

Table 1. Characteristics of included studies in Liu (2024) and Wang (2024)

Author	N at baseline I / C	Diagnostic criteria for MCI*	Age	Intervention	Control	Intervention cycle (wk)	Frequency
Liu (2024)							
Li, 2021	42/42	MoCA score < 26, Petersen 2004	>60	Comprehensive sports	HE	24w	30 min/times, 5 times/wk
Chang, 2021	62/47	MoCA score < 26, ADL score < 26	>60	Square dance	-	18w	30 min/times, 3 times/wk
Tao, 2019	17/20	Petersen 2004, MoCA score < 26, ADL score < 18	>60	Walking	HE	24w	60 min/times, 3 times/wk
Wu, 2019	29/31	MMSE score ≤ 30, MoCA score ≤ 26, HIS < 4, NIA-AA 2011	50–85	Aerobic dance	HE	12w	35 min/times, 3 times/wk
Liu, 2017	42/42	MoCA score < 26, MCI confirmed by physicians	≥60	Multi-exercise	Community usual care	12w	30 min/times, 5 times/wk
Song, 2019a	29/30	MCI confirmed by physicians, DSM-IV	≥60	Aerobic dance	Usual care	12w	30 min/times, 4 times/wk
Fei, 2020	41/41	MCI confirmed by physicians, MMSE score ≥ 25, MoCA score ≤ 26	65–85	Sports dance	HE	24w	60 min/times, 3 times/wk
Lü, 2020	22/23	Petersen 2004, MCI diagnosed by physicians, MoCA score < 26, MMSE score > 24	≥60	Dumbbell	-	12w	60 min/times, 3 times/wk
Li, 2016	30/29	Petersen 2004, MoCA score < 26, GDS: 2–3 level, ADL score ≤ 18	≥60	Walking	HE	24w	60 min/times, 3 times/wk

Wang, 2019	41/42	MoCA score 15–24	≥60	Aerobic gymnastics	HE	12w	45 min/times, 5 times/wk
Choi, 2018	30/30	MoCA score < 26	>65	Land kayaking	HE	6w	60 min/times, 2 times/wk
Greblo Jurakic, 2017	14/14	MoCA score 19–25	66–78	Comprehensive sports 30min/time	Pilates 1h/time	8w	3 times/wk
Lazarou, 2017	66/63	Petersen 2004, GDS = 3	55–75	International Standard Dance	-	40w	60 min/times, 2 times/wk
Song, 2019b	60/60	MoCA	>60	Aerobic step	HE	16w	60 min/times, 3 times/wk
Yoon, 2017	n1=14; n2=9; n3=7	MMSE score 20–24, MoCA score < 23	>65	n1: High-speed resistance, n2: Low-speed resistance	Stretch	12w	60 min/times, 2 times/wk
Wang, 2017	11/11	NIA-AA 2011, MMSE score > 24, MoCA score ≤ 26, Berg score > 40	50–85	Aerobic dance	-	12w	35 min/times, 5 times/wk
Wang, 2024							
Wang, 2020	57/54	Portret 2006	≥60	Structured limbs-exercise program	HE	24w	60 min/times, 3 times/wk
Bademli, 2019	30/30	SMMSE score 23-24	>65	Physical activity program including rhythmic exercises and free walking	Continued their daily	20w	80 min/times, 3,4,7 times/wk
Hong, 2018	10/12	Subjective memory complaint, able to engage in normal activities of daily living (S-IADL scale), normal general cognitive function, objective memory impairment based on age and education level, not having dementia (according to DSM-IV-TR)	>65	Resistance exercise	Maintain their current lifestyle	12w	60 min/times, 2 times/wk

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Zhu, 2018	27/27	NIA-AAA 2011, MMSE score \geq 25, MoCA score \leq 26	50-85	Aerobic dance intervention	Usual care	24w	35 min/times, 3 times/wk
Lü, 2016	22/23	MMSE score \geq 24, MoCA score $<$ 26, ADL score $<$ 26	\geq 65	Dumbbell training	Maintain their regular lifestyle	12w	60 min/times, 3 times/wk
Thaiyanto, 2021	20/20	Normal MSET10 score (depending upon education level), MoCA score $<$ 23	\geq 65	Multicomponent exercise intervention (aerobic, resistance and balance training)	Maintain their routine lifestyle	12w	60 min/times, 3 times/wk
Nascimento, 2015	24/21	Petersen 2004	\geq 60	Multimodal physical exercise program	Did not perform physical activity	24w	60 min/times, 3 times/wk
Khattak, 2022	29/30	MMSE score 18 – 23	60-70	Aerobic walking	Stretching	6w	40-50 min/times, 5 times/wk

Abbreviations: ADL = activity of daily living scale; Berg = Berg balance scale; CDR = clinical dementia rating; DSM-IV(-TR) = Diagnostic and Statistical Manual of Mental Disorders (text revision), fourth edition; GDS = geriatric depression scale; HE = health education; HIS = Hachinski/Inchic Score; MCI = mild cognitive impairment; MMSE = mini-mental state examination; MoCA = Montreal cognitive assessment; MSET10 = Mental State Exam T10; NIA-AA-2011 = National Institute on Aging and Alzheimer Association, 2011; S-IADL = Seoul Instrumental Activities of Daily Living scale; SMMSE = standardized mini-mental state examination.

*** If studies referred to a previous study to define their diagnostic criteria, this was indicated by mentioning the reference in this column. For instance, 'Petersen 2004' of 'Portret 2006'.**