## Article:

Exercise for patients with major depression: A systematic review with meta-analysis and trial sequential-analysis

## **Supplementary Figure S8-S10**

Figure S8. The effect of exercise on quality of life in patients diagnosed with depression

	Exercise			Control			Std. Mean Difference			Std. Mean Difference		
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	Year	IV, Random, 95% CI		
Singh I	71.8	26.5	17	66.1	22.6	15	10.0%	0.22 [-0.47, 0.92]	1997			
Blumenthal I	21.4	8.9	55	21.4	9	48	12.2%	0.00 [-0.39, 0.39]	1999	<del></del>		
Pilu	11.1	1.8	10	12	1.9	20	9.4%	-0.47 [-1.24, 0.30]	2007	<del></del>		
Krogh I	47.25	23.49	55	45.2	20.8	55	12.2%	0.09 [-0.28, 0.47]	2009	<del></del>		
Chalder	50.6	32.18	130	49.7	32.18	143	12.9%	0.03 [-0.21, 0.27]	2012	<del></del>		
Krogh II	41.3	24	56	42.8	25.5	59	12.3%	-0.06 [-0.43, 0.31]	2012	<del></del>		
Schuch	55.75	4.1	25	42.78	4.1	25	8.9%	3.11 [2.27, 3.96]	2015	·		
Jinchun	50.07	5.11	35	44.77	4.95	35	11.4%	1.04 [0.54, 1.54]	2015	_ <del></del>		
Patten	45.3	23	21	41.3	18.6	23	10.7%	0.19 [-0.40, 0.78]	2017	<del></del>		
Total (95% CI)			404			423	100.0%	0.40 [-0.03, 0.83]		-		
Heterogeneity: Tau <sup>2</sup> = 0.36; Chi <sup>2</sup> = 64.84, df = 8 (P < 0.00001); I <sup>2</sup> = 88%									_	1 15 1 15 1		
Test for overall effect: Z = 1.82 (P = 0.07)									-1 -0.5 0 0.5 1 Favours control Favours exercise			
		,	•							Favours control Favours exercise		

Quality of life was assessed using different scales: Singh I, Chalder and Patten used the SF-36, Blumenthal used Life Satisfaction Index, Pilu and Schuch used the WHOQOL, Krogh I and Krogh II used the WHO-Five Well-being Scale, and Jinchun used the GQOLI-74.

**Figure S9**. The effect of exercise on depression severity after the intervention in patients diagnosed with depression

Study or Subgroup	Ex	ercise	Control					Std. Mean Difference	Months beyond	Std. Mean Difference	
	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	intervention	IV, Random, 95% CI	
Singh I	13	2.2	17	14.4	2.2	15	6.7%	-0.62 [-1.33, 0.09]	23 -	-	
Viera	29.66	1.22	9	30.22	2.81	9	4.2%	-0.25 [-1.17, 0.68]	3		
Klein	1.02	0.67	8	0.98	0.87	8	3.8%	0.05 [-0.93, 1.03]	5		
Mather	11.5	7.02	42	13.7	6.02	43	15.5%	-0.33 [-0.76, 0.09]	6	· ·	
Blumenthal I	6.85	5.12	47	6.12	5.5	42	16.2%	0.14 [-0.28, 0.55]	6		
Krogh I	11.455	6.782	110	10	5.6	55	22.7%	0.23 [-0.10, 0.55]	8	+-	
Chalder	12.6	10.2	131	13.5	10.2	124	30.9%	-0.09 [-0.33, 0.16]	8	-	
Total (95% CI)			364			296	100.0%	-0.06 [-0.25, 0.14]		•	
Heterogeneity: Tau <sup>2</sup> =	0.02; Ch	i <sup>2</sup> = 7.98	. df = 6	(P = 0.2)	24);  2=	= 25%			+	<u>, , , , , , , , , , , , , , , , , , , </u>	<del></del>
Test for overall effect: Z = 0.56 (P = 0.58)									-2 Fav	ours exercise Favours control	2

**Figure S10.** The effect of exercise on risk of lack of remission after the intervention in patients diagnosed with depression

