

Article:

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

**Supplementary Table**

**Table S3.** Heterogeneity of effect estimates for trials assessing the effect of exercise for patients diagnosed with depression on lack of remission.

<b>Subgroups</b>	<b>Number of Trials (participants)</b>	<b>Random effects meta-analysis RR (95% CI., p, I<sup>2</sup>)</b>	<b>Subgroup explains heterogeneity P value</b>
<b>Risk of bias</b>			
Less than high risk of bias <sup>1,2</sup>	2 (165)	0.95 (0.74 to 1.23; p = 0.70; I <sup>2</sup> = 20%)	0.18
High risk of bias	17 (1474)	0.77 (0.64 to 0.92; p = 0.003; I <sup>2</sup> = 75%)	
<b>Age</b>			
Old (>59 years)	3 (299)	0.61 (0.21 to 1.02; p = 0.37; I <sup>2</sup> = 91%)	0.62
Young (<59 years)	16 (1340)	0.81 (0.70 to 0.93; p = 0.003; I <sup>2</sup> = 64%)	
<b>Exercise context</b>			
Group exercise	14 (1156)	0.80 (0.66 to 0.96; p = 0.02; I <sup>2</sup> = 72%)	0.69
Individual exercise	5 (483)	0.74 (0.52 to 1.04; p = 0.08; I <sup>2</sup> = 77%)	
<b>Duration</b>			
Less than 10 weeks	8 (393)	0.63 (0.51 to 0.77; p < 0.001; I <sup>2</sup> = 40%)	0.004
10 weeks or more	11 (1246)	0.93 (0.78 to 1.10; p = 0.39; I <sup>2</sup> = 69%)	
<b>Attention control</b>			
Attention control	4 (364)	0.91 (0.73 to 1.12; p = 0.38; I <sup>2</sup> = 42%)	0.07
Waitlist	1 (25)	0.44 (0.21 to 0.93; p = 0.03; I <sup>2</sup> = 0%)	
<b>Pharmacotherapy</b>			
Add-on	7 (540)	0.72 (0.54 to 0.96; p = 0.03; I <sup>2</sup> = 69%)	0.62
No medication	4 (252)	0.75 (0.52 to 1.09; p = 0.13; I <sup>2</sup> = 66%)	
<b>Somatic comorbidity</b>			
Somatic co-morbidity	0	N/A	
No co-morbidity	19 (1639)	N/A	
<b>Minor depression</b>			
Incl. minor depression	3 (203)	0.63 (0.21 to 1.89; p = 0.41; I <sup>2</sup> = 87%)	0.69
No minor depression	16 (1436)	0.79 (0.68 to 0.92; p = 0.002; I <sup>2</sup> = 69%)	
<b>Patient setting</b>			
Inpatients	6 (322)	0.71 (0.60 to 0.84; p < 0.001; I <sup>2</sup> = 0%)	0.21
Outpatients	13 (1317)	0.84 (0.69 to 1.01; p = 0.07; I <sup>2</sup> = 77%)	
<b>Trial size</b>			
Trials n ≤ 52	9 (358)	0.62 (0.50 to 0.76; p < 0.001; I <sup>2</sup> = 45%)	0.002
Trials n > 52	10 (1281)	0.95 (0.80 to 1.12; p = 0.52; I <sup>2</sup> = 68%)	

<sup>1</sup>Trials potentially having less bias than trials with high risk of bias.