Table B.1.k. Health-related quality of life: Association between physical activity and measures of HRQOL among adults

See the Supplementary materials for description of evidence of US PAGAC by outcome

Systematic review evidence Review credibility	No. of studies/ Study design No. of participants	Quality Assessment					Description of evidence Summary of findings	Certainty
		Risk of bias	Inconsistency	Indirectness†	Imprecision	Other		
Perez-Lopez 2017 *(55)* Moderate	3 RCTs N=189	No serious risk of bias	Serious inconsistency	Serious indirectness	Serious imprecision	None	Studies evaluated the effects of **exercise interventions that were at least 6 weeks in duration** vs. no exercise control groups reporting symptoms of depression among middle-aged and older women. Exercise interventions was not associated with reduced **measures of quality of life** vs. no exercise control groups among women (SMD = -0.27 [95% CI, -1.08 to 0.54], 3 RCTs).	LOW[a]
Wang 2017 Low	4 RCTs N=314	No serious risk of bias	No serious inconsistency	Serious indirectness	No serious imprecision	None	Evaluation of **Tai Chi** exercise in perimenopausal women on measures of the SF-36. Studies represented women aged 45 and older; most with low bone mass or osteopenia. There was no consistent effect of Tai Chi vs. no Tai Chi across all 8 subscales on the SF-36.	MODERATE[b]

Abbreviations: CI = confidence interval; RCT = randomized clinical trial; SF-36 = short-form 36 quality-of-life instrument; SMD = standardized mean difference

† Serious indirectness indicates measurement of intermediate/indirect outcomes or heterogeneity in exposures and comparisons assessed; certainty of evidence was not always downgraded for indirectness if it was not judged to impact the certainty in the findings for the outcome evaluated in the review

[a] Certainty of evidence downgraded given serious inconsistency (I^2=85%), serious indirectness in outcome measure, and imprecision in estimate of effect

[b] Certainty of evidence downgraded given serious indirectness in measures of effect (subscales vs. domain-specific measures of SF-36)