

Appendix K. Individual study results and pooled effects log-transformed and back-transformed for primary outcome of disability

Source	Study design	Follow-up time point	Number of participants	Log MD [95% CI] ^a	Exp MD [95% CI] ^b
General Population					
Exercise vs. Control (short-term)					
<i>Haufe et al.,⁷ (2017)</i>	RCT	5-months	189	-0.19 [-0.58 to 0.20]	0.83 [0.56 to 1.22]
Exercise and Education vs. Control (short-term)					
<i>Lonn et al.,³² (1999)</i>	RCT	5-months	81 ^c	-0.16 [-0.30 to -0.02]	0.85 [0.74 to 0.98]
<i>Soukup et al.,³⁶ (1999)</i>	RCT	5-months	69	0.00 [-0.14 to 0.14]	1.00 [0.87 to 1.15]
Pooled effect				-0.08 [-0.24 to 0.08]	0.92 [0.79 to 1.08]
Exercise and Education vs. Control (long-term)					
<i>Chaleat-Valayer et al.,⁸ (2016)</i>	RCT	18-months	280	-0.27 [-0.45 to -0.09]	0.76 [0.64 to 0.91]
<i>Glomsrod et al.,²⁵ (2001); Lonn et al.,³² (1999)</i>	RCT	12-months	73	-0.29 [-0.47 to -0.11]	0.75 [0.63 to 0.89]
<i>Soukup et al.,³⁷ (2001); Soukup et al.,³⁶ (1999)</i>	RCT	12-months	69	-0.13 [-0.33 to 0.07]	0.88 [0.72 to 1.07]
<i>Warming et al.,⁴⁰ (2008) (TTPT)</i>	C-RCT (11 clusters)	12-months	49	-0.61 [-1.10 to -0.12]	0.54 [0.33 to 0.89]
Pooled effect				-0.26 [-0.37 to -0.14]	0.77 [0.69 to 0.87]
Education vs. Control (short-term)					
<i>Irvine et al.,²⁹ (2015) (FitBack program)</i>	RCT	4-months	288	-0.22 [-0.36 to -0.08]	0.80 [0.70 to 0.92]
<i>Irvine et al.,²⁹ (2015) (alternative care)</i>	RCT	4-months	294	-0.13 [-0.27 to 0.01]	0.88 [0.77 to 1.01]
<i>Menzel et al.,³³ (2006)</i>	RCT	3-months	24	0.09 [-0.14 to 0.32]	1.09 [0.87 to 1.38]
<i>Tuchin et al.,³⁸ (1998)</i>	RCT	6-months	61	-0.53 [-1.61 to 0.55]	0.59 [0.20 to 1.73]
<i>Yassi et al.,⁴¹ (2001) (Arm B)</i>	C-RCT (9 clusters)	6-months	68	0.35 [-1.98 to 2.68]	1.42 [0.14 to 14.61]
<i>Yassi et al.,⁴¹ (2001) (Arm C)</i>	C-RCT (9 clusters)	6-months	69	0.27 [-2.10 to 2.64]	1.31 [0.12 to 14.04]
Pooled effect				-0.13 [-0.24 to -0.02]	0.88 [0.79 to 0.98]
Education vs. Control (long-term)					
<i>Warming et al.,⁴⁰ (2008) (TT)</i>	C-RCT (11 clusters)	12-months	48	0.06 [-0.37 to 0.49]	1.06 [0.69 to 1.63]
<i>Yassi et al.,⁴¹ (2001) (Arm B)</i>	C-RCT (9 clusters)	12-months	63	0.21 [-2.46 to 2.88]	1.23 [0.09 to 17.74]
<i>Yassi et al.,⁴¹ (2001) (Arm C)</i>	C-RCT (9 clusters)	12-months	65	-0.06 [-2.80 to 2.68]	0.94 [0.06 to 14.64]
Pooled effect				0.06 [-0.36 to 0.48]	1.06 [0.70 to 1.62]
Ergonomic and Education vs. Control (short-term)					
<i>Ijzelenberg et al.,²⁸ (2007)</i>	C-RCT (18 clusters)	6-months	192	0.44 [-4.93 to 5.81]	1.55 [0.01 to 333.62]
Ergonomic and Education vs. Control (long-term)					
<i>Ijzelenberg et al.,²⁸ (2007)</i>	C-RCT (18 clusters)	12-months	184	0.14 [-5.05 to 5.33]	1.15 [0.01 to 207.27]
Pregnant Population					
Exercise vs. Control (short-term)					
<i>Eggen et al.,²¹ (2012)</i>	RCT	8-months	240	-0.31 [-1.23 to 0.61]	0.73 [0.29 to 1.84]

Abbreviations: Log, Logarithm; MD, Mean Difference; CI, Confidence Interval; Exp, Exponential; RCT, Randomised Controlled Trial; C-RCT, Cluster-Randomised Controlled Trial; TTPT, Transfer Technique and Physical Activity; TT, Transfer Technique.

^a A negative value of the log mean difference estimate represents an effect in favour of the intervention group.

^b Exp values were generated using the exponential of the log MD and represent the treatment effect as a ratio. Values below 0 represents an effect in favour of the intervention group.

^c Only baseline data was available.

Short-term indicates follow-up assessment of less than 12-months.

Long-term indicates follow-up assessment of 12-months or more.