

Table 19. Mental health

Study	Measure	Timing of measurement	Comparison	Intervention group				Control group				Comparison between groups	CR
				N	Baseline Mean (SD)	Follow-up Mean (SD)	Absolute difference	N	Baseline Mean (SD)	Follow-up Mean (SD)	Absolute difference	Change	
Chen, 2018a	HADS-depression	Baseline – 6 months	Exercise vs. usual care	38	2.54 (2.12)	1.95 (1.18)	0.59	38	2.84 (2.00)	2.95 (1.23)	-0.11	0.7	No

AD, absolute difference; CR, clinically relevant; HADS, Hospital Anxiety and Depression Scale; MD, mean difference; N, number of patients; nr, not reported; SD, standard deviation