

Table 3: Descriptive summary of PA results between intervention and control

Author (year)	Class of PA outcome	PA outcome	Intervention vs control result % or mean (SD), P-value, unless otherwise stated ^a p-value between groups ^b p-value between group change ^c p-value interaction effect time x group	Categorisation of effect	Comments
Bertie et al. 1992	Objective	Mean daily mileage (km)	8.2 (0.6) vs 6.6 (0.5), <0.05 ^a	I>C	
Cowie et al. 2011	Objective	Steps/day	4849 (2866)* vs 5458 (2678)* vs 4052 (1910), 0.1 ^a	I=C	*Both intervention groups
	Objective	Upright duration (hours/day)	4.32 (1.45)* vs 4.9 (1.78)* vs 3.85 (1.85), 0.29 ^a	I=C	
	Objective	Steps/day during extra-long walks	672 (751)* vs 1264 (1640)* vs 417 (713), 0.05 ^a	I>C	No significant differences across the three groups for any within group change
	Objective	Steps/day during long walks	1312 (1224)* vs 1557 (1039)* vs 825 (641), 0.11 ^a	I=C	
	Objective	Steps/day during moderate walks	2294 (1078)* vs 2291 (867)* vs 1658 (1052), 0.14 ^a	I=C	
	Objective	Steps/day during short walks	956 (311)* vs 1129 (474)* vs 955 (474), 0.39 ^a	I=C	
	Objective	Cadence during extra-long walks	95 (65)* vs 98 (57)* vs 70 (57), 0.36 ^a	I=C	
	Objective	Cadence during long walks	80 (12)* vs 84 (18)* vs 77 (23), 0.95 ^a	I=C	

	Objective	Cadence during moderate walks	62 (6)* vs 61 (5)* vs 59 (5), 0.39 ^a	I=C	
	Objective	Cadence during short walks	49 (9)* vs 49 (4)* vs 51 (9), 0.81 ^a	I=C	
Devi et al. 2014	Objective	Steps/day	Difference at 6 weeks: 497 (2171) vs -861 (2534), 0.02 ^b 6 months: NR vs NR, 0.15 ^b	I>C I=C	
	Objective	Daily EE (kcal)	Difference at 6 weeks: 43.94 (271.9) vs -133.01 (302.01), 0.01 ^b 6 months: NR vs NR, 0.14 ^b	I>C I=C	
	Objective	Duration of sedentary activity (min)	Difference at 6 weeks: -7.79 (40.14) vs 23.23 (62.78), 0.01 ^b 6 months: NR vs NR, 0.2 ^b	I>C I=C	
	Objective	Duration of moderate activity (min)	Difference at 6 weeks: 6.31 (34.37) vs -22.29 (61.34), 0.01 ^b 6 months: NR vs NR, 0.24 ^b	I>C I=C	
Gottlieb et al. 1999	Objective	Daily EE (kcal) doubly labelled water	273 (133) vs NR, NR	?	No significant difference in EE with exercise training Between group not reported
	Objective	Daily EE (kcal) accelerometer	361 (224) vs NR, NR	?	
Houle et al. 2011	Objective	Steps/day	3 months: 9234 (3502) vs 7972 (3828), <0.001 ^c	I>C	
			12 months: 9850 (3282) vs 7970 (3433), 0.003 ^c	I>C	

	Objective	% patients active (>7500 average daily steps)	3 months: NR vs NR, 0.098 ^c 6 months: 75% vs 41%, 0.01 ^c 9 months: 68% vs 36%, 0.03 ^c 12 months: 83% vs 55%, 0.042 ^c	I=C I>C I>C I>C
Oliveira et al. 2014	Objective	Total PA (counts/min)	479.3 (262.9) vs 402.9 (162.8), 0.056 ^c	I=C
	Objective	Sedentary (min/day)	372 (66.2) vs 382.5 (85.6), 0.04 ^c	I>C
	Objective	Light (min/day)	278.2 (93.2) vs 297.2 (104.9), 0.106 ^c	I=C
	Objective	MVPA (min/day)	43 (32.3) vs 35.7 (24.7), 0.301 ^c	I=C
Ribeiro et al. 2012	Objective	Daily light PA change (min/day)	53.3 (94.3) vs -11.1 (120.3), >0.05 ^b	I=C
	Objective	Daily moderate PA change (min/day)	12.9 (21.3) vs -0.7 (13.4), <0.05 ^b	I>C
Van den Berg-Emons et al. 2004	Objective	%24hr engaged in dynamic activity	9.9 (4.2) vs 7.4 (2.9), >0.05 ^b	I=C
	Objective	Body motility (g)	0.026 (0.009) vs 0.02 (0.007), >0.05 ^b	I=C
	Objective	Motility during walking (g)	0.18 (0.06) vs 0.18 (0.07), >0.05 ^b	I=C
	Objective	Transitions (n)	132 (55) vs 129 (57), >0.05 ^b	I=C
	Objective	Walking periods >10s (n)	318 (109) vs 165 (62), >0.05 ^b	I=C

	Objective	Walking periods >5s (n)	318 (109) vs 255 (88), >0.05 ^b	I=C
Witham et al. 2007	Objective	Change in accelerometry	3 months (median % (IQR): 18.7 (-27.5 to 51.8) vs 7 (-29.1 to 36.8), 0.51 ^b	I=C
		counts from baseline	6 months (median % (IQR): 2.3 (-11.1 to 46.6) vs -14 (-37.7 to 25.4), 0.036 ^b	I>C
			19 months (mean (95% CI)): -5139 (-26859 to 16580) vs -28184 (-56865 to 497), 0.18 ^b	I=C
Witham et al. 2012	Objective	Change in accelerometry	8 weeks: 270, 0.97 ^b	I=C
		counts exercise vs control	24 weeks: 7992, 0.42 ^b	I=C
Borland et al. 2014	Objective	Steps/day	4963 (2950) vs 3063 (2226), 0.351 ^b	I=C
	Subjective	IPAQ category	2 (1-3) vs 1 (1-3), 0.008 ^b	I>C
	Subjective	IPAQ sitting time (mins)	330 (170) vs 423 (173), 0.551 ^b	I=C
Reid et al. 2011	Objective	Steps/day	7392 (3365) vs 6750 (3366), 0.656 ^c	I=C
	Subjective	MVPA (min/week)	201.4 (179.8) vs 169.6 (152.6), 0.782 ^c	I=C
Astengo et al. 2010	Subjective	Training (days/week)	4.5 (1.8) vs 0.1 (0.8), <0.001 ^b	I>C
	Subjective	Training (min/session)	31 (20) vs 6 (23), <0.001 ^b	I>C
Bengtsson 1983	Subjective	Habits to exercise:		

		Never exercise	10% vs 15%, >0.05 ^a	I=C	
		1-2 times/month	7% vs 5%, >0.05 ^a	I=C	
		1-3 times/month	37% vs 38%, >0.05 ^a	I=C	
		Daily exercise	48% vs 43%, >0.05 ^a	I=C	
	Subjective	Leisure time exertion:			
		Much less	44% vs 34%, >0.05 ^a	I=C	
		Rather less	24% vs 34%, >0.05 ^a	I=C	
		Unchanged	29% vs 31%, >0.05 ^a	I=C	
		Rather more	2% vs 0%, >0.05 ^a	I=C	
		Much more	0% vs 0%, >0.05 ^a	I=C	
Carlsson et al. 1997	Subjective	Regularly training	13% vs 17%, >0.05 ^a	I=C	
	Subjective	Sedentary	77% vs 70%, >0.05 ^a	I=C	
DeBusk et al. 1979	Subjective	Miles/day (mean (SE))	2 (0.6)* vs 2.1 (1.6)* vs 2.9 (1.4), <0.05 ^a	I<C	*Both intervention groups
Engblom et al. 1992	Subjective	Exercise 1-2x per week (%)	6 month: 13% vs 9%, >0.05 ^a 12 month: 11% vs 10%, >0.05 ^a	I=C I=C	
	Subjective	Exercise ≥3x per week (%)	6 month: 29% vs 29%, >0.05 ^a 12 month: 31% vs 25%, >0.05 ^a	I=C I=C	
	Subjective	Exercise 15-29 min (%)	6 month: 10% vs 6%, >0.05 ^a 12 month: 8% vs 6%, >0.05 ^a	I=C I=C	
	Subjective	Exercise 30-59 min (%)	6 month: 22% vs 22%, >0.05 ^a 12 month: 19% vs 14%, >0.05 ^a	I=C I=C	

	Subjective	Exercise ≥60 min (%)	6 month: 10% vs 10%, >0.05 ^a 12 month: 15% vs 15%, >0.05 ^a	I=C I=C	
	Subjective	No regular exercise (%)	6 month: 58% vs 62%, >0.05 ^a 12 month: 58% vs 65%, >0.05 ^a	I=C I=C	
Erdman et al. 1986	Subjective	Patients undertaking habitual exercise (%)	6 months: 86% vs 33%, 0.01 <P< 0.001 ^a 5 years: 52% vs 33%, 0.01 <P< 0.001 ^a	I>C I>C	
Gulanick 1991	Subjective	Walk (score)	4 week: 13.5 (4.9)* vs 11 (3.5)* vs 10.3 (3.4), >0.05 ^a 9 week: 17.2 (4.4)* vs 14.6 (3.9)* vs 15.8 (5.3), >0.05 ^a	I=C I=C	*Both intervention groups
	Subjective	Climb (score)	4 week: 11.4 (5.3)* vs 10.4 (2.4)* vs 9.2 (3.7), >0.05 ^a 9 week: 14.3 (5)* vs 13.2 (2.5)* vs 12.3 (4.9), >0.05 ^a	I=C I=C	All groups sig. decreased
	Subjective	Lift (score)	4 week: 9.9 (5.4)* vs 9.1 (5.2)* vs 7.5 (3.3), >0.05 ^a 9 week: 15.5 (4.3)* vs 15.5 (6.8)* vs 12.7 (5.6), >0.05 ^a	I=C I=C	(p<0.001) from before hospital to
	Subjective	Chores (score)	4 week: 13.6 (3.8)* vs 14.1 (2.9)* vs 13.2 (3), >0.05 ^a 9 week: 16.9 (3.1)* vs 17.7 (2.7)* vs 15.9 (2.9), >0.05 ^a	I=C I=C	4 weeks recovery (except for
	Subjective	Social (score)	4 week: 13 (4.5)* vs 13.8 (2.8)* vs 10.9 (1.6), >0.05 ^a 9 week: 18.8 (3.8)* vs 17.2 (2.8)* vs 17.3 (4.2), >0.05 ^a	I=C I=C	walking). All groups sig.
	Subjective	Drive (score)	4 week: 12.8 (5.1)* vs 11.5 (2.7)* vs 10.4 (2.8), >0.05 ^a 9 week: 19.4 (3.9)* vs 16.3 (3.8)* vs 15.7 (4.3), >0.05 ^a	I=C I=C	increased (p<0.001) from 4
	Subjective	Sex (score)	4 week: 9.6 (5.2)* vs 7.8 (4.4)* vs 7.3 (2.8), >0.05 ^a 9 week: 14.6 (6.8)* vs 12.5 (6.2)* vs 10 (4.8), >0.05 ^a	I=C I=C	weeks to 9 weeks recovery.
	Subjective	Total (score)	4 week: 83.8 (28)* vs 77.5 (13.9)* vs 68.4 (13), >0.05 ^a	I=C	

			9 week: 116.4 (24.3)* vs 106 (17.7)* vs 97 (20.9), >0.05 ^a	I=C	All groups sig. increased walking (p<0.001) from before hospital to 9 weeks recovery.
Hämäläinen et al. 1989	Subjective	% patients taking moderate to vigorous exercise	NR vs NR, >0.05 ^a	I=C	
Hambrecht et al. 1993	Subjective	EE in leisure time PA (kcal/week)	1876 (163) vs 1187 (97), <0.001 ^a	I>C	
Heath et al. 1987	Subjective	Kcal/week	2549 (970)* vs 2058 (800)* vs 1089 (795), <0.01 ^a	I>C	*Both intervention groups
Higgins et al. 2001	Subjective	% patients currently exercising	10 weeks: 88% vs 59%, <0.01 ^a 51 weeks: 72% vs 61%, >0.05 ^a	I>C I=C	
Lidell & Fridlund. 1996	Subjective	% patients physically exercising	1 year: 66.7% vs 27.6%, <0.001 ^a 5 years: 40.9% vs 27.5%, 0.112 ^a	I>C I=C	
Maddison et al. 2015	Subjective	Total PA (min/week)	1555 (NR) vs 1321.1 (NR), 0.22 ^a	I=C	
	Subjective	Leisure time PA (min/week)	383.2 (NR) vs 273 (NR), 0.04 ^a	I>C	

	Subjective	Walking (min/week)	512.3 (NR) vs 360.9 (NR), 0.02 ^a	I>C	
	Subjective	Sitting time (min/week)	NR vs NR, >0.05 ^a	I=C	
Mueller et al. 2007	Subjective	Current recreational activity (kcal/week)	2704 (1970) vs 2085 (1522), 0.4 ^a	I=C	
Naser et al. 2008	Subjective	% exercising vigorously 20min 3x per week	88% vs 20%, <0.05 ^a	I>C	
Oldenberg et al. 1995	Subjective	Exercise classification	Both groups' level of activity generally changed over time (Z=3.52, p<0.001)	?	Between group not reported
Ornish et al. 1998	Subjective	Exercise (times/week)	1 year: 4.97 (0.35) vs 2.87 (0.7), 0.06 ^b 5 years: 4.34 (0.49) vs 3.57 (0.56), 0.64 ^b	I=C I=C	
	Subjective	Exercise (hours/week)	1 year: 5.02 (0.61) vs 2.52 (0.7), 0.12 ^b 5 years: 3.56 (0.56) vs 2.9 (0.65), 0.5 ^b	I=C I=C	
Otterstad et al. 2003	Subjective	% exercising >1hr/week	6 months: 93% vs 72%, <0.001 ^a 2 years: 67% vs 46%, <0.01 ^a	I>C I>C	
	Subjective	% no exercise	2 years: 7% vs 22%, <0.01 ^a	I>C	
Senden et al. 2005	Subjective	DPA score	13.2 (7.5) vs 12.8 (7.3), >0.05 ^a	I=C	
Sivarajan et al. 1982	Subjective	MET level	3 months: 5 (NR)* vs 4.6 (NR)* vs 4.3 (NR), NR	?	*Both intervention groups
			6 months: 5.2 (NR)* vs 5 (NR)* vs 4.7 (NR), NR	?	

	Subjective	Max walking distance (miles)	3 months: 2.4 (NR)* vs 2.2 (NR)* vs 1.5 (NR), <0.001***a, <0.01***a 6 months: NR* vs NR* vs NR, <0.04***a, >0.05***a	I>C I>C (exercise only)	** Exercise only vs control *** exercise/teaching vs control
Ståhle et al. 1999	Subjective	Self-estimated PA	3 months (difference): 1.4 (1.2) vs 0.7 (1.0), <0.01 ^b 12 months (difference): 0.7 (1.0) vs 0.4 (1.1), >0.05 ^b 3-6 years (median (range)): 4 (3-6) vs 4 (1-6), 0.06 ^a	I>C I=C I=C	
Todd & Ballantyne 1992	Subjective	Self-reported PA	NR vs NR, >0.05 ^a	I=C	
Toobert et al. 1998	Subjective	Stanford 7 day recall (kcal/day)	4 months: 164 (101) vs 128 (87), 0.497 ^a 12 months: 198 (99) vs 138 (76), 0.307 ^a	I=C I=C	
	Subjective	Summary of self-care activities (days exercise/week)	4 months: 4.8 (1) vs 2.4 (1.1), 0.00 ^a 12 months: 4.5 (1.6) vs 2.5 (1.8), 0.03 ^a 24 months: 3.7 (2) vs 2.7 (1.6), 0.005 ^a	I>C I>C I>C	
Wall et al. 2009	Subjective	Vigorous activity index score change (mean (SE))	6 months: 1.88 (7.25) vs 2.14 (3.06), >0.05 ^a 12 months: 6.88 (8.34) vs 2.86 (2.86), >0.05 ^a	I=C I=C	
	Subjective	Leisurely walking index score change	6 months: 1,78 (2.32) vs 1.71 (2.45), >0.05 ^a 12 months: 4.89 (3.25) vs 1.71 (2.74), >0.05 ^a	I=C I=C	

	Subjective	Moving index score change	6 months: 0.33 (1.17) vs 0.3 (1.22), >0.05 ^a 12 months: 1 (0.71) vs 0.9 (0.46), >0.05 ^a	I=C I=C	
	Subjective	Standing index score change	6 months: -0.02 (0.4) vs 0.25 (0.25), >0.05 ^a 12 months: -0.89 (0.35) vs 0 (0), <0.05 ^a	I=C I>C	
	Subjective	Sitting index score change	6 months: 0.33 (0.44) vs -0.1 (0.28), >0.05 ^a 12 months: 0.11 (0.39) vs 0.1 (0.41), >0.05 ^a	I=C I=C	
	Subjective	Total index score change	6 months: 3.89 (7.52) vs 2.8 (5.13), >0.05 ^a 12 months: 11.22 (7.86) vs 2.4 (4.2), >0.05 ^a	I=C I=C	
Wang et al. 2016	Subjective	MIDAS PA score	9.27 (9.71) vs 14.63 (11.09), 0.02 ^c	I>C	Low score favourable
West et al. 2012	Subjective	% exercising >100kcal/day	9% vs 12%, <0.05 ^a	I<C	
Willenheimer et al. 2001	Subjective	PA score	4 months: 60 (85) vs 42 (55), 0.507 ^b 10 months: 48 (41) vs 32 (41), 0.481 ^b	I=C I=C	
Zwisler et al. 2008	Subjective	% PA <4 hours per week	34% vs 43%, 0.01 ^a	I>C	

PA=physical activity, EE=energy expenditure, NR=not reported, MVPA=moderate-vigorous physical activity, IPAQ=international physical activity questionnaire, IQR=interquartile range, CI=confidence interval, SE=standard error, MET=metabolic equivalent.

Effect categorisations:

I=C: no statistical difference in PA between intervention and control

I>C: PA statistically superior in intervention compared to control

I<C: PA statistically superior in intervention compared to control

?: between group not reported, difference between intervention and control uncertain