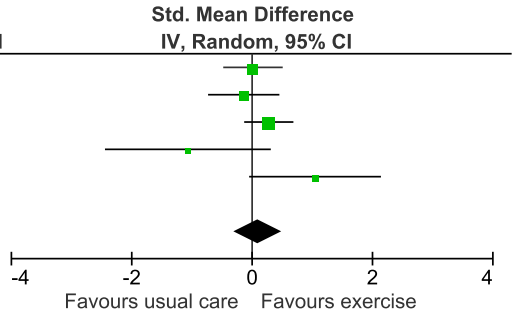
Study or Subgroup	Exercise intervention Mean	SD	Total	Usual care Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Koutoukidis 2020	19.5	6.2	32	19.4	7.8	31	27.7%	0.01 [-0.48, 0.51]
Pahl 2020	17.3	4.6	21	18	5.2	23	23.2%	-0.14 [-0.73, 0.45]
Persoon 2017	26	6.3	48	24.2	6.6	45	32.1%	0.28 [-0.13, 0.69]
Santa Mina 2020	13	1.1	5	14.3	1.1	5	6.9%	-1.07 [-2.45, 0.31]
Wood 2020	22	5.5	6	17.6	2.8	10	10.1%	1.05 [-0.05, 2.14]
Total (95% CI)			**112**			**114**	**100.0%**	**0.09 [-0.30, 0.48]**

Heterogeneity: Tau² = 0.08; Chi² = 7.08, df = 4 (P = 0.13); I² = 43%

Test for overall effect: Z = 0.46 (P = 0.64)