| **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 | 1.96 | 1.28 | 1.73 | 1.03 |  |  |  |  | -0.17 | 1.14 | -0.15 | 0.92 |  |  |
| Hardcastle, 2008167 | 18 | 203 | 131 | 1.96 | 0.79 | 1.77 | 1.02 | 1.65 | 1.01 | 1.55 | 0.78 |  |  |  |  |  |  |
| HLC, 201192 | 6 | 118 | 69 | 1.71 | 1.05 | 1.74 | 1.04 | 1.52 | 0.86 | 1.55 | 0.87 |  |  |  |  |  |  |
| Johnston, 199577 | 6 | 80 | 39 | 1.10 |  | 1.20 |  |  |  |  |  |  |  |  |  |  |  |
| Kallings, 2009141 | 6 | 41 | 50 | 1.40 | 0.10 | 1.30 | 0.10 |  |  |  |  | -0.20 | 0.49 | 0.00 | 0.36 |  |  |
| LIFE, 2010130 | 11 | 60 | 66 | 134.40 | 63.52 | 122.20 | 64.99 |  |  |  |  | -2.60 |  | 8.70 |  |  |  |
| LIHEF, 2002137 | 24 | 360 | 355 | 1.56 | 1.01 | 1.49 | 1.00 |  |  |  |  | -0.06 |  | -0.06 |  | 0.00 | 0.05 |
| Moy, 200173 | 24 | 117 | 118 |  |  |  |  |  |  |  |  | -0.40 | 2.00 | -0.06 | 1.90 |  |  |
| Neil, 199578 | 6 | 207 | 102 | 1.52 |  | 1.54 |  |  |  |  |  |  |  |  |  |  |  |
| NFPMP, 200279 | 12 | 67 | 63 |  |  |  |  |  |  |  |  | -0.80 |  | -3.10 |  |  |  |
| Nilsson, 1992119 | 12 | 30 | 29 | 1.86 | 0.68 | 1.84 | 0.90 | 1.93 | 0.73 | 1.98 | 0.90 |  |  |  |  |  |  |
| ODES, 199580 | 12 | 52 | 43 | 2.38 | 1.30 | 2.18 | 0.85 |  |  |  |  | -0.23 | 1.01 | 0.17 | 0.92 |  |  |
| PAC, 2001122 | 6.25 | 20 | 15 | 1.70 | 0.60 | 1.40 | 0.70 | 1.50 | 0.80 | 1.40 | 0.50 |  |  |  |  |  |  |
| PHPP, 2007121 | 12 | 46 | 41 | 174.80 | 103.50 | 166.00 | 87.70 | 146.90 | 70.90 | 167.40 | 91.10 |  |  |  |  |  |  |
| PREDIAS, 200995 | 12 | 91 | 91 | 156.20 | 151.00 | 144.10 | 102.10 | 120.60 | 65.50 | 141.60 | 99.50 | -35.60 | 136.80 | -2.50 | 100.30 |  |  |
| PREPARE, 200999 | 6 | 29 | 29 | 1.40 |  | 1.20 |  |  |  |  |  | -0.02 | 0.47 | 0.11 | 0.52 | -0.17 | 0.15 |
| PREPARE, 200999 | 12 | 29 | 29 | 1.40 |  | 1.20 |  |  |  |  |  | 0.03 | 0.56 | 0.04 | 0.47 | 0.03 | 0.14 |
| RIS, 1998112 | 12 | 239 | 238 | 1.90 | 1.10 | 1.90 | 1.00 |  |  |  |  | 0.01 | 0.84 | 0.17 | 1.43 | -0.18 | 0.11 |
| RIS, 1998112 | 79.2 | 248 | 252 | 1.90 | 1.10 | 1.90 | 1.00 |  |  |  |  | 0.02 | 0.76 | 0.24 | 0.89 | -0.22 | 0.07 |
| Rodriguez-Cristobal, 2012 | 24 | 146 | 154 | 116.50 | 54.30 | 116.60 | 59.60 | 115.10 | 56.50 | 119.20 | 55.40 |  |  |  |  | -5.60 | 6.63 |
| SLIM, 2011149 | 24 | 56 | 58 | 1.52 | 1.18 | 1.44 | 0.79 | 1.24 | 0.56 | 1.45 | 1.60 |  |  |  |  |  |  |
| SLIM, 2011149 | 49.2 | 57 | 58 | 1.52 | 1.18 | 1.44 | 0.79 | 1.74 | 1.87 | 1.53 | 1.06 |  |  |  |  |  |  |
| Tomson, 199583 | 12 | 41 | 35 |  |  |  |  | 1.97 | 1.01 | 1.79 | 0.81 |  |  |  |  |  |  |
| MDPS, 201285 | 12 | 37 | 39 | 1.41 | 0.50 | 1.44 | 0.64 |  |  |  |  | -0.09 | 0.49 | 0.01 | 0.50 | -0.10 | 0.11 |
| Live Well, Be Well, 201286 | 6 | 113 | 117 | 148.30 | 113.74 | 128.10 | 93.02 |  |  |  |  | -8.80 | 81.85 | 14.40 | 69.23 |  |  |
| Live Well, Be Well, 201286 | 12 | 113 | 117 | 148.30 | 113.74 | 128.10 | 93.02 |  |  |  |  | -1.60 | 72.28 | 4.90 | 54.08 |  |  |
| HIPS, 2012103 | 12 | 355 | 300 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| E-LITE, 201387 | 15 | 81 | 81 | 174.50 | 71.20 | 164.00 | 65.80 |  |  |  |  | -28.80 | 97.20 | -18.80 | 99.00 |  |  |
| PRO-FIT, 201268 | 12 | 128 | 110 | 1.20 | 0.60 | 1.30 | 0.70 | 1.30 | 0.70 | 1.20 | 0.60 |  |  |  |  |  |  |

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