| **Study** | **FU (mo)** | **IG**  **N** | **CG N** | **BL**  **Mean IG** | **BL**  **SD IG** | **BL Mean CG** | **BL**  **SD CG** | **FU Mean IG** | **FU**  **SD IG** | **FU**  **Mean CG** | **FU**  **SD CG** | **Change Mean IG** | **Change SD IG** | **Change Mean CG** | **Change SD CG** | **Mean Difference**  **of Change Between Groups** | **SE Difference**  **of Change** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Hardcastle, 2008167 | 6 | 203 | 131 | 83.52 | 10.26 | 82.41 | 10.42 |  |  |  |  | -1.98 | 7.27 | 0.49 | 7.21 |  |  |
| Hardcastle, 2008167 | 18 | 203 | 131 | 83.42 | 9.63 | 81.92 | 9.27 | 82.40 | 9.03 | 82.81 | 8.13 |  |  |  |  |  |  |
| HIP, 2009136 | 6 | 132 | 132 | 75.30 | 11.10 | 73.30 | 10.50 |  |  |  |  | -5.40 |  | -3.60 |  |  |  |
| HIP, 2009136 | 18 | 128 | 122 | 75.30 | 11.10 | 73.30 | 10.50 |  |  |  |  | -5.30 |  | -4.90 |  |  |  |
| HTTP, 1993134 | 18 | 86 | 74 | 100.00 | 7.00 | 98.00 | 7.00 | 95.00 | 9.00 | 96.00 | 11.00 | -6.00 | 11.00 | -2.00 | 10.00 | -4.00 | 1.53 |
| Hyman, 2007135 | 6 | 188 | 93 | 85.59 | 9.46 | 84.80 | 8.90 | 82.37 | 10.82 | 81.70 | 9.40 |  |  |  |  |  |  |
| Hyman, 2007135 | 18 | 188 | 93 | 85.59 | 9.46 | 84.80 | 8.90 | 82.81 | 10.53 | 81.70 | 9.60 |  |  |  |  |  |  |
| Kallings, 2009141 | 6 | 41 | 50 | 79.90 | 1.50 | 81.60 | 1.30 |  |  |  |  | -1.00 | 8.33 | -1.70 | 9.56 |  |  |
| LIFE, 2010130 | 11 | 60 | 66 | 87.90 | 10.07 | 84.60 | 9.75 |  |  |  |  | -6.40 |  | -5.80 |  |  |  |
| LIHEF, 2002137 | 24 | 360 | 355 | 91.00 | 9.00 | 91.00 | 8.00 |  |  |  |  | -4.30 |  | -3.20 |  | -1.10 | 0.66 |
| Migneault, 2012126 | 8 | 169 | 168 | 80.90 | 12.50 | 80.30 | 11.80 |  |  |  |  | -1.28 |  | -0.10 |  | -1.18 |  |
| Moreau, 2001104 | 6 | 15 | 9 | 84.00 | 3.87 | 86.00 | 6.00 | 81.00 | 3.87 | 87.00 | 9.00 |  |  |  |  |  |  |
| NC WISEWOMAN, 2008110 | 6 | 107 | 110 | 77.00 | 10.34 | 80.00 | 12.59 | 81.00 | 8.28 | 80.00 | 9.44 |  |  |  |  | 0.90 | 1.2 |
| NC WISEWOMAN, 2008110 | 12 | 105 | 106 | 77.00 | 10.34 | 80.00 | 12.59 | 79.00 | 8.20 | 79.00 | 9.27 |  |  |  |  | 0.00 | 1.2 |
| Nilsson, 1992119 | 12 | 30 | 29 | 86.00 | 6.20 | 85.80 | 7.50 | 79.90 | 7.20 | 81.80 | 8.80 |  |  |  |  |  |  |
| ODES, 199580 | 12 | 52 | 43 | 87.50 | 8.65 | 87.00 | 7.21 |  |  |  |  | -3.40 | 7.21 | -0.70 | 8.52 |  |  |
| PHPP, 2007121 | 12 | 46 | 41 | 78.20 | 9.00 | 79.30 | 11.80 | 74.50 | 10.20 | 75.00 | 10.20 |  |  |  |  |  |  |
| PREDIAS, 200995 | 12 | 91 | 91 | 88.50 | 10.50 | 87.30 | 9.70 | 84.10 | 10.40 | 85.20 | 12.30 | -4.40 | 11.70 | -2.10 | 12.60 |  |  |
| PREMIER, 2003116 | 6 | 97 | 97 |  |  |  |  |  |  |  |  | -7.40 | 7.10 | -3.80 | 7.10 | -3.60 | 0.89 |
| PREMIER, 2003116 | 18 | 96 | 97 | 87.20 | 4.00 | 87.80 | 4.50 |  |  |  |  | -7.40 | 8.80 | -6.50 | 9.60 | -1.00 | 1.02 |
| RIS, 1998112 | 12 | 239 | 238 | 91.00 | 8.00 | 91.00 | 9.00 |  |  |  |  | -2.50 | 8.00 | -0.80 | 9.20 | -1.60 | 0.79 |
| RIS, 1998112 | 79.2 | 248 | 252 | 91.00 | 8.00 | 91.00 | 9.00 |  |  |  |  | -4.00 | 6.43 | -3.00 | 7.69 | -1.00 | 0.66 |
| Rodriguez-Cristobal, 2012172 | 24 | 146 | 154 | 80.70 | 9.80 | 81.70 | 9.40 | 75.50 | 9.70 | 80.40 | 8.70 |  |  |  |  | -4.40 | 1.22 |
| SLIM, 2011149 | 24 | 56 | 58 | 89.00 | 9.40 | 89.10 | 7.80 | 87.60 | 7.30 | 85.40 | 8.00 |  |  |  |  |  |  |
| SLIM, 2011149 | 49.2 | 57 | 58 | 89.00 | 9.40 | 89.10 | 7.80 | 83.80 | 7.90 | 84.90 | 7.60 |  |  |  |  |  |  |
| TONE, 1998117 | 36 | 147 | 341 | 71.30 | 8.90 | 71.50 | 8.50 |  |  |  |  |  |  |  |  |  |  |
| SPRING, 2012100 | 12 | 89 | 90 | 92.00 | 9.50 | 91.00 | 8.50 |  |  |  |  | -4.40 | 9.39 | -3.30 | 7.26 | 1.10 | 1.25 |
| MDPS, 201285 | 12 | 38 | 41 | 80.10 | 7.85 | 78.40 | 7.84 |  |  |  |  | 0.70 | 9.55 | 1.43 | 11.21 | -0.73 | 2.35 |
| Cochrane, 2012102 | 12 | 236 | 365 | 85.30 | 9.60 | 84.90 | 9.50 |  |  |  |  | -3.31 | 8.35 | -3.56 | 9.31 |  |  |
| E-LITE, 201387 | 15 | 81 | 81 | 73.90 | 7.20 | 72.50 | 9.20 |  |  |  |  | -1.10 | 9.90 | -0.30 | 9.90 |  |  |

**Abbreviations:** BL = baseline; CG = CG; FU = followup; IG = intervention group; mo = months; SD = standard deviation; SE = standard error.