

## The subgroup analysis of Multi-component exercise (MMSE)

Subgroups		Number of studies	Number of participants	MD	95% CI	I <sup>2</sup>	Q-test	P <sup>g</sup>
Sample size <sup>a</sup>	Small	2	71	1.69*	0.30, 3.08	88%	<0.01	=0.88
	Large	3	422	1.80**	1.40, 2.20	97%	<0.01	
region	Asia	3	422	1.80**	1.40, 2.20	97%	<0.01	=0.88
	Europe	2	71	1.69*	0.30, 3.08	88%	<0.01	
Exercise intensity <sup>b</sup>	low	1	84	2.37**	1.59, 3.15	—	—	=0.01
	Medium to high	3	131	3.68**	3.00, 4.36	88%	<0.01	
Duration of intervention <sup>c</sup>	short	1	84	2.37**	1.59, 3.15	—	—	<0.01
	middle	3	349	0.33	-0.20, 0.87	84%	<0.01	
	long	1	60	4.30**	3.53, 5.08	—	—	
Frequency of intervention <sup>d</sup>	middle	3	349	0.33	-0.20, 0.87	84%	<0.01	<0.01
	high	2	144	3.34**	2.79, 3.88	92%	<0.01	
Total intervention time <sup>e</sup>	middle	4	409	1.61**	1.17, 2.05	96%	<0.01	=0.09
	long	1	84	2.37**	1.59, 3.15	—	—	
Deviation risk rating <sup>f</sup>	middle	1	52	4.60**	2.20, 7.00	—	—	<0.01
	high	4	441	1.72**	1.33, 2.11	96%	<0.01	

<sup>a</sup><60=Small sample size; ≥60=Large sample size, <sup>b</sup>Maximum heart rate <60% or Borg scale (10th grade) <5 or Borg scale (20th grade) <12 or metabolic equivalent (MET) <3 or reserve heart rate <59% =Low strength; Maximum heart rate ≥60% or Borg scale (10th grade) ≥5 or Borg scale (20th grade) ≥12 or metabolic equivalent (MET) ≥3 or reserve heart rate ≥59% = medium to high intensity, <sup>c</sup>≤30 minutes = short; >30 且 ≤60 minutes = middle; >60

minutes =long <sup>d</sup> 1 time/week = low; 2-3 times / week = middle; 4 times and more /week =high <sup>e</sup> <3 months (12 weeks) = short; ≥ 3 months and < 6 months (12-23 weeks) = middle; ≥6 months (24 weeks) =long <sup>f</sup> All criteria are rated as low risk= Low risk of bias; Some standards are rated as unclear and not rated as high risk = medium deviation risk; As long as a standard is rated as high risk = high risk of deviation, <sup>g</sup> Differences between groups

\* P<0.05

\*\* P<0.01