

### **Supplementary material 6 - Summary of exercise training interventions and comparison group characteristics**

Exercise training intensity was high (n = 3),<sup>1-3</sup> moderate (n = 5),<sup>4-8</sup> and mixed intensity (n = 9).<sup>2,9-15</sup> Thirteen studies did not report physical training intensity or reported a target intensity without an objective measure.<sup>16-28</sup> One study with two intervention groups was classified with different exercise training intensities (high and mixed intensity).<sup>2</sup> The frequency of exercise training ranged from two to seven sessions per week, with an average of three times a week. Each session lasted from 15 to 90 minutes, with an average of 43 minutes. The intervention length ranged from nine to 65 weeks, with an average of 18 weeks. The exercise training volume (min/week) ranged from 45 to 270 minutes, with an average of 129 minutes/week.

Exercise training interventions were compared with participants receiving usual care (n = 8);<sup>1,3-5,11,25,27</sup> cognitive training (n = 3);<sup>3,17,21</sup> active training (n = 3);<sup>10,12,14</sup> other activities, such as card-playing, reading, craftwork, social activities, etc. (n = 11);<sup>2,9,16-18,20-24,28</sup> no treatment (n = 4);<sup>7,13,19,26</sup> or wait-list (n = 1).<sup>6</sup> One study offered active training (i.e., light physical activity), reading, playing games, listening to music, and conversations.<sup>8</sup> Three studies had two exercise training intervention groups<sup>2,6,9</sup> and four studies had two comparison groups.<sup>3,17,21,24</sup> We considered each of these studies with more than one intervention or comparison group twice (e.g., Bossers et al. (2015) AT vs. social program and Bossers et al. (2015) MT vs. social program).

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