

Appendix I. Individual study results and pooled effects for secondary outcomes^a

Source	Study design	Follow-up time point	Number of participants	MD [95% CI] ^b	Weight, %
General Population					
Exercise vs. Control (short-term)					
Quality of life (SF-36 Physical)					
<i>Haufe et al.,²⁷ (2017)</i>	RCT	5-months	189	-1.00 [-3.15 to 1.15]	100
Quality of life (SF-36 Mental)					
<i>Haufe et al.,²⁷ (2017)</i>	RCT	5-months	189	-0.60 [-3.12 to 1.91]	100
Workability (WAI)					
<i>Haufe et al.,²⁷ (2017)</i>	RCT	5-months	189	-1.84 [-4.81 to 1.13]	71.53
<i>Barene et al.,¹⁷ (2014) (soccer)</i>	C-RCT (6 clusters)	3-months	43	-1.00 [-7.79 to 5.79]	13.64
<i>Barene et al.,¹⁷ (2014) (zumba)</i>	C-RCT (6 clusters)	3-months	46	-5.00 [-11.52 to 1.52]	14.83
Pooled effect: $I_2 = 0\%$				-2.19 [-4.70 to 0.31]	
Exercise and Education vs. Control (short-term)					
Quality of life (SF-8 Physical)					
<i>Kamioka et al.,³⁰ (2011)</i>	C-RCT (4 clusters)	3-months	34	-0.20 [-8.00 to 7.60]	100
Quality of life (SF-8 Mental)					
<i>Kamioka et al.,³⁰ (2011)</i>	C-RCT (4 clusters)	3-months	34	-3.20 [-9.35 to 2.95]	100
Quality of life (COOP-WONCA)					
<i>Lonn et al.,³² (1999)</i>	RCT	5-months	81 ^c	-2.58 [-6.45 to 1.29]	100
Exercise and Education vs. Control (long-term)					
Quality of life (SF-12 Physical)					
<i>Chaleat-Valayer et al.,⁸ (2016)</i>	RCT	18-months	280	-2.30 [-4.18 to -0.42]	100
Quality of life (SF-12 Mental)					
<i>Chaleat-Valayer et al.,⁸ (2016)</i>	RCT	18-months	280	-1.80 [-4.46 to 0.86]	100
Quality of life (COOP-WONCA)					
<i>Glomsrod et al.,²⁵ (2001); Lonn et al.,³² (1999)</i>	RCT	12-months	73	-4.86 [-10.25 to 0.53]	63.76
<i>Soukup et al.,³⁷ (2001)</i>	RCT	12-months	77	-2.29 [-9.44 to 4.86]	36.24
Pooled effect: $I_2 = 0\%$				-3.93 [-8.23 to 0.37]	
Education vs. Control (short-term)					
Quality of Life (Dartmouth CO-OP)					
<i>Irvine et al.,²⁹ (2015) (FitBack program)</i>	RCT	4-months	288	-4.02 [-6.98 to -1.05]	48.96
<i>Irvine et al.,²⁹ (2015) (alternative care)</i>	RCT	4-months	294	-2.73 [-5.63 to 0.17]	51.04
Pooled effect: $I_2 = 0\%$				-3.36 [-5.44 to -1.29]	
Quality of life (SF-36 Physical)					
<i>Yassi et al.,⁴¹ (2001) (Arm B)</i>	C-RCT (9 clusters)	6-months	68	-0.80 [-5.02 to 3.42]	49.61
<i>Yassi et al.,⁴¹ (2001) (Arm C)</i>	C-RCT (9 clusters)	6-months	69	0.00 [-4.18 to 4.18]	50.39
Pooled effect: $I_2 = 0\%$				-0.40 [-3.37 to 2.57]	
Quality of life (SF-36 Mental)					
<i>Yassi et al.,⁴¹ (2001) (Arm B)</i>	C-RCT (9 clusters)	6-months	68	-3.80 [-8.29 to 0.69]	50.25
<i>Yassi et al.,⁴¹ (2001) (Arm C)</i>	C-RCT (9 clusters)	6-months	69	-2.40 [-6.91 to 2.11]	49.75
Pooled effect: $I_2 = 0\%$				-3.10 [-6.29 to 0.08]	

Source	Study design	Follow-up time point	Number of participants	MD [95% CI] ^b	Weight, %
Education vs. Control (long-term)					
Quality of life (SF-36 Physical)					
Yassi et al, ⁴¹ (2001) (Arm B)	C-RCT (9 clusters)	12-months	63	-1.70 [-5.92 to 2.52]	50.90
Yassi et al, ⁴¹ (2001) (Arm C)	C-RCT (9 clusters)	12-months	65	-0.70 [-5.00 to 3.60]	49.10
Pooled effect: $I^2 = 0\%$				-1.21 [-4.22 to 1.80]	
Quality of life (SF-36 Mental)					
Yassi et al, ⁴¹ (2001) (Arm B)	C-RCT (9 clusters)	12-months	63	-2.10 [-6.62 to 2.42]	50.14
Yassi et al, ⁴¹ (2001) (Arm C)	C-RCT (9 clusters)	12-months	65	-0.30 [-4.83 to 4.23]	49.86
Pooled effect: $I^2 = 0\%$				-1.20 [-4.40 to 2.00]	
Ergonomic and Education vs. Control (short-term)					
Quality of life (SF-12 Physical)					
Ijzelenberg et al, ²⁸ (2007)	C-RCT (18 clusters)	6-months	192	-0.40 [-2.09 to 1.29]	100
Quality of life (SF-12 Mental)					
Ijzelenberg et al, ²⁸ (2007)	C-RCT (18 clusters)	6-months	192	-0.40 [-1.99 to 1.19]	100
Ergonomic and Education vs. Control (long-term)					
Quality of life (SF-12 Physical)					
Ijzelenberg et al, ²⁸ (2007)	C-RCT (18 clusters)	12-months	184	-0.5 [-2.14 to 1.14]	100
Quality of life (SF-12 Mental)					
Ijzelenberg et al, ²⁸ (2007)	C-RCT (18 clusters)	12-months	184	0.0 [-1.84 to 1.84]	100
Pregnant Population					
Exercise vs. Control (short-term)					
Quality of life (SF-8 Physical)					
Eggen et al, ²¹ (2012)	RCT	8-months	240	-2.20 [-4.52 to 0.12]	100
Quality of life (SF-8 Mental)					
Eggen et al, ²¹ (2012)	RCT	8-months	240	-0.50 [-2.45 to 1.45]	100
Children Population					
Exercise and Education vs. Control (short-term)					
Quality of Life (MHI-5)					
Fanucchi et al, ²² (2009)	RCT	6-months	70	-6.67 [-13.83 to 0.49]	100

Abbreviations: MD, Mean Difference; CI, Confidence Interval; GRADE, Grading of Recommendations Assessment, Development and Evaluation; RCT, Randomised Controlled Trial; C-RCT, Cluster-Randomised Controlled Trial.

^a Only studies providing results that could be converted to a 0-100 scale are presented.

^b Value presented on 0-100 scale.

^c Only baseline data was available.

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.