

CONFIDENTIAL

Quality assessment							Number of patients		Effect		Quality	Importance
Number of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Exercise and education	control	Relative (95% CI)	Absolute (95% CI)		
Depressive symptoms (mild to moderate learning disabilities) (follow up: mean 12 weeks; assessed with: Child Depression Inventory)												
1	randomised trials	very serious ¹	not serious	not serious	serious ²	none	32	21	-	MD 1.53 fewer (3.29 fewer to 0.23 more)	⊕○○○ VERY LOW	CRITICAL

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Number of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Exercise and education	control	Relative (95% CI)	Absolute (95% CI)		
Community participation and meaningful occupation (mild to moderate learning disabilities) (follow up: mean 12 weeks; assessed with: Communication integration scale)												
1	randomised trials	very serious ¹	not serious	not serious	serious ²	none	32	21	-	MD 0.78 fewer (2.06 fewer to 0.5 more)	⊕○○○ VERY LOW	CRITICAL
Quality of life (mild-moderate learning disabilities) (follow up: mean 12 weeks; assessed with: Life Satisfaction Scale)												
1	randomised trials	very serious ¹	not serious	not serious	serious ²	none	32	21	-	MD 2.52 more (0.87 fewer to 5.91 more)	⊕○○○ VERY LOW	CRITICAL

1. Selection and detection bias
2. Confidence intervals cross one minimally important difference. Sample size less than optimal information size (<400 for continuous outcomes or <300 for dichotomous outcomes).