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Title: Effectiveness of technology-based distance physical rehabilitation interventions on physical activity and walking in multiple sclerosis : a systematic review and meta-analysis of randomized controlled trials

Year: 2017

Version:

Please cite the original version:

Rintala, A., Hakala, S., Paltamaa, J., Heinonen, A., Karvanen, J., & Sjögren, T. (2017). Effectiveness of technology-based distance physical rehabilitation interventions on physical activity and walking in multiple sclerosis : a systematic review and meta-analysis of randomized controlled trials. *Disability and Rehabilitation*, 40 (4), 373-387. doi:10.1080/09638288.2016.1260649

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Study or Subgroup	Experimental			Control			Weight	Std. Mean Difference		Year
	Mean	SD	Total	Mean	SD	Total		IV, Random, 95% CI	95% CI	
Sandroff et al. 2014, IPAQ (0-117)	29,7	20,7	37	19,3	17	39	29,4%	0,54	[0,09, 1,00]	2014
Bombardier et al. 2013, 7-Day PAR (kcal/kg/wk)	228,5	9,9	44	224,4	9,2	48	36,1%	0,43	[0,01, 0,84]	2013
Dlugonski et al. 2012, GLTEQ (MET/min/wk)	28,2	15,6	22	15,4	13,9	23	16,5%	0,85	[0,24, 1,47]	2012
Motl et al. 2011, GLTEQ (0-119)	24,7	18,8	23	12,4	14,2	25	18,0%	0,73	[0,14, 1,32]	2011
Total (95% CI)			126			135	100,0%	0,59	[0,34, 0,83]	

Heterogeneity: Tau² = 0,00; Chi² = 1,56, df = 3 (P = 0,67); I² = 0%
 Test for overall effect: Z = 4,62 (P < 0.00001)

