

Multiple Choice Questions:

1. Fill in the blank: The current available evidence indicates that physical exercise has effects on chronic neck pain.
 - a) Excellent
 - b) Good
 - c) Modest (correct)
 - d) Minimal

2. Whilst 'regular' systematic reviews with meta-analysis assess pairwise comparisons, network meta-analysis uses:
 - a) Direct evidence from pairwise randomised controlled trials.
 - b) Indirect evidence from pairwise randomised controlled trials.
 - c) A combination of direct and indirect evidence from randomised controlled trials. (correct)

3. The results of this NMA indicate that the following types of physical exercise have positive effects of neck pain intensity and pain-related disability:
 - a) Strengthening exercises only.
 - b) Proprioceptive exercises only.
 - c) Motor control, strengthening, and yoga/Pilates/Tai Chi/Qigong exercises (correct)
 - d) Proprioceptive, strengthening and stretching, and prescribed physical activity exercises.

4. The certainty of evidence (assessed with the GRADE approach) for randomised controlled trials investigating physical exercise interventions for individuals with chronic neck pain is:
 - a) High
 - b) Moderate
 - c) Low
 - d) Very low (correct)

5. The inconsistency measure was not statistically significant. This indicates that:
- a) Evidence from direct and indirect comparisons is not different. (correct)
 - b) Evidence from direct and indirect comparisons is different.
 - c) Results from the individual studies included in the NMA is not different.
 - d) Results from the individual studies included in the NMA is different.