| **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** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| HLC, 201192 | 6 | 142 | 83 | 5.87 | 0.58 | 5.91 | 0.58 | 5.66 | 0.82 | 5.89 | 0.86 |  |  |  |  |  |  |
| Kallings, 2009141 | 6 | 41 | 50 | 5.50 | 0.10 | 5.40 | 0.10 |  |  |  |  | -0.20 | 0.33 | -0.10 | 0.36 |  |  |
| LIFE, 2010130 | 11 | 60 | 66 | 95.60 | 11.62 | 93.50 | 12.19 |  |  |  |  | 0.30 |  | 0.70 |  |  |  |
| LLDP, 201294 | 12 | 147 | 142 | 104.41 | 11.90 | 105.61 | 12.30 |  |  |  |  | 0.50 | 11.82 | -1.50 | 15.81 |  |  |
| Moreau, 2001104 | 6 | 15 | 9 | 5.60 | 1.16 | 5.70 | 1.20 | 5.50 | 0.77 | 5.70 | 0.90 |  |  |  |  |  |  |
| Nilsson, 1992119 | 12 | 30 | 29 | 5.14 | 0.59 | 5.17 | 0.52 | 5.17 | 0.41 | 5.28 | 0.70 |  |  |  |  |  |  |
| ODES, 199580 | 12 | 52 | 43 | 5.65 | 0.81 | 5.41 | 0.52 |  |  |  |  | -0.20 | 0.10 | 0.00 | 0.10 |  |  |
| PAC, 200192 | 6.25 | 20 | 15 | 5.30 | 1.10 | 6.30 | 3.20 | 5.70 | 1.00 | 6.40 | 2.40 |  |  |  |  |  |  |
| PHPP, 2007121 | 12 | 46 | 41 | 5.50 | 0.60 | 5.40 | 0.40 | 5.50 | 0.40 | 5.40 | 0.40 |  |  |  |  |  |  |
| PREDIAS, 200995 | 12 | 91 | 91 | 105.70 | 12.40 | 105.50 | 12.40 | 101.40 | 11.30 | 107.30 | 14.30 | -4.30 | 11.30 | 1.80 | 13.10 |  |  |
| PREPARE, 200999 | 6 | 28 | 29 | 5.60 | 0.50 | 5.70 | 0.50 |  |  |  |  | -0.35 | 0.60 | -0.08 | 0.62 | -0.30 | 0.14 |
| PREPARE, 200999 | 24 | 22 | 29 | 5.60 | 0.50 | 5.70 | 0.50 | 5.40 | 0.70 | 5.70 | 1.00 |  |  |  |  | -0.30 | 0.18 |
| RIS, 1998112 | 12 | 239 | 238 | 5.80 | 2.40 | 5.80 | 2.00 |  |  |  |  | -0.40 | 4.50 | 0.20 | 1.40 | -0.60 | 0.31 |
| RIS, 1998112 | 79.2 | 248 | 252 | 5.80 | 2.40 | 5.80 | 2.00 |  |  |  |  | -0.20 | 1.45 | 0.00 | 1.17 | -0.20 | 0.12 |
| SLIM, 2011149 | 24 | 56 | 58 | 6.01 | 0.84 | 5.92 | 0.70 | 6.05 | 1.09 | 6.31 | 0.84 |  |  |  |  |  |  |
| SLIM, 2011149 | 49.2 | 57 | 58 | 6.01 | 0.84 | 5.92 | 0.70 | 6.30 | 1.07 | 6.48 | 0.86 |  |  |  |  |  |  |
| Watanabe, 200397 | 12 | 79 | 77 | 6.10 | 0.55 | 5.50 | 0.55 |  |  |  |  |  |  |  |  |  |  |
| Wister, 2007140 | 12 | 157 | 158 | 8.30 | 2.60 | 8.10 | 2.30 |  |  |  |  | -0.37 | 3.07 | 0.01 | 2.69 |  |  |
| SPRING, 2012100 | 12 | 89 | 90 | 5.40 | 0.50 | 5.40 | 0.68 |  |  |  |  | 0.17 | 0.55 | 0.28 | 0.63 | 0.11 | 0.07 |
| MDPS, 201285 | 12 | 37 | 39 | 5.17 | 0.44 | 5.17 | 0.44 |  |  |  |  | -0.03 | 0.36 | 0.05 | 0.44 | -0.08 | 0.1 |
| Live Well, Be Well, 201286 | 6 | 113 | 117 | 93.80 | 11.69 | 93.50 | 11.90 |  |  |  |  | -0.70 | 9.57 | 0.40 | 10.82 |  |  |
| Live Well, Be Well, 201286 | 12 | 113 | 117 | 93.80 | 11.69 | 93.50 | 11.90 |  |  |  |  | -0.90 | 10.63 | -1.40 | 10.82 |  |  |
| E-LITE, 201387 | 15 | 81 | 81 | 100.10 | 9.70 | 99.30 | 9.00 |  |  |  |  | -2.70 | 14.40 | 0.20 | 15.30 |  |  |
| PRO-FIT, 201268 | 12 | 169 | 145 | 4.90 | 0.80 | 4.90 | 1.00 | 4.70 | 0.70 | 4.80 | 0.80 |  |  |  |  |  |  |

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