

G.11.1.9 Exercise

Quality assessment						No of patients		Effect estimate	Quality
No of studies	Design	Risk of bias	Indirectness	Inconsistency	Imprecision	Intervention	Usual care	Summary of results	
Carer burden (lower values favour intervention)									
2	RCT	Not serious	Not serious	Serious ¹	Very serious ²	86	75	SMD -1.76 (-5.27, 1.75)	Very low
Carer depression (lower values favour intervention)									
2	RCT	Not serious	Not serious	Serious ¹	Very serious ²	86	75	SMD -0.47 (-2.02, 1.09)	Very low
Carer stress (lower values favour intervention)									
1 (Connell 2009)	RCT	Not serious	Not serious	N/A	Serious ²	69	61	SMD 0.17 (-0.18, 0.51)	Moderate
1. $i^2 > 40\%$ 2. Crosses two lines of a defined MID 3. Crosses one line of a defined MID									