
**eReferences.** References for Trials Included in the Meta-Analysis

**eTable 1.** Definitions for Levels of Moderators

**eFigure 1.** Funnel Plot

This supplementary material has been provided by the authors to give readers additional information about their work.
eReferences. References for Trials Included in the Meta-analysis

Patients with a cardiovascular or cardiometabolic disease


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Patients with chronic pain other than fibromyalgia


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**Patients with fibromyalgia**


**Obese patients**


**Patients with cancer**


Patients with neurological disorders other than multiple sclerosis


Patients with chronic obstructive pulmonary disorder (COPD)


Patients with multiple sclerosis


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Patients with “other medical illnesses”


Patients with psychological disorders other than depression


### eTable 1. Definitions for Levels of Moderators

<table>
<thead>
<tr>
<th>Effect Moderator</th>
<th>Levels</th>
</tr>
</thead>
</table>
| **Primary Trial Primary Outcome Change** | **No change:** the confidence interval corresponding to Hedges’ d effect size for the primary outcome change included zero  
   **Significant change:** the confidence interval corresponding to Hedges’ d effect size for the primary outcome change did not include zero  
   **Not reported:** not enough information was reported to estimate whether the confidence interval corresponding to Hedges’ d effect size for the primary outcome change did or did not include zero |
| Physical Activity Exposure             | **Moderate:** intervention met Federal guidelines for moderate physical activity (150 minutes moderate intensity exercise per week)  
   **Vigorous:** intervention met Federal guidelines for vigorous physical activity (75 minutes vigorous intensity exercise per week)  
   **Not meeting either:** intervention did not meet moderate or vigorous physical activity recommendation  
   **Not reported:** physical activity data were not obtained or were inadequately reported to determine whether recommendations were met |
| Illness                                | **Physical**  
   **Cancer:** cancer patients and survivors  
   **CV:** cardiovascular patients (e.g., CHD, hypertension, stroke)  
   **COPD:** chronic obstructive pulmonary disease patients  
   **Obesity:** obese patients not categorized in other illness category  
   **MISC:** patients with chronic illnesses not categorized above  
   **Psychosomatic/Neurological**  
   **Fibromyalgia:** fibromyalgia patients  
   **MS:** multiple sclerosis patients  
   **Neurological:** patients with neurological disorders other than MS (e.g., Alzheimer’s dementia, spinal cord injury)  
   **Psychological:** patients with a psychological disorder (e.g., eating disorder, generalized anxiety disorder, panic disorder) other than depression  
   **Pain:** patients with chronic pain conditions (e.g., osteoarthritis, back pain) other than fibromyalgia |
| Fitness Change                         | **No change:** the confidence interval for Hedges’ d effect size for fitness change included zero  
   **Increased fitness:** the confidence interval for Hedges’ d effect size for fitness change did not include zero  
   **Not reported:** not enough information was reported to estimate whether the confidence interval for Hedge’s d effect size for fitness change did or did not include zero |
| Blinded Allocation                     | **Yes:** research staff who conducted depressive symptom assessments were blinded to treatment allocation  
   **No:** research staff who conducted depressive symptom assessments were not blinded to treatment allocation |
| Attention-Control Use                  | **Yes:** the intervention reported the use of an attention-control comparison condition in which participants in the exercise and control conditions were exposed to research staff for an equal amount of time  
   **No:** the intervention did not report the use of an attention-control condition |
| Intent-to-Treat Analysis               | **Yes:** the intervention reported the use of intent-to-treat analysis for depressive symptoms  
   **No:** the intervention did not report the use of intent-to-treat analysis |
### eTable 1. Definitions for Levels of Moderators (cont.)

<table>
<thead>
<tr>
<th>Effect Moderator</th>
<th>Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Secondary</strong></td>
<td></td>
</tr>
<tr>
<td>Exercise Session Duration</td>
<td>10 to 20 minutes: sessions lasted 10-20 minutes</td>
</tr>
<tr>
<td></td>
<td>21 to 30 minutes: sessions lasted 21-30 minutes</td>
</tr>
<tr>
<td></td>
<td>31 to 45 minutes: sessions lasted 31-45 minutes</td>
</tr>
<tr>
<td></td>
<td>&gt; 45 minutes: sessions lasted greater than 45 minutes</td>
</tr>
<tr>
<td></td>
<td>Not reported: session duration information was not reported</td>
</tr>
<tr>
<td>Program Length</td>
<td>3 to 12 weeks: exercise training of 3 to 12 weeks</td>
</tr>
<tr>
<td></td>
<td>13 to 26 weeks: exercise training of 13 to 26 weeks</td>
</tr>
<tr>
<td></td>
<td>&gt; 26 weeks: exercise training of greater than 26 weeks</td>
</tr>
<tr>
<td>Intervention Type</td>
<td>Exercise alone: the intervention compared exercise training to a no</td>
</tr>
<tr>
<td></td>
<td>treatment, usual care, or wait list comparison condition</td>
</tr>
<tr>
<td></td>
<td>Multi-component intervention: the intervention compared exercise</td>
</tr>
<tr>
<td></td>
<td>training plus a placebo (e.g., placebo pill, stretching) with the</td>
</tr>
<tr>
<td></td>
<td>same placebo, or exercise training plus a second treatment (e.g.,</td>
</tr>
<tr>
<td></td>
<td>cognitive-behavioral therapy, diet, pharmacotherapy) was compared</td>
</tr>
<tr>
<td></td>
<td>with the same second treatment</td>
</tr>
<tr>
<td>Comparison Type</td>
<td>No treatment: the comparison condition involved no treatment</td>
</tr>
<tr>
<td></td>
<td>Usual care: the comparison condition involved usual medical care</td>
</tr>
<tr>
<td></td>
<td>Wait list: the comparison condition involved waiting to participate</td>
</tr>
<tr>
<td></td>
<td>in the intervention</td>
</tr>
<tr>
<td></td>
<td>Placebo or second treatment: the comparison condition involved a</td>
</tr>
<tr>
<td></td>
<td>placebo or a second treatment that was added to the exercise condition</td>
</tr>
<tr>
<td>Age</td>
<td>&lt; 30 years: sample mean age of less than 30 years</td>
</tr>
<tr>
<td></td>
<td>30-60 years: sample mean age of 30 to 60 years</td>
</tr>
<tr>
<td></td>
<td>&gt; 60 years: sample mean age of greater than 60 years</td>
</tr>
<tr>
<td>Gender</td>
<td>Female: data from females only</td>
</tr>
<tr>
<td></td>
<td>Male: data from males only</td>
</tr>
<tr>
<td></td>
<td>Mixed: data from samples that combined females and males</td>
</tr>
<tr>
<td>Exercise Intensity</td>
<td>Low: low relative intensity: &lt;40% heart rate reserve (HRR), &lt;64%</td>
</tr>
<tr>
<td></td>
<td>maximal heart rate (MHR), &lt;12 perceived exertion (RPE), or &lt;46%</td>
</tr>
<tr>
<td></td>
<td>maximal oxygen uptake (VO₂max)</td>
</tr>
<tr>
<td></td>
<td>Moderate: moderate relative intensity: 40-59% HRR, 64-76% MHR, 12-13</td>
</tr>
<tr>
<td></td>
<td>RPE, or 46-63% VO₂max</td>
</tr>
<tr>
<td></td>
<td>Vigorous: high relative intensity: ≥60% HRR, ≥77% MHR, ≥14 RPE, or</td>
</tr>
<tr>
<td></td>
<td>≥64% VO₂max</td>
</tr>
<tr>
<td></td>
<td>Not reported: exercise intensity was inadequately reported</td>
</tr>
</tbody>
</table>

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## eTable 1. Definitions for Levels of Moderators (cont.)

<table>
<thead>
<tr>
<th>Effect Moderator</th>
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</tr>
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</table>
| **Exercise Mode** | **Aerobic**: used exercise modes commonly described as aerobic (e.g., walking, jogging, cycling) only  
**Resistance**: used weight lifting only  
**Aerobic+Resistance**: used both aerobic and weight lifting modes.  
**Aerobic+**: used traditional aerobic exercise mode and a second type of physical activity that was not weight lifting or yoga (e.g., flexibility, games)  
**Resistance+**: used weight lifting and a second type of physical activity that was not aerobic or yoga (e.g., flexibility, games)  
**Yoga**: used yoga only  
**Mixed**: used aerobic and weight lifting and another type of physical activity that was not yoga (e.g., games)  
**Tai Chi**: used Tai Chi Chuan alone  
**Other**: used a single type of exercise not categorized above |
| **Exercise Timing** | **Continuous**: Exercise bout was continuous (e.g., jogging)  
**Intermittent**: Exercise bout was intermittent (e.g., weight lifting)  
**Not reported**: Inadequate information was reported to determine exercise timing |
| **Frequency** | 1: 1 exercise training session per week  
2: 2 exercise training sessions per week  
3: 3 exercise training sessions per week  
4: 4 exercise training sessions per week  
5: 5 exercise training sessions per week  
7: 7 exercise training sessions per week |
| **Setting** | **Home**: Exercise training was home-based  
**Clinic**: Exercise training was performed at a clinical research facility  
**Community facility**: Exercise training was performed at a community facility (e.g., fitness club or gym)  
**Mixed**: Exercise training was performed both at home and either at a clinical research or community facility |
| **Social Interaction** | **Alone**: Exercise training was performed alone  
**One-to-one with a leader**: Exercise training was performed alone except for a single exercise specialist  
**Group**: Exercise training was performed in a group with other patients  
**Mixed**: Exercise training included exercise bouts completed alone and in a group with other patients |
| **Indoor-Outdoor** | **Indoors**: Exercise training was performed indoors  
**Outdoors**: Exercise training was performed outdoors  
**Mixed**: Exercise training was performed both indoors and outdoors  
**Not reported**: Inadequate information was reported regarding whether exercise training was performed indoors or outdoors |
| **Timing of Effect** | **During treatment**: Hedges’ d effect size corresponds to a measurement time during the intervention (e.g., midpoint)  
**Post treatment**: Hedges’ d effect size corresponds to a post-intervention measurement  
**Follow-up**: Hedges’ d effect size corresponds to a follow-up measurement |
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</tr>
</thead>
<tbody>
<tr>
<td>Author Reported Fitness Significance</td>
<td>No: authors reported that fitness was not significantly changed</td>
</tr>
<tr>
<td></td>
<td>Yes: authors reported that fitness was significantly changed</td>
</tr>
<tr>
<td></td>
<td>Not reported: significance of fitness change not reported</td>
</tr>
<tr>
<td>Depression Measure</td>
<td>BDI: used the Beck Depression Inventory</td>
</tr>
<tr>
<td></td>
<td>CES-D: used the Center for Epidemiological Studies – Depression Scale</td>
</tr>
<tr>
<td></td>
<td>HADS-D: used the depression scale of the Hospital Anxiety and Depression Scale</td>
</tr>
<tr>
<td></td>
<td>HAM-D: used the Hamilton Rating Scale for Depression</td>
</tr>
<tr>
<td></td>
<td>FIQ-D: used the depression scale of the Fibromyalgia Impact Questionnaire</td>
</tr>
<tr>
<td></td>
<td>GDS: used the Geriatric Depression Scale</td>
</tr>
<tr>
<td></td>
<td>TAS: used Toronto Attitude Scale</td>
</tr>
<tr>
<td></td>
<td>DASS: used the depression scale of the Depression Anxiety Stress Scales</td>
</tr>
<tr>
<td></td>
<td>SCL-90: used depression scale of the Symptom Checklist-90</td>
</tr>
<tr>
<td></td>
<td>Other: used depression measure not categorized above</td>
</tr>
</tbody>
</table>
eFigure 1. Funnel Plot