Article:

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

Supplementary Figure

Figure S5. Effect of exercise on lack of remission for patients diagnosed with depression

	Exercise		Control		Risk Ratio			Risk Ratio		
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Random, 95% CI	Year	r M-H, Random, 95% CI		
Doyne	5	14	9	11	2.6%	0.44 [0.20, 0.93]	1987	7 ——		
Singh I	3	17	9	15	1.4%	0.29 [0.10, 0.89]	1997	7 ←		
Blumenthal I	19	55	15	48	3.8%	1.11 [0.63, 1.93]	1999	9 — -		
Dunn	49	67	11	13	6.7%	0.86 [0.66, 1.14]	2005	5 -• 		
Blumenthal II	60	104	24	49	6.0%	1.18 [0.85, 1.64]	2007	7 +-		
Krogh I	62	95	29	42	6.9%	0.95 [0.74, 1.21]	2009	9 —•		
Mote-Pereira	14	19	10	10	6.4%	0.76 [0.56, 1.02]	2011	1		
Krogh II	40	56	41	59	7.1%	1.03 [0.81, 1.30]	2012	2		
Chalder	102	142	94	146	7.9%	1.12 [0.95, 1.31]	2012	2 -		
Huipeng	19	35	24	33	5.6%	0.75 [0.52, 1.08]	2013	3		
Cassandra	12	26	19	26	4.5%	0.63 [0.39, 1.02]	2014	4		
Danielsson	15	22	17	20	5.9%	0.80 [0.57, 1.13]	2014	4		
Pfaff	49	78	40	68	6.8%	1.07 [0.82, 1.39]	2014	4 		
Guifeng	22	35	29	35	6.4%	0.76 [0.56, 1.02]	2015	5 		
Schuch	13	25	17	25	4.6%	0.76 [0.48, 1.21]	2015	5 —•		
Doose	11	30	16	16	4.6%	0.38 [0.24, 0.61]	2015	5 ———		
Kerling	13	22	15	20	4.9%	0.79 [0.51, 1.21]	2015	5 — — —		
Belvederi	18	79	23	42	4.4%	0.42 [0.25, 0.68]	2015	5 —		
Salehi	7	20	18	20	3.4%	0.39 [0.21, 0.72]	2016	6		
Total (95% CI)		941		698	100.0%	0.78 [0.68, 0.90]		•		
Total events	533		460							
Heterogeneity: Tau ² =	0.06; Chi	i² = 57.3	23, df = 1	8 (P < 0	0.00001);	I ² = 69%		0.2 0.5 1 2 5	-	
Test for overall effect:	•		•	•	- 71					
			,					Favours exercise Favours control		