

	Deviation risk rating	Number of studies	Number of participants	MD	95% CI	I <sup>2</sup>	Q-test	P
Multi-component exercise (MMSE)	Low	0	–	–	–	–	–	–
	Moderate	1	52	4.60	2.20,7.00	–	–	–
	High	4	441	1.72	1.33,2.11	96%	<0.00001	<0.00001
mind-body exercise (MMSE)	Low	0	–	–	–	–	–	–
	Moderate	2	383	1.03	0.43,1.64	0%	0.57	0.0008
	High	2	161	1.61	0.91,2.30	76%	0.04	<0.00001
conventional aerobic exercise (MMSE)	Low	0	–	–	–	–	–	–
	Moderate	5	195	0.51	0.09,0.93	0%	0.46	0.02
	High	0	–	–	–	–	–	–
Multi-component exercise(MoCA)	Low	0	–	–	–	–	–	–
	Moderate	0	–	–	–	–	–	–
	High	1	84	5.74	5.02,6.46	–	–	<0.00001
mind-body exercise ( MoCA)	Low	1	58	1.10	0.06,2.14	–	–	0.04
	Moderate	1	40	2.45	0.92,3.98	–	–	0.002
	High	2	78	1.04	0.17,1.91	6%	0.46	0.02
conventional aerobic exercise(MoCA)	Low	1	120	2.26	1.51,3.01	–	–	<0.00001
	Moderate	1	37	0.25	-1.04,1.54	–	–	0.70
	High	1	60	3.67	2.18,5.16	–	–	<0.00001