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Study or Subgroup	Experimental			Control			Weight	Std. Mean Difference		Year	Std. Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total		IV, Random, 95% CI	Year		
1.3.1 Internet and the use of pedometer											
Sandroff et al. 2014, IPAQ (0-117)	29,7	20,7	37	19,3	17	39	19,6%	0,54	[0,09, 1,00]	2014	
Dlugonski et al. 2012, GLTEQ (MET/min/wk)	28,2	15,6	22	15,4	13,9	23	11,0%	0,85	[0,24, 1,47]	2012	
Motl et al. 2011, GLTEQ (0-119)	24,7	18,8	23	12,4	14,2	25	12,0%	0,73	[0,14, 1,32]	2011	
Subtotal (95% CI)			82			87	42,6%	0,68	[0,37, 0,99]		
Heterogeneity: Tau ² = 0,00; Chi ² = 0,66, df = 2 (P = 0,72); I ² = 0%											
Test for overall effect: Z = 4,26 (P < 0,0001)											
1.3.2 Telephone alone, or with telehealth monitoring or pedometer											
Turner et al. 2016, GLTEQ (MET/min/wk)	31,1	17,5	30	15,4	17,5	33	15,3%	0,89	[0,37, 1,41]	2016	
Suh et al. 2015, GLTEQ (0-119)	27,4	20,6	34	20,3	21,9	34	18,0%	0,33	[-0,15, 0,81]	2015	
Bombardier et al. 2013, 7-Day PAR (kcal/kg/wk)	228,5	9,9	44	224,4	9,2	48	24,1%	0,43	[0,01, 0,84]	2013	
Subtotal (95% CI)			108			115	57,4%	0,53	[0,21, 0,84]		
Heterogeneity: Tau ² = 0,02; Chi ² = 2,71, df = 2 (P = 0,26); I ² = 26%											
Test for overall effect: Z = 3,28 (P = 0,001)											
Total (95% CI)			190			202	100,0%	0,59	[0,38, 0,79]		
Heterogeneity: Tau ² = 0,00; Chi ² = 3,94, df = 5 (P = 0,56); I ² = 0%											
Test for overall effect: Z = 5,65 (P < 0,00001)											
Test for subgroup differences: Chi ² = 0,45, df = 1 (P = 0,50), I ² = 0%											

