

**This is an electronic reprint of the original article.
This reprint *may differ* from the original in pagination and typographic detail.**

Author(s): Rintala, Aki; Hakala, Sanna; Paltamaa, Jaana; Heinonen, Ari; Karvanen, Juha; Sjögren, Tuulikki

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: 2018

Version:

Please cite the original version:

Rintala, A., Hakala, S., Paltamaa, J., Heinonen, A., Karvanen, J., & Sjögren, T. (2018). 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. <https://doi.org/10.1080/09638288.2016.1260649>

All material supplied via JYX is protected by copyright and other intellectual property rights, and duplication or sale of all or part of any of the repository collections is not permitted, except that material may be duplicated by you for your research use or educational purposes in electronic or print form. You must obtain permission for any other use. Electronic or print copies may not be offered, whether for sale or otherwise to anyone who is not an authorised user.

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	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)

