# Supplementary Table 1. Search strategy for PsycINFO

1.	Exp diabetes mellitus
2.	(type 2 diab* or T2D or T2DM or Type II Diab*).tw.
3.	non-insulin dependent diabetes mellitus
4.	(non insulin dependent diabetes mellitus or NIDDM).tw.
5.	(insulin dependent diab* or insulin-dependent diab* or IDDM).tw.
6.	1 or 2 or 3 or 4 or 5
7.	exp exercise/
8.	exp physical activity
9.	exp recreation
10.	7 or 8 or 9
11.	6 and 10

# Supplementary Table 2. Summary of Included RCTs

				periods	
N = 606	Internetion Commissed complianed maintained	Individual face to	Dhaminiana an d	Baseline and	HbA1c
N = 606	Intervention: Supervised aerobic and resistance exercise sessions and structured counselling targeting	face sessions	Physicians and exercise specialists	12 months	HDAIC
% male = 58%		Tace sessions	exercise specialists	12 monuis	Self-reported physical activity:
, , , , , , , , , , , , , , , , , , , ,					MET-h/wk (Minnesota Leisure
Mean age (SD):	n=303				Time Questionnaire)
58.8 years (8.6)					
	Duration: 12 months				BMI
of 6 years					
Management <sup>.</sup>	derivity (reinforced every tince months)				
Diet +/- Oral	Supervized PA/Exercise Component: Yes				
hypoglycaemic					
agent (OHA) =	Theory: Social Cognitive Theory				
Insulin = $12\%$	Usual care: n=303				
N = 82	Usual care (Group A): n=20	Individual face to	Physician-delivered	Baseline, 3,	HbA1c
		face sessions	counseling	6, 9, and 12	
% Male = 59%	Intervention (Group B):	(Groups, A, B, C		months	Self-reported physical activity:
		& D)			MET-h/wk (Minnesota Leisure
	physical activity of low-intensity	Course consistent			Time Questionnaire)
00.0 10 04.5	n-20				BMI
Time Since	h=20	(Croups C & D)	groups C and D		DIVII
	Intensity: Not reported				
average this	5 1				
ranged from 7.8	Intervention (Group C): Structured exercise				
to 10.1 years	counselling and supervised aerobic exercise				
Managana					
	n=20				
	Intensity: Supervised aerobic exercise (60 minutes:				
OHA = 80%	70-80% Vo2Max) twice per week. Intensity of				
Insulin = 15%	structured counselling was not reported.				
	CACICI3C				
N5 THO NCH as the N N6 TEAR TO NERC	8.8 years (8.6) Time since tiagnosis: average f 6 years Management: Diet +/- Oral ypoglycaemic gent (OHA) = 8% nsulin = 12% W = 82 % Male = 59% Mean age range: 0.6 to 64.3 Time Since Diagnosis: on verage this anged from 7.8 to 10.1 years Management: Diet = not eported DHA = 80%	6 male = 58%physical activityMean age (SD): 8.8 years (8.6)n=303 Duration: 12 monthsTime since lagnosis: average f 6 yearsIntensity: Two supervised sessions per week for 12 months and structured counselling targeting physical activity (reinforced every three months)Management: Diet +/- Oral ypoglycaemic gent (OHA) = $8\%$ Supervized PA/Exercise Component: Yes Theory: Social Cognitive TheoryManagement: $0.6 to 64.3$ Usual care (Group A): n=20Mean age range: 0.6 to 64.3Intervention (Group B): Structured exercise counselling to perform aerobic physical activity of low-intensityTime Since Diagnosis: on verage this anged from 7.8 o 10.1 yearsIntervention (Group C): Structured exercise counselling and supervised aerobic exercise (60 minutes; T0-80% Vo2Max) twice per week. Intensity of	6 male = 58%physical activityAean age (SD): 8.8 years (8.6)n=303Duration: 12 monthsDuration: 12 monthsIntensity: Two supervised sessions per week for 12 months and structured counselling targeting physical activity (reinforced every three months)Anagement: biet +/- Oral ypoglycaemic gent (OHA) = 	6 male = 58%       physical activity         4 male = 58%       physical activity         4 manage (SD):       n=303         8.8 years (8.6)       Duration: 12 months         Intensity: Two supervised sessions per week for 12 months and structured counselling targeting physical activity (reinforced every three months)       Intensity: Two supervised sessions per week for 12 months and structured every three months)         Management:       Supervized PA/Exercise Component: Yes       Supervized PA/Exercise Component: Yes         Monger (OHA) =       Theory: Social Cognitive Theory       Supervized PA/Exercise Component: Yes         Monger (OHA) =       Usual care: n=303       Individual face to face sessions (Groups, A, B, C & D)         i = 82       Usual care (Group A): n=20       Individual face to face sessions (Groups, A, B, C & D)         ime Since bagnosis: on verage this anged from 7.8       Intervention (Group D): Structured exercise counselling and supervised aerobic exercise       Groups SC & D)         intervention (Group C): Structured exercise counselling and supervised aerobic exercise       Intensity: Supervised aerobic exercise       Intensity: Supervised aerobic exercise         Management: blct = not eported       n=20       Intervention (Group D): Structured exercise counselling and supervised aerobic and resistance       Intervention (Group D): Structured exercise counselling and supervised aerobic and resistance       Intervention (Group D): Structured exercise	6 male = 58%       physical activity         4 male = 58%       physical activity         n = 303       n=303         8.8 years (8.6)       Duration: 12 months         Time since       Intensity: Two supervised sessions per week for 12 months and structured counselling targeting physical activity (reinforced every three months)       Intensity: Two supervised sessions per week for 12 months and structured counselling targeting physical activity (reinforced every three months)       Supervised PA/Exercise Component: Yes         9 polycaemic gent (OHA) =       Supervised PA/Exercise Component: Yes       Theory: Social Cognitive Theory         8%       Usual care: n=303       Intervention (Group A): n=20       Intervention (Group B): Structured exercise counselling to perform aerobic physical activity of low-intensity       Physician-delivered forcups essions (Groups C & D)       It was unclear who supervised the exercise sessions in groups C and D         Time Since Diagnosis: on verage this anged from 7.8 b 10.1 years       Intervention (Group C): Structured exercise counselling and supervised aerobic exercise (60 minutes; 70-80% VoZMax) twice per week. Intensity of structured counselling was not reported.       Intervention (Group D): Structured exercise counselling and supervised aerobic and resistance       Intervention (Group D): Structured exercise counselling and supervised aerobic and resistance       Intervention (Group D): Structured exercise counselling and supervised aerobic and resistance       Intervention (Group D): Structured exercise counselling and supervised aerobic and resistance       Intervention (Group D)

		n=22 Intensity: Supervized aerobic (40 minutes; 70-80% Vo2Max) and resistance (20 minutes; 1 repetition maximum) exercise twice per week. Intensity of structured counselling was not reported. Duration: 12 months Supervized PA/Exercise Component: Yes (Groups C and D) Theory: Social Cognitive Theory (groups B, C and D)				
Cheung et al 2009 <sup>23</sup> Australia Setting not explicitly stated	N = 40 % Male = 32% Mean age = 59 years (intervention group) and 62 years (usual care) Time Since Diagnosis: Not reported Management: Diet = 8% OHA = 62% Insulin +/- OHA = 30%	Intervention: Supervized resistance exercise with Dynabands, which was continued at home n=21 Duration: 16 weeks Intensity: Five supervised sessions fortnightly for the first month (and monthly for the remainder of the study) with an additional 30 minutes at home 5 days per week. Supervised PA/Exercise Component: Yes Theory: Not reported Usual care: n=19	Group sessions	Fitness leaders and an exercise physiologist	Baseline and 4 months	HbA1c Self-reported physical activity: minutes/wk (Active Australia Questionnaire) BMI
De Greef et al 2010 <sup>24</sup> Belgium Endocrinology Department	N = 41 % Male = 68% Age range: 35 to 75 years Time Since Diagnosis:1 to 5 years (n=16) and $\geq$ 5 years (n=25) Management: not reported	Intervention: 12-week lifestyle intervention consisting of five cognitive-behavioural group sessions of 90 minutes duration n=21 Duration: 12 weeks Intensity: Five sessions over 12 weeks and one booster session at 23 weeks Supervised PA/Exercise Component: No Theory: Cognitive Behavioural Therapy &	Group sessions	A physical education movement scientist and a clinical psychologist	Baseline, 12 weeks and 1 year	HbA1c Objectively assessed physical activity: Accelerometer minutes/day and pedometer steps/ day BMI

		Motivational Interviewing				
		Usual care: n=20				
De Greef et al 2011 <sup>25</sup>	N = 67 % Male = 50%	Intervention (Group 1): Individualised physical activity consultation using behavioral strategies	Group 1: Individual face to face sessions	Group 1: A General Practitioner	Baseline and 12 weeks	HbA1c Objectively assessed physical
Belgium	Mean age (SD) =	n=22	Group 2: Group	Group 2: A Behavioral Expert		activity: pedometer steps/day; and self-reported physical activity:
Primary Care	<ul> <li>67.4 (9.3)</li> <li>Time Since Diagnosis: &gt;5 years (64.5%) and &lt;5years (35.5%)</li> <li>Management: OHA = 90.3%</li> <li>Combined OHA and insulin = 8.1%</li> <li>Insulin = 1.6%</li> </ul>	Intensity: Three 15 minute consultations (one session every three weeks) Intervention (Group 2): Interactive group counselling targeting physical activity n=21 Intensity: Three 90 minute sessions (One session every three weeks) Duration: 12 weeks Supervized PA/Exercise Component: No (both intervention groups) Theory: Motivational Interviewing, Cognitive Behavioral Therapy & Social Cognitive Theory (both intervention groups) Usual care: n=24	sessions	(Clinical Psychologist)		minutes/day (self-report diaries) BMI
De Greef et al 2011 <sup>26</sup> Belgium Endocrinology Department	N = 92 % Male = 69% Mean age (SD); 62 (9.0) years Time Since Diagnosis: >5 years = 82% Management: Combination of oral medication and insulin = 44%	Intervention: A pedometer-based behavioral modification program with telephone support targeting physical activity and sedentary behavior n=60 Duration: 24 weeks Intensity: One 30 minute face to face session and a supportive telephone call every 2 weeks for the first 4 weeks and every 4 weeks for the following 20 weeks Supervized PA/Exercise Component: No Theory: Motivational Interviewing, Cognitive Behavioral Therapy & Social Cognitive Theory	One individual face to face session and 7 telephone calls	Psychologist	Baseline, 24 weeks and 1 year	HbA1c Objectively assessed physical activity: pedometer steps/day; accelerometer minutes/day; and self-reported physical activity minutes/day (International Physical Activity Questionnaire [IPAQ])

[						
		Usual care: n=32				
Di Loreto et al 2003 <sup>27</sup> Italy Outpatient Diabetes Clinic	N=340 % Male = 47% Mean age (SD); 61.6 years (intervention group); 62 years (usual care) Time Since Diagnosis: mean 7.6 years Management: Diet = 10% OHA = 76% Insulin = 14% Insulin and Metformin = 21%	Intervention: Structured counselling targeting physical activity n=182 Duration: 2 years Intensity: One 15 minute appointment every 3 months and one telephone call at one month following the first consultation Supervised PA/Exercise Component: No Theory: Social Cognitive Theory Usual Care: n=158	Individual face to face sessions	Physicians	Baseline, 3 months and 2 years	HbA1c Self-reported physical activity: hours/wk and METs per h/week (Modifiable Activity Questionnaire [MAQ]) BMI
Gram et al 2010 <sup>28</sup> Denmark Nordic Walking: Outdoors on forest paths Exercise Prescription: Gymnasium	N = 68 % Male = 54% Mean age across groups ranged from 59 to 62 years Time Since Diagnosis: Not reported Management: Not reported	Intervention (Group 1): Nordic Walking (NW) n=22 Intensity: Participants trained twice per week for the first two months and once per week during the final 2 months. In total participants received between 25 and 27 sessions. Each supervised session lasted 45 minutes and included a 10-minute warm-up, 30 minutes of Nordic walking, and a 5-minute cool down. Participants were instructed to walk at a speed of at least moderate intensity (>40% of VO2max) continuously for a minimum of 30 minutes. Intervention (Group 2): Exercise Prescription (EP) n=24 Intensity: Participants trained twice per week for the first 2 months and once per week during the during the final 2 months. In total participants received between 25 and 27 sessions. Each supervised session lasted 45 minutes and included a 10-minute warm-up,	NW: Group sessions EP: Group Sessions	Physiotherapist	Baseline, 4 and 12 months	HbA1c Self-reported physical activity: hours spent on physical activity and activities of daily living (unvalidated questionnaire) BMI

		30 minutes of exercise and a 5-minute cool down. Training intensity was individually based; however, participants had to work continuously for a minimum of 30 minutes at a workload of at least moderate intensity (>40% of Vo2max). Prescription included both strength training and aerobic exercise. Duration: 4 months Supervised PA/Exercise Component: Yes (both NW and EP groups) Theory: No Usual Care: n=22				
Kim & Kang 2006 <sup>29</sup> South Korea Outpatient Diabetes Clinic	N = 73 % Male = 53% Mean age (SD); 55.1 (7.42) years Time Since Diagnosis: mean (SD) = 7.3 (6.05) years Management: OHA = 68%	Intervention (Group 1; Web-based): Stage-based physical activity counselling intervention for use by care providers n=28 Intensity: Two clinic visits during the first 2 weeks and one further visit at the midpoint during the 12- week intervention period Intervention (Group 2; Printed Material): As above but in printed form n=22 Intensity: Two clinic visits during the first 2 weeks and one further visit at the midpoint during the 12- week intervention period Duration: 12 weeks Supervised PA/Exercise Component: No (both intervention groups) Theory: Transtheoretical Model (both intervention groups) Usual Care: n=23	Individual face to face sessions	Research Nurse	Baseline and 12 weeks	HbA1c Self-reported physical activity using a self report instrument adapted from a 7-day recall questionnaire: METs-h/wk
Kirk et al 2004 <sup>30</sup>	N = 70	Intervention: Counselling targeting physical activity	Individual face to	Trained Research	BL, 6 and 12	HbA1c
UK	% Male = 50%	n=35	face sessions	Assistant	months	Objectively assessed physical

Setting not explicitly reported	Mean age (SD); 57.6 (7.9) years Time Since Diagnosis: Not reported Management: Not reported	Duration: 6 months Intensity: Two face-to-face sessions and four follow- up telephone calls at 1, 3, 7 and 9 months Supervised PA/Exercise Component: No Theory: Transtheoretical Model Usual Care: n=35				activity: Accelerometer counts and self-reported physical activity using a 7-day recall questionnaire: minutes/ wk spent active BMI
Kirk et al 2009 <sup>31</sup> UK University	N = 134 % Male = 49% Mean age ranged from 59.2 to 63.2 years Time Since Diagnosis on average ranged from 9.8 to 12.4 years Management: OHA = 54% Insulin = 10% OHA and insulin = 5%	Intervention (Group 1; Physical Activity Counseling in person): Two 30-minute one-to-one consultations at baseline and 6 months where written physical activity packs were given to participants and used by the researcher to discuss relevant topics during the consultationn=47Intensity: Two 30 minute sessions and four 5-10 minute telephone calls at 1 ,3, 6 and 9 months)n=47Intervention group 2; Physical Activity Counseling in written form: A written physical activity pack was given to participants to work through in their own timen=52Intensity: Two 30 minute sessions and three 5-10 minute telephone calls at 1, 3, 6 and 9 monthsDuration: 12 monthsSupervised PA/Exercise Component: No (both intervention groups)Theory: Transtheoretical Model (both intervention groups)Usual Care: n=35	Individual face to face sessions	Trained Research Assistant	Baseline, 6 and 12 months	HbA1c Objectively assessed physical activity: Accelerometer counts/ wk and self-reported physical activity using a 7-day recall questionnaire: minutes/wk BMI
Ligtenberg et al 1997 <sup>32</sup>	N = 58	Intervention: A 4-phase physical training programme	Group sessions	Physician and physiotherapist	Baseline, 6, 12 and 26	HbA1c

Netherlands	% Male = 34%	n=30			weeks	Self-reported physical activity using a validated questionnaire
	Mean age (SD);	Duration: 26 weeks				
Setting not reported for	61 (5.0) for usual care & 63 years	Internetten Deien te terrining at hanna stude namtisingente				
supervised	(5.0) for	Intensity: Prior to training at home, study participants trained together three times per week for 6 weeks				
exercise	(5.0) for intervention group	under direct supervision. In addition they received a				
CACICISC	intervention group	telephone call once every two weeks over a 6 week				
Participants	Time Since	period				
continued to	Diagnosis: mean	Ponoa				
exercise at home	(SD) = 9.4 years	Supervised PA/Exercise Component: Yes				
	(7.3) for control	r r r r r r r r r r r r r r r r r r r				
	group & $6.6$ years (4.6) for	Theory: Not explicitly stated				
	intervention group	Usual Care: n=28				
	Management:					
	Insulin = 34%					
Plotnikoff et al	N=48	Intervention: Home-based resistance exercise three	Individual face to	Exercise specialist	Baseline and	HbA1c
2010 <sup>33</sup>		times per week	face sessions		16 weeks	
	% Male = 33%	27				Self-reported physical activity:
Cours 1	M	n=27				MET minutes/wk (Godin Leisure
Canada	Mean age $= 55$	Duration: 16 weeks				Time Questionnaire [GLTQ])
Diabetes Clinics	years (intervention) and	Duration. 10 weeks				BMI
& Community	54 years (usual	Intensity: During the first 2 weeks the exercise				DMI
a community	care)	specialist supervised all three sessions. This was				
	curc)	reduced to twice per week during weeks 3–4, once per				
	Time Since	week during weeks 5-8 and once biweekly during the				
	Diagnosis: Not	last 8 weeks. In total the exercise specialist supervised				
	reported	18 of 48 sessions				
	Management:	Supervized PA/Exercise Component: Yes				
	Not reported					
		Theory: Not explicitly stated				
		Usual care: n=21				
Plotnikoff et al	N = 96	Intervention: Diabetes Education Program (DEP) plus	DEP: group	Diabetes Educator	Baseline, 3, 6	HbA1c
2011 <sup>34</sup>	0/ ) / 1 /00/	a supplemental theory based physical activity	sessions	(DEP)	and 12	
Canada	% Male = 40%	counselling intervention (DEPplusPAS)	Sumplam antal	Personal Trainer	months	Self-reported physical activity:
Canada	Mean age (SD);	n=47	Supplemental program (PAS):	(DEPplusPAS)		MET minutes/wk (Godin Leisure Time Questionnaire [GLTQ])
Community	60 (27-78) years		Individual face to	(DErplusrAS)		
Community	00 (21-10) years	Duration: 8 weeks	face sessions	Nurse		BMI
	Time Since		1400 505510115	(Fitness testing)		Dim
		Interview Flagman and a second s	1	(i thread tobting)	1	
	Diagnosis: mean	Intensity: Eleven group sessions over the duration of				

	years Management: Not reported	DEP. Two face-to-face sessions and 13 supportive telephone calls were provided concurrently as part of the supplementary programme. Telephone support was offered weekly for the first two months and bi weekly for 2.5 months Supervized PA/Exercise Component: No Theory: Social Cognitive Theory and Transtheoretical Model				
Samaras et al 1997 <sup>35</sup> Australia Community Leisure Centre	N = 26 % Male = 38% Mean age = 60.5 years Time Since Diagnosis: Not reported Management: Diet and Metformin = 35% Sulfonylurea = 39% Insulin = 27%	Usual care: n=49 Intervention Group: 6 month exercise support group programme targeting physical activity n=13 Duration: 6 months Intensity: Monthly 1 hour sessions with the group facilitator and one other team member. The exercise sessions remained available to participants within the intervention group. Supervised PA/Exercise Component: Yes Theory: Precede-proceed Model Usual Care: n=13	Group exercise with individual face to face sessions	Nurse Exercise physiologist Dietician Physician Group facilitator	Baseline, 6 and 12 months	HbA1c Self-reported physical activity: METs (validated questionnaire) BMI
Tudor-Locke et al 2004 <sup>36</sup> Canada Diabetes education centre	N = 60 % Male = 55% Mean age (SD); 52.7 (5.2) Time Since Diagnosis: Mean = 2.7 years Management: Diet = 55.3% OHA = 47.4%	Intervention: The First Step Programme targeting everyday levels of physical activity n=24 Duration: 16 weeks Intensity: Four weekly group meetings for the first 4 weeks that included a group walk. Motivational postcards were mailed at 6 and at 10 weeks. Supervised PA/Exercise Component: Yes Theory: Social Cognitive Theory Usual Care: n=23	Group sessions	Physical activity experts/diabetes educators	Baseline, 16 and 24 weeks	HbA1c Objectively assessed physical activity: Pedometer steps/day
Wisse et al	N = 74	Intervention: Personalized exercise prescription. An	Individual face to	Physical therapist	Baseline, 1	HbA1c

2010 <sup>37</sup>		extended version of the Physician-based Assessment	face sessions	and 2 years	
	% Male = 51%	and Counselling for Exercise (PACE) project.			Self-reported physical activity:
Netherlands					METs/wk (Tecumseh/Minnesota
	Mean age (SD):	n=38			Scale)
Outpatient	54.3 years				
Diabetes Clinic	(intervention) and	Duration: 2 years			BMI
	51.3 years (usual				
	care)	Intensity: Two 1-hour consultations with a physical			
		therapist and a 15 minute telephone call at 2 and 6			
		weeks. Over the 2-year follow-up period, a 30-minute			
	Time Since	consultation was alternated every 6 weeks with a 15			
	Diagnosis: Not	minute telephone call.			
	reported				
		Supervised PA/Exercise Component: No			
	Management:				
	Exogenous insulin	Theory: Transtheoretical Model			
	treatment (100%)	-			
	, , ,	Usual Care: n=36			

#### Supplementary Table 3. Methodological quality assessment and grading within and across studies

				Methodo	logical Qu	ality Asses	sment				Outcome	s		
Study ID	Power calculation (sample size achieved at final follow- up)	Attrition rate	Intention to treat	А	В	С	D	Е	F	Risk of bias within studies	HbA1c	Objective physical activity	Self- reported physical activity	BMI
Balducci et al 2010 <sup>21</sup>	Yes (Yes)	n=43 (7.1%)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Low		-	$\checkmark$	
Balducci et al 2010 <sup>22</sup>	Yes (Yes)	n=5 (6.1%)	Yes	Unclear	Unclear	Yes	Yes	Yes	Yes	Unclear		-	$\checkmark$	
Cheung et al 2009 <sup>23</sup>	NR (NR)	n=3 (8%)	NR	Unclear	Unclear	Unclear	Yes	Yes	Yes	Unclear		-	$\checkmark$	
De Greef et al 2010 <sup>24</sup>	Yes (No)	n=5 (12.2%)	Yes	Unclear	Yes	Yes	Yes	Yes	Yes	Low	$\checkmark$		-	
De Greef et al 2011 <sup>25</sup>	Yes (No)	n=3 (4.5%)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Low	$\checkmark$		$\checkmark$	
De Greef et al 2011 <sup>26</sup>	Yes (Yes)	n=4 (4.3%)	Yes	Unclear	Unclear	Unclear	Yes	Yes	Yes	Unclear	$\checkmark$		$\checkmark$	-
Di Loreto et al 2003 <sup>27</sup>	Yes (Yes)	n=3 (<1%)	Yes	Yes	Unclear	Unclear	Yes	Yes	Yes	Unclear	$\checkmark$	-	$\checkmark$	
Gram et al $2010^{28}$	Yes (Yes)	n=3 (4%)	Yes	Yes	Unclear	Unclear	Yes	No	Yes	Unclear		-	-	
Kim & Kang 2006 <sup>29</sup>	Yes (Yes)	NR	No	Unclear	Unclear	Unclear	Unclear	Yes	Yes	Unclear		-		-
Kirk et al 2004 <sup>30</sup>	Yes (Yes)	n=11 (16%)	Yes	Yes	Yes	Unclear	Yes	Yes	Yes	Unclear			$\checkmark$	
Kirk et al 2009 <sup>31</sup>	Yes (Yes)	n=18 (13%)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Low			$\checkmark$	
Ligtenberg et al 1997 <sup>32</sup>	NR (NR)	n=7 (12%)	NR	Unclear	Unclear	Unclear	Yes	Yes	Yes	Unclear		-		-
Plotnikoff et al 2010 <sup>33</sup>	Yes (Unclear)	n=7 (14.6%)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Low		-		
Plotnikoff et al 2011 <sup>34</sup>	Yes (Yes)	n=8 (8.3%)	Yes	Yes	Unclear	Unclear	Yes	Yes	Yes	Unclear		-		-
Samaras et al 1997 <sup>35</sup>	NR (NR)	NR	NR	Unclear	Unclear	Unclear	Unclear	Yes	Yes	Unclear		-		-
Tudor-Locke et al 2004 <sup>36</sup>	NR (NR)	n=22 (37%)	NR	Unclear	Unclear	Unclear	Yes	Yes	Yes	Unclear			-	-
Wisse et al 2010 <sup>37</sup>	NR (NR)	n=13 (18%)	NR	Unclear	Unclear	Yes	Yes	Yes	Yes	Unclear		-	$\checkmark$	
							Risk (	of bias	across stud	lies	Unclear	Low	Unclear	Unclear

NR = Not Reported. A = adequate sequence generation; B = allocation concealment; C = blinding/masking; D = incomplete outcome data addressed; E = free of selective outcome reporting; F = study free of other problems.

Supplementary Table 4. Treatment fidelity assessment

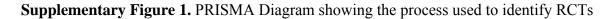
	Treatment Fidelit	y Strategies			
Study ID	Design of study	Monitoring	Monitoring	Monitoring	Monitoring and
		and improving	and improving	and improving	improving
		provider	delivery of	receipt of	enactment of
		training	treatment	treatment	treatment skills
Balducci et al 2010 <sup>21</sup>	Yes	Yes	Yes	Yes	Yes
Balducci et al 2010 <sup>22</sup>	Yes	No	Yes	Yes	Yes
Cheung et al 2009 <sup>23</sup>	Yes	No	Unclear	Yes	Yes
De Greef et al 2010 <sup>24</sup>	Yes	No	Yes	Yes	Yes
De Greef et al 2011 <sup>25</sup>	Yes	Yes	Yes	Yes	Yes
De Greef et al 2011 <sup>26</sup>	Yes	No	Yes	Yes	Yes
Di Loreto et al 2003 <sup>27</sup>	Yes	No	Yes	Yes	Yes
Gram et al 2010 <sup>28</sup>	Yes	No	Unclear	Yes	Yes
Kim & Kang 2006 <sup>29</sup>	Yes	Unclear	Yes	Yes	Yes
Kirk et al 2004 <sup>30</sup>	Yes	Unclear	Yes	Yes	Yes
Kirk et al 2009 <sup>31</sup>	Yes	Unclear	Yes	Yes	Yes
Ligtenberg et al 1997 <sup>32</sup>	Yes	No	Unclear	Yes	Yes
Plotnikoff et al 2010 <sup>33</sup>	Yes	No	Yes	Yes	Yes
Plotnikoff et al 2011 <sup>34</sup>	Yes	No	Yes	Yes	Yes
Samaras et al 1997 <sup>35</sup>	Yes	No	Yes	Yes	Yes
Tudor-Locke et al 2004 <sup>36</sup>	Yes	No	Yes	Yes	Yes
Wisse et al 2010 <sup>37</sup>	Yes	No	Yes	Yes	Yes

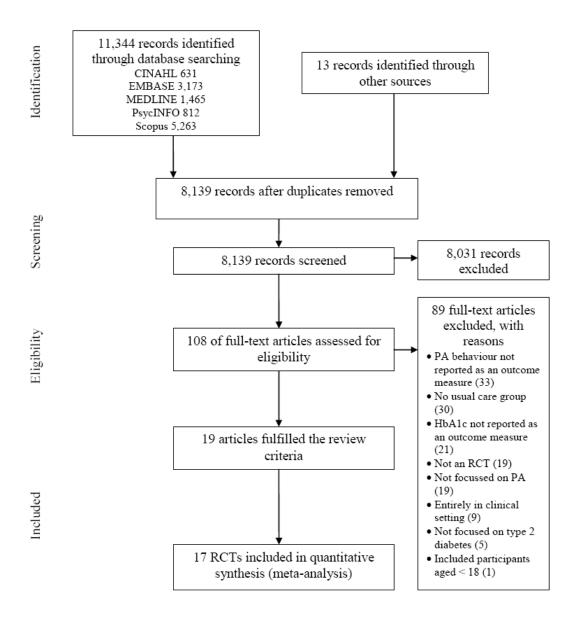
Yes = a treatment fidelity strategy was reported and described; Unclear = insufficient information to make a judgement about the presence or absence of a treatment fidelity strategy; No = treatment fidelity strategy not reported

**Supplementary Table 5.** Behavior change techniques utilized across 17 Randomized Control Trials targeting physical activity/exercise in adults with type 2 diabetes.

	Frequency
Goal setting (behaviour) [5]	17
Use of follow-up prompts [27]	16
Prompt self-monitoring of behaviour [16]	16
Barrier identification/problem solving [8]	15
Provide instruction on how to perform the behaviour [21]	15
Prompt review of behavioural goals [10]	14
Plan social support/social change [29]	13
Relapse prevention/coping planning [35]	11
Provide information on consequences of behaviour in general [1]	10
Set graded tasks [9]	10
Provide information on where and when to perform the behaviour [20]	10
Time management [38]	8
Provide feedback on performance [19]	7
Action planning [7]	6
Provide information on consequences of behaviour to the individual [2]	5
Prompting generalisation of a target behaviour [15]	5
Prompting focus on past success [18]	4
Teach to use prompts/cues [23]	4
Goal setting (outcome) [6]	3
Prompt rewards contingent on effort or progress towards behaviour [12]	3
Motivational interviewing [37]	3
Prompt self-monitoring of behavioural outcome [17]	2
Provide rewards contingent on successful behaviour [13]	1
Model/demonstrate the behaviour [22]	1
Prompt practice [26]	1
Provide information about others' approval [3]	0
Provide normative information about others' behaviour [4]	0
Prompt review of outcome goals [11]	0
Shaping [14]	0
Environmental restructuring [24]	0
Agree behavioural contract [25]	0
Facilitate social comparison [28]	0
Prompt identification as role model/position advocate [30]	0
Prompt anticipated regret [31]	0
Fear arousal [32]	0
Prompt self talk [33]	0
Prompt use of imagery [34]	0
Stress management/emotional control training [36]	0
General communication skills training [39]	0
Stimulate anticipation of future rewards [40]	0

NB: The frequencies for BCTs include those from each intervention arm compared with the usual care arm across all 17 RCTs. Number in squared brackets corresponds with the code assigned to each behavior change technique described in the taxonomy <sup>(19)</sup>





#### Supplementary Figure 2. Forest plot for self-reported physical activity and exercise.

	Inte	ervention			sual Care			Std. Mean Difference	Std. Mean Difference
Study or Subgroup	Mean		Total	Mean		Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
2.3.1 $\geq$ 1 month and <6 month		30	Total	Medil	30	Total	weight	IV, Randolli, 55% CI	IV, Randolli, 55% CI
		5.0	10	10	5.4	-	2.2%	1 05 10 04 0 001	
Balducci 2010a+b [22]	19.9	5.3	19	13	5.4	7	2.2%	1.25 [0.31, 2.20]	
Balducci 2010a+c [22]	22.9	4.2	18	13	5.4		1.9%	2.11 [1.03, 3.19]	
Balducci 2010a+d [22]	23.4	7.2	20	13	5.4	7	2.2%	1.48 [0.52, 2.44]	
Cheung 2009 [23]	163	185	20	90	245	17	3.1%	0.33 [-0.32, 0.98]	· · · · ·
De Greef 2011a+b [25]	195	106	20	65	68	11	2.6%	1.34 [0.52, 2.16]	
e Greef 2011a+c [25]	158	110	22	65	68	11	2.7%	0.92 [0.16, 1.68]	
Gram 2010a+b [28]	0	0	0	0	0	0		Not estimable	
Gram 2010a+c [28]	0	0	0	0	0	0		Not estimable	
im & Kang 2006a+b [29]	26.71	10.21	28	14.87	7.72	11	2.8%	1.21 [0.46, 1.96]	
(im & Kang 2006a+c [29]	28.43	11.09	22	14.87	7.72	11	2.6%	1.31 [0.51, 2.10]	
igtenberg 1997 [32]	13.2	5.5	25	11.9	6.3	26	3.4%	0.22 [-0.33, 0.77]	
lotnikoff 2010 [33]	24.2	18.7	23	16.4	14.4	18	3.2%	0.45 [-0.17, 1.08]	T
lotnikoff 2011 [34]	656.5	855.7	46	163.5	811.2	45	3.9%	0.59 [0.17, 1.01]	
ubtotal (95% CI)			263			171	30.6%	0.91 [0.59, 1.22]	•
leterogeneity: Tau <sup>2</sup> = 0.14; C	hi² = 21.36, (	df = 10 (P = 0.0	02); l² :	= 53%					
est for overall effect: Z = 5.6	1 (P < 0.000	01)							
.3.2 6 months									
alducci 2010a+b [22]	21	6	19	11.6	5	7	2.1%	1.58 [0.59, 2.56]	
alducci 2010a+c [22]	22.7	4.1	18	11.6	5	7	1.8%	2.47 [1.32, 3.61]	<del></del>
alducci 2010a+d [22]	22.6	7.3	20	11.6	5	7	2.2%	1.56 [0.59, 2.54]	
De Greef 2011 [26]	93	66	58	40	56	30	3.8%	0.84 [0.38, 1.30]	
(irk 2004 [30]		153,349,819			13,354,523	31	3.6%	0.01 [-0.48, 0.51]	+
irk 2009a+b [31]	306	260	43	256	269	16	3.4%	0.19 [-0.39, 0.76]	
irk 2009a+c [31]	262	243	47	256	269	16	3.4%	0.02 [-0.54, 0.59]	<u> </u>
igtenberg 1997 [32]	12.6	6.2	25	11	6.3	26	3.4%	0.25 [-0.30, 0.80]	<u> </u>
Plotnikoff 2011 [34]	555.2	725.2	46	117.6	687.5	45	3.9%		-
Samaras 1997 [35]	555.2	50.5	13	3		45	2.7%	0.61 [0.19, 1.03]	
Subtotal (95% CI)	14	50.5	321	3	43.3	198	30.3%	0.23 [-0.55, 1.00] 0.64 [0.26, 1.01]	▲
						150	00.070	0.04 [0.20, 1.01]	•
Heterogeneity: Tau <sup>2</sup> = 0.24; C			0.0.03. 12	2 - 700/					
Fest for overall effect: Z = 3.36			002); P	² = 72%					
			002); l <sup>a</sup>	² = 72%					
2.3.3 12 months	6 (P = 0.000	8)			8.7	275	4 6%	0 31 [0 14 0 48]	_
.3.3 12 months Salducci 2010 [21]	6 (P = 0.000	8) 7.4	288	10	8.7	275	4.6%	0.31 [0.14, 0.48]	
2.3.3 12 months Balducci 2010 [21] Balducci 2010a+b [22]	6 (P = 0.000 12.5 19.9	8) 7.4 6.3	288 19	10 12.31	3.6	7	2.2%	1.28 [0.33, 2.22]	*
.3.3 12 months Balducci 2010 [21] Balducci 2010a+b [22] Balducci 2010a+c [22]	6 (P = 0.000 12.5 19.9 22.3	8) 7.4 6.3 4	288 19 18	10 12.31 12.31	3.6 3.6	7 7	2.2% 1.8%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63]	·
.3.3 12 months alducci 2010 [21] ialducci 2010a+b [22] ialducci 2010a+c [22] ialducci 2010a+c [22]	6 (P = 0.000 12.5 19.9 22.3 23.7	8) 7.4 6.3 4 7.2	288 19 18 20	10 12.31 12.31 12.31	3.6 3.6 3.6	7 7 7	2.2% 1.8% 2.1%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68]	• 
.3.3 12 months Salducci 2010 [21] Salducci 2010a+b [22] Salducci 2010a+c [22] Salducci 2010a+c [22] De Greef 2011 [26]	6 (P = 0.000) 12.5 19.9 22.3 23.7 77	8) 7.4 6.3 4 7.2 51	288 19 18 20 58	10 12.31 12.31 12.31 35	3.6 3.6 3.6 33	7 7 7 30	2.2% 1.8%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37]	• • •
2.3.3 12 months Salducci 2010 [21] Salducci 2010a+b [22] Salducci 2010a+c [22] Salducci 2010a+c [22] De Greef 2011 [26] Gram 2010a+b [28]	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0	8) 7.4 6.3 4 7.2 51 0	288 19 18 20 58 0	10 12.31 12.31 12.31 35 0	3.6 3.6 33 33 0	7 7 30 0	2.2% 1.8% 2.1%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable	- 
.3.3 12 months salducci 2010 [21] salducci 2010a+b [22] salducci 2010a+c [22] salducci 2010a+d [22] be Greef 2011 [26] Gram 2010a+b [28] Gram 2010a+b [28]	12.5 19.9 22.3 23.7 77 0 0	8) 7.4 6.3 4 7.2 51 0 0	288 19 18 20 58 0 0	10 12.31 12.31 12.31 35 0 0	3.6 3.6 33 0 0	7 7 30 0	2.2% 1.8% 2.1% 3.8%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable Not estimable	•  
2.3.3 12 months Balducci 2010 [21] Balducci 2010a+b [22] Balducci 2010a+c [22] Balducci 2010a+d [22] De Greef 2011 [26] Bram 2010a+b [28] Gram 2010a+c [28] Gram 2010a+c [28]	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 0 15,444,286	8) 7.4 6.3 4 7.2 51 0 0 13,311,744	288 19 18 20 58 0 30	10 12.31 12.31 12.31 35 0 0 577,143	3.6 3.6 33 0 14,166,210	7 7 30 0 29	2.2% 1.8% 2.1% 3.8% 3.5%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable Not estimable 1.07 [0.52, 1.62]	*   +
.3.3 12 months Salducci 2010 [21] Salducci 2010a+b [22] Salducci 2010a+c [22] Salducci 2010a+d [22] De Greef 2011 [26] Sram 2010a+b [28] Sram 2010a+c [28] Sirk 2004 [30] Sirk 2009a+b [31]	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 0 15,444,286 256	8) 7.4 6.3 4 7.2 51 0 13,311,744 365	288 19 18 20 58 0 30 30 42	10 12.31 12.31 12.31 35 0 0 577,143 169	3.6 3.6 33 0 14,166,210 200	7 7 30 0 29 15	2.2% 1.8% 2.1% 3.8% 3.5% 3.3%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85]	•   
3.3.12 months adducci 2010 [21] adducci 2010a+b [22] adducci 2010a+c [22] adducci 2010a+c [22] be Greef 2011 [26] aram 2010a+b [28] Gram 2010a+c [28] Gram 2010a+c [28] Gram 2010a+c [31]	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 15,444,286 256 267	8) 7.4 6.3 4 7.2 51 0 13,311,744 365 245	288 19 18 20 58 0 30 42 43	10 12.31 12.31 12.31 35 0 0 577,143 169 169	3.6 3.6 33 0 14,166,210 200 200	7 7 30 0 29 15 15	2.2% 1.8% 2.1% 3.8% 3.5% 3.3% 3.3%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable Not estimable 1.07 [0.52, 1.62]	• • • • •
3.3 12 months alducci 2010 [21] alducci 2010a+b [22] alducci 2010a+c [22] alducci 2010a+c [22] be Greef 2011 [26] aram 2010a+b [28] aram 2010a+c [28] ark 2004 [30] irk 2009a+b [31] irk 2009a+c [31]	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 15,444,286 266 267 1,039.6	8) 7.4 6.3 4 7.2 51 0 0 13,311,744 365 245 1,033.3	288 19 18 20 58 0 30 42 43 45	10 12.31 12.31 12.31 35 0 0 577,143 169 169 -50.8	3.6 3.6 33 0 14,166,210 200	7 7 30 0 29 15 43	2.2% 1.8% 2.1% 3.8% 3.5% 3.3% 3.3% 3.3%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85]	• 
3.3 12 months adducci 2010 [21] adducci 2010a+b [22] adducci 2010a+c [22] adducci 2010a+d [22] De Greef 2011 [26] Gram 2010a+b [28] Gram 2010a+c [28] Gram 2010a+c [28] Gram 2010a+c [31] Gram 2009a+b [31] Gramaras 1997 [35]	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 15,444,286 256 267	8) 7.4 6.3 4 7.2 51 0 13,311,744 365 245	288 19 18 20 58 0 30 30 42 43 45 13	10 12.31 12.31 12.31 35 0 0 577,143 169 169	3.6 3.6 33 0 14,166,210 200 200	7 7 30 0 29 15 43 13	2.2% 1.8% 2.1% 3.8% 3.5% 3.3% 3.3% 3.8% 2.7%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85] 0.41 [-0.18, 1.01] 1.08 [0.63, 1.53] 0.56 [-0.23, 1.35]	* 
.3.3 12 months alducci 2010 [21] alducci 2010a+b [22] alducci 2010a+b [22] alducci 2010a+b [22] be Greef 2011 [26] Gram 2010a+b [28] Gram 2010a+b [28] Gram 2010a+c [28] Gram 2010a+b [28] Gram 2	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 15,444,286 256 267 1,039.6 1	8) 7.4 6.3 4 7.2 51 0 0 13,311,744 365 245 1,033.3 43.3	288 19 18 20 58 0 30 42 43 45 13 576	10 12.31 12.31 12.31 35 0 0 577,143 169 169 -50.8 -23	3.6 3.6 33 0 14,166,210 200 200 967.7	7 7 30 0 29 15 43	2.2% 1.8% 2.1% 3.8% 3.5% 3.3% 3.3% 3.3%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85] 0.41 [-0.18, 1.01] 1.08 [0.63, 1.53]	• 
.3.3 12 months Salducci 2010 [21] Salducci 2010a+b [22] Salducci 2010a+c [22] Salducci 2010a+d [22] De Greef 2011 [26] Sram 2010a+b [28] Sram 2010a+b [28] Sirk 2009a+b [31] Sirk 2009a+c [31] Piotnikoff 2011 [34] Samaras 1997 [35] Subtotal (95% Cl) Heterogeneity: Tau <sup>2</sup> = 0.21; C	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 15,444,286 256 267 1,039.6 1 chi <sup>2</sup> = 38.47, -	8) 7.4 6.3 4 7.2 51 0 13,311,744 365 245 1,033.3 43.3 df = 9 (P < 0.0	288 19 18 20 58 0 30 42 43 45 13 576	10 12.31 12.31 12.31 35 0 0 577,143 169 169 -50.8 -23	3.6 3.6 33 0 14,166,210 200 200 967.7	7 7 30 0 29 15 43 13	2.2% 1.8% 2.1% 3.8% 3.5% 3.3% 3.3% 3.8% 2.7%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85] 0.41 [-0.18, 1.01] 1.08 [0.63, 1.53] 0.56 [-0.23, 1.35]	• 
.3.3 12 months Salducci 2010 [21] Salducci 2010a+b [22] Salducci 2010a+c [22] Salducci 2010a+d [22] De Greef 2011 [26] Sram 2010a+b [28] Sram 2010a+b [28] Sirk 2009a+b [31] Sirk 2009a+c [31] Piotnikoff 2011 [34] Samaras 1997 [35] Subtotal (95% Cl) Heterogeneity: Tau <sup>2</sup> = 0.21; C	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 15,444,286 256 267 1,039.6 1 chi <sup>2</sup> = 38.47, -	8) 7.4 6.3 4 7.2 51 0 13,311,744 365 245 1,033.3 43.3 df = 9 (P < 0.0	288 19 18 20 58 0 30 42 43 45 13 576	10 12.31 12.31 12.31 35 0 0 577,143 169 169 -50.8 -23	3.6 3.6 33 0 14,166,210 200 200 967.7	7 7 30 0 29 15 43 13	2.2% 1.8% 2.1% 3.8% 3.5% 3.3% 3.3% 3.8% 2.7%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85] 0.41 [-0.18, 1.01] 1.08 [0.63, 1.53] 0.56 [-0.23, 1.35]	* 
.3.3 12 months Salducci 2010 [21] Salducci 2010a+b [22] Salducci 2010a+c [22] Salducci 2010a+c [22] De Greef 2011 [26] Sram 2010a+b [28] Sram 2010a+c [28] Sirk 2009a+b [31] Sirk 2009a+b [31] Plotnikoff 2011 [34] Samaras 1997 [35] Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0.21; Ci 'est for overall effect; Z = 4.85	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 15,444,286 256 267 1,039.6 1 chi <sup>2</sup> = 38.47, -	8) 7.4 6.3 4 7.2 51 0 13,311,744 365 245 1,033.3 43.3 df = 9 (P < 0.0	288 19 18 20 58 0 30 42 43 45 13 576	10 12.31 12.31 12.31 35 0 0 577,143 169 169 -50.8 -23	3.6 3.6 33 0 14,166,210 200 200 967.7	7 7 30 0 29 15 43 13	2.2% 1.8% 2.1% 3.8% 3.5% 3.3% 3.3% 3.8% 2.7%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85] 0.41 [-0.18, 1.01] 1.08 [0.63, 1.53] 0.56 [-0.23, 1.35]	* 
2.3.3 12 months Salducci 2010 [21] Salducci 2010a+b [22] Salducci 2010a+c [22] Salducci 2010a+d [22] De Greef 2011 [26] Gram 2010a+b [28] Gram 2010a+c [28] Gram 2010a+c [28] Gram 2010a+c [28] Gram 2010a+c [31] Gram 2010a+c [31] Plotnikoff 2011 [34] Samaras 1997 [35] Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0.21; C "est for overall effect: Z = 4.89 2.3.4 24 months	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 15,444,286 266 267 1,039.6 1 chi <sup>2</sup> = 38.47, 9 (P < 0.000)	8) 7.4 6.3 4 7.2 51 0 13,311,744 365 245 1,033.3 43.3 df = 9 (P < 0.0	288 19 18 20 58 0 0 30 42 43 45 13 576 001); I'	10 12.31 12.31 35 0 577,143 169 -50.8 -23 2 = 77%	3.6 3.6 33 0 14,166,210 200 967.7 39.7	7 7 30 0 29 15 43 13	2.2% 1.8% 2.1% 3.8% 3.3% 3.3% 3.8% 2.7% 31.0%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85] 0.41 [-0.18, 1.01] 1.08 [0.63, 1.53] 0.56 [-0.23, 1.35] 0.88 [0.53, 1.23]	
.3.3 12 months         ialducci 2010 [21]         ialducci 2010a+b [22]         ialducci 2010a+c [22]         ialducci 2010a+c [22]         be Greef 2011 [26]         Gram 2010a+b [28]         Gram 2010a+c [31]         Birk 2009a+b [31]         Birk 2001         Birk 2001 <tr< td=""><td>6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 15,444,286 256 267 1,039.6 1 chi<sup>2</sup> = 38.47, -</td><td>8) 7.4 6.3 4 7.2 51 0 0 13,311,744 365 245 1,033.3 43.3 df = 9 (P &lt; 0.00 01) 26.8</td><td>288 19 18 20 58 0 0 0 30 42 43 45 13 576 2001); F</td><td>10 12.31 12.31 12.31 35 0 0 577,143 169 169 -50.8 -23</td><td>3.6 3.6 33 0 14,166,210 200 200 967.7</td><td>7 7 30 0 29 15 15 43 13 441</td><td>2.2% 1.8% 2.1% 3.8% 3.3% 3.3% 3.3% 3.8% 2.7% 31.0%</td><td>1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85] 0.41 [-0.18, 1.01] 1.08 [0.63, 1.53] 0.56 [-0.23, 1.35] 0.88 [0.53, 1.23]</td><td></td></tr<>	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 15,444,286 256 267 1,039.6 1 chi <sup>2</sup> = 38.47, -	8) 7.4 6.3 4 7.2 51 0 0 13,311,744 365 245 1,033.3 43.3 df = 9 (P < 0.00 01) 26.8	288 19 18 20 58 0 0 0 30 42 43 45 13 576 2001); F	10 12.31 12.31 12.31 35 0 0 577,143 169 169 -50.8 -23	3.6 3.6 33 0 14,166,210 200 200 967.7	7 7 30 0 29 15 15 43 13 441	2.2% 1.8% 2.1% 3.8% 3.3% 3.3% 3.3% 3.8% 2.7% 31.0%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85] 0.41 [-0.18, 1.01] 1.08 [0.63, 1.53] 0.56 [-0.23, 1.35] 0.88 [0.53, 1.23]	
2.3.3 12 months Salducci 2010 [21] Salducci 2010a+b [22] Salducci 2010a+c [22] Salducci 2010a+d [22] De Greef 2011 [26] Gram 2010a+b [28] Gram 2010a+b [28] Gram 2010a+b [28] Grik 2009[30] Grik 2009[30] Samaras 1997 [35] Subtotal (95% Cl) Heterogeneity: Tau <sup>2</sup> = 0.21; Cl "est for overall effect: Z = 4.89 2.3.4 24 months Di Loreto 2003 [27] Visse 2010 [37]	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 15,444,286 266 267 1,039.6 1 thi <sup>2</sup> = 38.47, 9 (P < 0.000) 27.1	8) 7.4 6.3 4 7.2 51 0 13,311,744 365 245 1,033.3 43.3 df = 9 (P < 0.00 01)	288 19 18 20 58 0 0 30 42 43 45 13 576 001); I'	10 12.31 12.31 12.31 35 0 0 577,143 169 -50.8 -23 2 = 77% 4.1	3.6 3.6 33 0 14,166,210 200 200 967.7 39.7	7 7 30 0 29 15 15 43 13 441	2.2% 1.8% 2.1% 3.8% 3.3% 3.3% 3.8% 2.7% 31.0%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85] 0.41 [-0.18, 1.01] 1.08 [0.63, 1.53] 0.56 [-0.23, 1.35] 0.88 [0.53, 1.23]	
2.3.3 12 months Salducci 2010 [21] Salducci 2010a+b [22] Salducci 2010a+c [22] Salducci 2010a+c [22] De Greef 2011 [26] Gram 2010a+b [28] Gram 2010a+c [28] Girk 2009a+c [31] Sirk 2009a+b [31] Girk 2009a+b [31] Subtotal (95% Cl) Heterogeneity: Tau <sup>2</sup> = 0.21; Cl Fest for overall effect: Z = 4.89 2.3.4 24 months Di Loreto 2003 [27] Wisse 2010 [37] Subtotal (95% Cl)	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 15,444,286 256 267 1,039.6 1 chi <sup>2</sup> = 38.47, - 9 (P < 0.000) 27.1 33	8) 7.4 6.3 4 7.2 51 0 13,311,744 365 245 1,033.3 43.3 df = 9 (P < 0.0 01) 26.8 22.6	288 19 18 20 58 0 0 30 42 43 576 576 001); I <sup>-</sup> 179 32 211	10 12.31 12.31 35 0 0 577,143 169 -50.8 -23 ? = 77% 4.1 39	3.6 3.6 33 0 14,166,210 200 200 967.7 39.7	7 7 30 0 29 15 15 43 43 441 158 29	2.2% 1.8% 2.1% 3.8% 3.3% 3.3% 3.3% 3.3% 3.3% 3.1.0%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85] 0.41 [-0.18, 1.01] 1.08 [0.63, 1.53] 0.56 [-0.23, 1.35] 0.88 [0.53, 1.23]	
2.3.3 12 months Salducci 2010 [21] Salducci 2010a+b [22] Salducci 2010a+c [22] Salducci 2010a+c [22] De Greef 2011 [26] Gram 2010a+b [28] Gram 2010a+c [28] Girk 2009a+b [31] Sirk 2009a+b [31] Sirk 2009a+b [31] Plotnikoff 2011 [34] Samaras 1997 [35] Subtotal (95% Cl) rest for overall effect: Z = 4.85 2.3.4 24 months Di Loreto 2003 [27] Wisse 2010 [37] Subtotal (95% Cl) reterogeneity: Tau <sup>2</sup> = 0.83; Cl Subtotal (95% Cl)	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 15,444,286 256 267 1,039.6 1 chi <sup>2</sup> = 38.47, 9 (P < 0.000) 27.1 33 chi <sup>2</sup> = 21.87,	8) 7.4 6.3 4 7.2 51 0 13,311,744 365 245 1,033.3 43.3 df = 9 (P < 0.0 01) 26.8 22.6	288 19 18 20 58 0 0 30 42 43 576 576 001); I <sup>-</sup> 179 32 211	10 12.31 12.31 35 0 0 577,143 169 -50.8 -23 ? = 77% 4.1 39	3.6 3.6 33 0 14,166,210 200 200 967.7 39.7	7 7 30 0 29 15 15 43 43 441 158 29	2.2% 1.8% 2.1% 3.8% 3.3% 3.3% 3.3% 3.3% 3.3% 3.1.0%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85] 0.41 [-0.18, 1.01] 1.08 [0.63, 1.53] 0.56 [-0.23, 1.35] 0.88 [0.53, 1.23]	
3.3.3 12 months Salducci 2010 [21] Salducci 2010a+b [22] Salducci 2010a+b [22] Salducci 2010a+c [22] Salducci 2010a+c [22] Saram 2010a+b [28] Siram 2010a+c [28] Sirk 2009a+b [31] Sirk 2009a+c [31] Sirk 2009a+c [31] Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0.21; CI Si Loreto 2003 [27] Visse 2010 [37] Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0.83; CI est for overall effect: $Z = 0.7$	6 (P = 0.000) 12.5 19.9 22.3 23.7 77 0 15,444,286 256 267 1,039.6 1 chi <sup>2</sup> = 38.47, 9 (P < 0.000) 27.1 33 chi <sup>2</sup> = 21.87,	8) 7.4 6.3 4 7.2 51 0 13,311,744 365 245 1,033.3 43.3 df = 9 (P < 0.0 01) 26.8 22.6	288 19 18 20 58 0 0 30 42 43 45 576 001); P 179 32 211 0001);	10 12.31 12.31 35 0 0 577,143 169 -50.8 -23 ? = 77% 4.1 39	3.6 3.6 33 0 14,166,210 200 200 967.7 39.7	7 7 30 0 29 15 15 43 13 441 158 29 187	2.2% 1.8% 2.1% 3.8% 3.3% 3.3% 3.3% 3.3% 3.3% 3.3% 3.1.0%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85] 0.41 [-0.18, 1.01] 1.08 [0.63, 1.53] 0.56 [-0.23, 1.35] 0.88 [0.53, 1.23]	
2.3.3 12 months Salducci 2010 [21] Salducci 2010a+b [22] Salducci 2010a+c [22] Salducci 2010a+c [22] De Greef 2011 [26] Sram 2010a+c [28] Sram 2010a+c [28] Sram 2010a+c [28] Sirk 2009 [30] Sirk 2009a+c [31] Samaras 1997 [35] Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0.21; CI "est for overall effect: Z = 4.89 2.3.4 24 months Di Loreto 2003 [27] Visse 2010 [37] Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0.83; CI "est for overall effect: Z = 0.77 Fotal (95% CI)	$\begin{array}{c} 12.5\\ 19.9\\ 22.3\\ 23.7\\ 77\\ 0\\ 15,444,286\\ 256\\ 267\\ 1,039.6\\ 1\\ 1,039.6\\ 1\\ 1,039.6\\ 1\\ 9 \ (P < 0.0000\\ 27.1\\ 33\\ chi^2 = 21.87, 1\\ 1 \ (P = 0.48) \end{array}$	8) 7.4 6.3 4 7.2 51 0 13,311,744 365 245 1,033.3 43.3 df = 9 (P < 0.00 01) 26.8 22.6 df = 1 (P < 0.00	288 19 18 20 58 0 0 30 42 43 45 576 001); F 179 32 211 0001); 1371	10 12.31 12.31 35 0 0 577,143 169 -50.8 -23 2 = 77% 4.1 39   <sup>2</sup> = 95%	3.6 3.6 33 0 0 14,166,210 200 967.7 39.7 10.1 32.3	7 7 30 0 29 15 15 43 13 441 158 29 187	2.2% 1.8% 2.1% 3.8% 3.3% 3.3% 3.3% 3.3% 3.3% 3.1.0%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85] 0.41 [-0.18, 1.01] 1.08 [0.63, 1.53] 0.56 [-0.23, 1.35] 0.88 [0.53, 1.23]	
2.3.3 12 months Balducci 2010 [21] Balducci 2010a+b [22] Balducci 2010a+c [22] Balducci 2010a+d [22] De Greef 2011 [26] Gram 2010a+b [28] Gram 2010a+c [28]	$\begin{array}{c} 12.5\\ 19.9\\ 22.3\\ 23.7\\ 77\\ 0\\ 15,444,286\\ 256\\ 267\\ 1,039.6\\ 1\\ 1,039.6\\ 1\\ 1,039.6\\ 1\\ 27.1\\ 33\\ 27.1\\ 35\\ $	8) 7.4 6.3 4 7.2 51 0 13,311,744 365 245 1,033.3 43.3 df = 9 (P < 0.0 01) 26.8 22.6 df = 1 (P < 0.0 0 0,0 0,0 0,0 0,0 0,0 0,0 0,	288 19 18 20 58 0 0 30 42 43 45 576 001); F 179 32 211 0001); 1371	10 12.31 12.31 35 0 0 577,143 169 -50.8 -23 2 = 77% 4.1 39   <sup>2</sup> = 95%	3.6 3.6 33 0 0 14,166,210 200 967.7 39.7 10.1 32.3	7 7 30 0 29 15 15 43 13 441 158 29 187	2.2% 1.8% 2.1% 3.8% 3.3% 3.3% 3.3% 3.3% 3.3% 3.3% 3.1.0%	1.28 [0.33, 2.22] 2.48 [1.33, 3.63] 1.69 [0.70, 2.68] 0.91 [0.45, 1.37] Not estimable 1.07 [0.52, 1.62] 0.26 [-0.33, 0.85] 0.41 [-0.18, 1.01] 1.08 [0.63, 1.53] 0.56 [-0.23, 1.35] 0.88 [0.53, 1.23]	

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### Supplementary Figure 3. Forest plot for Body Mass Index (BMI).

Study or Subgroup	Mean [kg/m2]	SD [kg/m2]	Total	Mean [kg/m2]	SD [kg/m2]	Total	Weight	IV, Random, 95% CI [kg/m2]	IV, Random, 95% CI [kg/m2]
2.4.1 ≥1 month and <6									
Balducci 2010a+b [22]	29.9	1	19	30.3	1	7	8.2%	-0.40 [-1.27, 0.47]	
Balducci 2010a+c [22]	29.14	1.2	18	30.3	1	7	7.3%	-1.16 [-2.09, -0.23]	
Balducci 2010a+d [22]	30	0.9	20	30.3	1	7	8.7%	-0.30 [-1.14, 0.54]	-
Cheung 2009 [23]	39.5	9	20	38	9.2	17	0.2%	1.50 [-4.39, 7.39]	
De Greef 2010 [24]	29.1	4.4	18	31.5	4.7	19	0.8%	-2.40 [-5.33, 0.53]	
De Greef 2011a+b [25]	27.3	3.4	20	31.5	5.3	11	0.5%	-4.20 [-7.67, -0.73]	
De Greef 2011a+c [25]	30.9	5.3	20	31.5	5.3	11	0.3%	-0.60 [-4.44, 3.24]	
Gram 2010a+b [28]	30.9	4.5	21	32.6	2.9	11	1.0%	-1.60 [-4.18, 0.98]	
Gram 2010a+c [28]	31.1	4.5	24	32.6	2.9	11	1.1%		
	35.6	4.4	24	32.6	2.9	18	0.3%	-1.50 [-3.96, 0.96]	
Plotnikoff 2010 [33] Subtotal (95% CI)	35.6	9	205	35.9	5.6	119	28.5%	-0.30 [-4.85, 4.25] -0.75 [-1.22, -0.28]	•
1	00.012-0.00	K - 0 / D - 0 4		0.04		119	20.070	-0.75 [-1.22, -0.20]	•
Heterogeneity: Tau <sup>2</sup> = 0 Test for overall effect: Z			o); I* = 1	0.76					
2.4.2 6 months	00.0	4.0	40	00.0		-	0.5%	0.00 / 0.00 0.001	
Balducci 2010a+b [22]	30.6	1.2	19	30.6	1.1	7	6.5%	0.00 [-0.98, 0.98]	_ <b>_</b> _]
Balducci 2010a+c [22]	29 30	1.1	18	30.6	1.1	7	6.8%	-1.60 [-2.56, -0.64]	
Balducci 2010a+d [22]		0.8	20	30.6	1.1		7.9%	-0.60 [-1.49, 0.29]	
Kirk 2004 [30]	0.18	3.7	32	0.82	3.7	31	1.9%	-0.64 [-2.47, 1.19]	
Kirk 2009a+b [31]	32	4.9	42	34.7	7.8	16	0.4%	-2.70 [-6.80, 1.40]	
Kirk 2009a+c [31]	33.7	7.3	45	34.7	7.8	16	0.3%	-1.00 [-5.38, 3.38]	•
Samaras 1997 [35] Subtotal (95% CI)	0	0	0 176	0	0	0 84	23.8%	Not estimable -0.77 [-1.39, -0.15]	◆
Balducci 2010 [21]	30.3	4.4	288	31.7	4.5	275	11.2%	-1.40 [-2.14, -0.66]	+
Balducci 2010 [21]	30	1	19	31	1.1	7	7.2%	-1.40 [-2.14, -0.66] -1.00 [-1.93, -0.07]	*
Balducci 2010 [21] Balducci 2010a+b [22] Balducci 2010a+c [22]	30 29.1	1 1.1	19 18	31 31	1.1 1.1	7 7	7.2% 6.8%	-1.00 [-1.93, -0.07] -1.90 [-2.86, -0.94]	* *
Balducci 2010 [21] Balducci 2010a+b [22] Balducci 2010a+c [22]	30 29.1 30.2	1 1.1 0.8	19 18 20	31 31 31	1.1 1.1 1.1	7 7 7	7.2% 6.8% 7.9%	-1.00 [-1.93, -0.07]	+ + + + + + + + + + + + + + + + + + + +
Balducci 2010 [21] Balducci 2010a+b [22] Balducci 2010a+c [22] Balducci 2010a+c [22]	30 29.1 30.2 29.4	1 1.1	19 18 20 17	31 31 31 32.6	1.1 1.1 1.1 5.2	7 7 7 19	7.2% 6.8% 7.9% 0.6%	-1.00 [-1.93, -0.07] -1.90 [-2.86, -0.94]	* * *
Balducci 2010 [21] Balducci 2010a+b [22] Balducci 2010a+c [22] Balducci 2010a+c [22] De Greef 2010 [24]	30 29.1 30.2	1 1.1 0.8	19 18 20 17 21	31 31 32.6 32.6	1.1 1.1 1.1 5.2 4	7 7 7	7.2% 6.8% 7.9%	-1.00 [-1.93, -0.07] -1.90 [-2.86, -0.94] -0.80 [-1.69, 0.09]	*
Balducci 2010 [21] Balducci 2010a+b [22] Balducci 2010a+c [22] Balducci 2010a+d [22] De Greef 2010 [24] Gram 2010a+b [28]	30 29.1 30.2 29.4	1 1.1 0.8 4.9	19 18 20 17	31 31 31 32.6	1.1 1.1 1.1 5.2	7 7 7 19	7.2% 6.8% 7.9% 0.6%	-1.00 [-1.93, -0.07] -1.90 [-2.86, -0.94] -0.80 [-1.69, 0.09] -3.20 [-6.50, 0.10]	*
Balducci 2010 [21] Balducci 2010a+b [22] Balducci 2010a+c [22] Balducci 2010a+d [22] De Greef 2010 [24] Gram 2010a+b [28] Gram 2010a+c [28]	30 29.1 30.2 29.4 30.9	1 1.1 0.8 4.9 4.1	19 18 20 17 21	31 31 32.6 32.6	1.1 1.1 1.1 5.2 4	7 7 19 10	7.2% 6.8% 7.9% 0.6% 0.7%	-1.00 [-1.93, -0.07] -1.90 [-2.86, -0.94] -0.80 [-1.69, 0.09] -3.20 [-6.50, 0.10] -1.70 [-4.74, 1.34]	
Balducci 2010 [21] Balducci 2010a+b [22] Balducci 2010a+c [22] Balducci 2010a+d [22] De Greef 2010 [24] Gram 2010a+b [28] Kirk 2009a+b [31]	30 29.1 30.2 29.4 30.9 31.8	1 1.1 0.8 4.9 4.1 4.4	19 18 20 17 21 24	31 31 32.6 32.6 32.6 32.6	1.1 1.1 1.1 5.2 4 4	7 7 19 10	7.2% 6.8% 7.9% 0.6% 0.7% 0.7%	-1.00 [-1.93, -0.07] -1.90 [-2.86, -0.94] -0.80 [-1.69, 0.09] -3.20 [-6.50, 0.10] -1.70 [-4.74, 1.34] -0.80 [-3.84, 2.24]	
2.4.3 12 months Balducci 2010 [21] Balducci 2010a+b [22] Balducci 2010a+c [22] Balducci 2010a+d [22] De Greef 2010 [24] Gram 2010a+b [28] Gram 2010a+c [28] Kirk 2009a+c [31] Kirk 2009a+c [31] Samaras 1997 [35] Subtotal (95% C1)	30 29.1 30.2 29.4 30.9 31.8 32.1	1 1.1 0.8 4.9 4.1 4.4 5.1	19 18 20 17 21 24 42	31 31 32.6 32.6 32.6 32.6 35	1.1 1.1 5.2 4 4 8.4	7 7 19 10 10	7.2% 6.8% 7.9% 0.6% 0.7% 0.7% 0.3%	-1.00 [-1.93, -0.07] -1.90 [-2.86, -0.94] -0.80 [-1.69, 0.09] -3.20 [-6.50, 0.10] -1.70 [-4.74, 1.34] -0.80 [-3.84, 2.24] -2.90 [-7.42, 1.62]	
Balducci 2010 [21] Balducci 2010a+c [22] Balducci 2010a+c [22] Balducci 2010a+d [22] De Greef 2010 [24] Gram 2010a+b [28] Gram 2010a+c [28] Kirk 2009a+c [31] Kirk 2009a+c [31] Samaras 1997 [35] Subtotal (95% C1) Heterogeneity: Tau <sup>2</sup> = 0	30 29.1 30.2 29.4 30.9 31.8 32.1 33.7 0 0.00; Chi <sup>2</sup> = 5.11, d	1 1.1 0.8 4.9 4.1 4.4 5.1 7.4 0 if = 8 (P = 0.7	19 18 20 17 21 24 42 43 0 492	31 31 32.6 32.6 32.6 35 35 0	1.1 1.1 5.2 4 8.4 8.4 8.4	7 7 19 10 15 15 0	7.2% 6.8% 7.9% 0.6% 0.7% 0.7% 0.3% 0.3%	-1.00 [-1.93, -0.07] -1.90 [-2.86, -0.94] -0.80 [-1.69, 0.09] -3.20 [-6.50, 0.10] -1.70 [-4.74, 1.34] -0.80 [-3.84, 2.24] -2.90 [-7.42, 1.62] -1.30 [-6.09, 3.49] Not estimable	•
Balducci 2010 [21] Balducci 2010a+c [22] Balducci 2010a+c [22] Balducci 2010a+d [22] De Greef 2010 [24] Gram 2010a+b [28] Gram 2010a+c [28] Kirk 2009a+b [31] Kirk 2009a+c [31] Samaras 1997 [35] Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0 Test for overall effect: Z	30 29.1 30.2 29.4 30.9 31.8 32.1 33.7 0 0.00; Chi <sup>2</sup> = 5.11, d	1 1.1 0.8 4.9 4.1 4.4 5.1 7.4 0 if = 8 (P = 0.7	19 18 20 17 21 24 42 43 0 492	31 31 32.6 32.6 32.6 35 35 0	1.1 1.1 5.2 4 8.4 8.4 8.4	7 7 19 10 15 15 0	7.2% 6.8% 7.9% 0.6% 0.7% 0.7% 0.3% 0.3%	-1.00 [-1.93, -0.07] -1.90 [-2.86, -0.94] -0.80 [-1.69, 0.09] -3.20 [-6.50, 0.10] -1.70 [-4.74, 1.34] -0.80 [-3.84, 2.24] -2.90 [-7.42, 1.62] -1.30 [-6.09, 3.49] Not estimable	
Balducci 2010 [21] Balducci 2010a+c [22] Balducci 2010a+c [22] Balducci 2010a+d [22] De Greef 2010 [24] Gram 2010a+b [28] Gram 2010a+c [28] Kirk 2009a+c [31] Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0 Test for overall effect: Z 2.4.4 24 months	30 29.1 30.2 29.4 30.9 31.8 32.1 33.7 0 0.00; Chi <sup>2</sup> = 5.11, d	1 1.1 0.8 4.9 4.1 4.4 5.1 7.4 0 if = 8 (P = 0.7	19 18 20 17 21 24 42 43 0 492	31 31 32.6 32.6 32.6 35 35 0	1.1 1.1 5.2 4 8.4 8.4 8.4	7 7 19 10 15 15 0	7.2% 6.8% 7.9% 0.6% 0.7% 0.7% 0.3% 0.3%	-1.00 [-1.93, -0.07] -1.90 [-2.86, -0.94] -0.80 [-1.69, 0.09] -3.20 [-6.50, 0.10] -1.70 [-4.74, 1.34] -0.80 [-3.84, 2.24] -2.90 [-7.42, 1.62] -1.30 [-6.09, 3.49] Not estimable	
Balducci 2010 [21] Balducci 2010a+c [22] Balducci 2010a+c [22] Balducci 2010a+d [22] De Greef 2010 [24] Gram 2010a+b [28] Gram 2010a+c [28] Kirk 2009a+b [31] Kirk 2009a+b [31] Kirk 2009a+c [31] Samaras 1997 [35] Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0 Test for overall effect: Z 2.4.4 24 months Di Loreto 2003 [27] Wisse 2010 [37]	30 29.1 30.2 29.4 30.9 31.8 32.1 33.7 0 0.00; Chi <sup>2</sup> = 5.11, d 2 = 6.19 (P < 0.000	1 1.1 0.8 4.9 4.1 4.4 5.1 7.4 0 ff = 8 (P = 0.7!	19 18 20 17 21 24 42 43 0 <b>492</b> 5);   <sup>2</sup> = (	31 31 32.6 32.6 35 35 0	1.1 1.1 1.1 5.2 4 4 8.4 8.4 0	7 7 19 10 15 15 0 <b>365</b>	7.2% 6.8% 7.9% 0.6% 0.7% 0.3% 0.3% 35.6%	-1.00 [-1.93, -0.07] -1.90 [-2.86, -0.94] -0.80 [-1.69, 0.04] -3.20 [-6.50, 0.10] -1.70 [-4.74, 1.34] -0.80 [-3.84, 2.24] -2.90 [-7.42, 1.62] -1.30 [-6.09, 3.49] Not estimable -1.32 [-1.73, -0.90]	
Balducci 2010 [21] Balducci 2010a+c [22] Balducci 2010a+c [22] Balducci 2010a+d [22] De Greef 2010 [24] Gram 2010a+b [28] Gram 2010a+c [28] Kirk 2009a+c [31] Samaras 1997 [35] Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0 Test for overall effect: Z 2.4.4 24 months Di Loreto 2003 [27] Wisse 2010 [37] Subtotal (95% CI) Heterogeneity: Tau <sup>2</sup> = 0	30 29.1 30.2 29.4 30.9 31.8 32.1 33.7 0 0.00; Chi <sup>2</sup> = 5.11, d 2 = 6.19 (P < 0.000 28.9 33.8 0.00; Chi <sup>2</sup> = 0.21, d	1 1.1 0.8 4.9 4.1 4.4 5.1 7.4 0 if = 8 (P = 0.7 001) 2.7 13.6 if = 1 (P = 0.63	19 18 20 17 21 24 42 43 0 492 5);   <sup>2</sup> = ( 179 32 211	31 31 32.6 32.6 35 35 0 0 0% 30.4 36.6	1.1 1.1 1.1 5.2 4 8.4 8.4 0 3.8	7 7 19 10 15 15 365 158 29	7.2% 6.8% 7.9% 0.6% 0.7% 0.7% 0.3% 35.6%	-1.00 [-1.93, -0.07] -1.90 [-2.86, -0.94] -0.80 [-1.69, 0.09] -3.20 [-6.50, 0.10] -1.70 [-4.74, 1.34] -0.80 [-3.84, 2.24] -2.90 [-7.42, 1.62] -1.30 [-6.09, 3.49] Not estimable -1.32 [-1.73, -0.90] -1.50 [-2.21, -0.79] -2.80 [-8.36, 2.76]	
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Balducci 2010 [21] Balducci 2010a+c [22] Balducci 2010a+c [22] Balducci 2010a+d [22] De Greef 2010 [24] Gram 2010a+b [28] Gram 2010a+c [28] Kirk 2009a+b [31] Kirk 2009a+b [31] Kirk 2009a+c [31] Subtotal (95% Cl) Heterogeneity: Tau <sup>2</sup> = 0 Test for overall effect: Z Subtotal (95% Cl) Heterogeneity: Tau <sup>2</sup> = 0 Test for overall effect: Z	30 29.1 30.2 29.4 30.9 31.8 32.1 33.7 0 0.00; Chi <sup>2</sup> = 5.11, d 28.9 33.8 0.00; Chi <sup>2</sup> = 0.21, d 2 = 4.22 (P < 0.000	1 1.1 0.8 4.9 4.1 4.4 5.1 7.4 0 1 7.4 0 1 2.7 13.6 1 1 (P = 0.68 1)	19 18 20 17 21 24 42 42 492 55;   <sup>2</sup> = 1 179 32 211 1084	31 31 32.6 32.6 35 35 0 0% 30.4 36.6	1.1 1.1 1.1 5.2 4 8.4 8.4 0 3.8	7 7 19 10 15 5 5 365 158 29 187	7.2% 6.8% 7.9% 0.6% 0.7% 0.3% 0.3% 35.6%	-1.00 [-1.93, -0.07] -1.90 [-2.86, -0.94] -0.80 [-1.69, 0.09] -3.20 [-6.50, 0.10] -1.70 [-4.74, 1.34] -0.80 [-3.84, 2.24] -2.90 [-7.42, 1.62] -1.30 [-6.09, 3.49] Not estimable -1.32 [-1.73, -0.90] -1.50 [-2.21, -0.79] -2.80 [-8.36, 2.76] -1.52 [-2.23, -0.81]	

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