

Table 1. Characteristics of included studies in Chan (2021)

| Study | Study design | Diagnostic criterion | Intervention | | Comparison | | Outcomes of interest reported |
|--------------------------------|--------------|----------------------|---|--|---|----------|-------------------------------|
| | | | Characteristics* | Type | Characteristics* | Type | |
| Chan, 2021 | | | | | | | |
| - <i>Najafabadi, 2018</i> | RCT | DSM-IV-TR | n = 12 Mean age (range): 7.61 (5-12) years Female (%): NR | Sports, play, and active recreation activities 3 days/week for 12 weeks (total time: 24h) | n = 14 Mean age (range): 7.61 (5-12) years Female (%): NR | Waitlist | Social communication (ATEC) |
| - <i>Zhao & Chen, 2018</i> | RCT | DSM-5 | n = 21 Mean age (range): 6.12 (5-8) years Female (%): 29.3% | Group exercise 2 days/week for 12 weeks (total time: 12h) | n = 20 Mean age (range): 6.12 (5-8) years Female (%): 29.3% | Waitlist | Social communication (SSIS) |

Abbreviations: ATEC = autism treatment evaluation checklist; DSM = diagnostic and statistical manual of mental disorders; NR = not reported; RCT = randomized controlled trial; SSIS = social skills improvement system rating scales.

* Mean age and percentage females are reported for the total study population only