

**Appendix G. Summary of findings for secondary outcome and quality of evidence assessment (GRADE)<sup>a</sup>**

<b>Outcome</b>	<b>Follow-up time point</b>	<b>Number of participants</b>	<b>MD [95% CI]<sup>b</sup></b>	<b>GRADE</b>
<b>General Population</b>				
<b>Exercise vs. Control</b>				
Quality of Life (SF-36 Physical)	Short-term	189 <sup>27</sup>	-1.00 [-3.15 to 1.15]	Very Low-quality <sup>c</sup>
Quality of Life (SF-36 Mental)	Short-term	189 <sup>27</sup>	-0.60 [-3.12 to 1.91]	Very Low-quality <sup>c</sup>
Workability (WAI)	Short-term	278 <sup>17,27</sup>	-2.19 [-4.70 to 0.31]	Low-quality
<b>Exercise and Education vs. Control</b>				
Quality of Life (SF-8 Physical)	Short-term	34 <sup>30</sup>	-0.20 [-8.00 to 7.60]	Very Low-quality <sup>c</sup>
Quality of Life (SF-8 Mental)	Short-term	34 <sup>30</sup>	-3.20 [-9.35 to 2.95]	Very Low-quality <sup>c</sup>
Quality of Life (COOP-WONCA)	Short-term	81 <sup>32</sup>	-2.58 [-6.45 to 1.29]	Very Low-quality <sup>c</sup>
Quality of Life (SF-12 Physical)	Long-term	280 <sup>8</sup>	-2.30 [-4.18 to -0.42]	Low-quality <sup>c</sup>
Quality of Life (SF-12 Mental)	Long-term	280 <sup>8</sup>	-1.80 [-4.46 to 0.86]	Low-quality <sup>c</sup>
Quality of Life (COOP-WONCA)	Long-term	150 <sup>32,37</sup>	-3.93 [-8.23 to 0.37]	Low-quality
<b>Education vs. Control</b>				
Quality of Life (Dartmouth CO-OP)	Short-term	582 <sup>29</sup>	-3.36 [-5.44 to -1.29]	Low-quality <sup>c</sup>
Quality of Life (SF-36 Physical)	Short-term	137 <sup>41</sup>	-0.40 [-3.37 to 2.57]	Very Low-quality <sup>c</sup>
Quality of Life (SF-36 Mental)	Short-term	137 <sup>41</sup>	-3.10 [-6.29 to 0.08]	Very Low-quality <sup>c</sup>
Quality of Life (SF-36 Physical)	Long-term	128 <sup>41</sup>	-1.21 [-4.22 to 1.80]	Very Low-quality <sup>c</sup>
Quality of Life (SF-36 Mental)	Long-term	128 <sup>41</sup>	-1.20 [-4.40 to 2.00]	Very Low-quality <sup>c</sup>
<b>Ergonomic and Education vs. Control</b>				
Quality of Life (SF-12 Physical)	Short-term	192 <sup>28</sup>	-0.40 [-2.09 to 1.29]	Very Low-quality <sup>c</sup>
Quality of Life (SF-12 Mental)	Short-term	192 <sup>28</sup>	-0.40 [-1.99 to 1.19]	Very Low-quality <sup>c</sup>
Quality of Life (SF-12 Physical)	Long-term	184 <sup>28</sup>	-0.50 [-2.14 to 1.14]	Very Low-quality <sup>c</sup>
Quality of Life (SF-12 Mental)	Long-term	184 <sup>28</sup>	0.00 [-1.84 to 1.84]	Very Low-quality <sup>c</sup>
<b>Pregnant Population</b>				
<b>Exercise vs. Control</b>				
Quality of Life (SF-8 Physical)	Short-term	240 <sup>21</sup>	-2.20 [-4.52 to 0.12]	Low-quality <sup>c</sup>
Quality of Life (SF-8 Mental)	Short-term	240 <sup>21</sup>	-0.50 [-2.45 to 1.45]	Low-quality <sup>c</sup>
<b>Children Population</b>				
<b>Exercise and Education vs. Control</b>				
Quality of Life (MHI-5)	Short-term	70 <sup>22</sup>	-6.67 [-13.83 to 0.49]	Very Low-quality <sup>c</sup>

Abbreviations: GRADE, Grading of Recommendations Assessment, Development and Evaluation; MD, Mean Difference; CI, Confidence Interval.

<sup>a</sup> Only studies providing results that could be converted to a 0-100 points scale are presented.

<sup>b</sup> Value presented on 0-100 scale.

<sup>c</sup> Quality of evidence assessment based on a single trial.

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

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

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