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

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Figure 1. Flowchart of the study selection.

Studies excluded by title and/or abstract with reason (n = 2259):
- Studies excluded as irrelevant of no sample of persons with multiple sclerosis n = 2000
- No distance technology n = 206
- No RCT n = 40
- Protocol or study design n = 13

Additional studies identified through manual searching (n = 4)

Medline (n = 954)
Embase (n = 931)
PsycInfo (n = 330)
Cinahl (n = 75)
CENTRAL (n = 164)
PEDro (n = 237)
WOS (n = 222)

Studies found (n = 2917)

Duplicates excluded (n = 608)

Studies excluded by title and/or abstract with reason (n = 2259):
- Studies excluded as irrelevant of no sample of persons with multiple sclerosis n = 2000
- No distance technology n = 206
- No RCT n = 40
- Protocol or study design n = 13

Studies screened (n = 2309)

Full-text studies excluded with reason (n = 39):
- No distance technology in the intervention n = 11
- No physical rehabilitation or treatment n = 7
- No outcomes related to physical activity or walking ability n = 7
- No RCT n = 5
- Other diagnosis without a separate analysis of MS n = 4
- Same source data as another included studies n = 3
- Distance technology used in both treatments n = 2

Full-text studies assessed for eligibility (n = 50)

Studies included in qualitative and quantitative synthesis (meta-analyses) (n = 11)