E.3 Multimodal telemonitoring vs usual care – severe OSAHS

Figure 16: Adherence (range of scores), 0-8, higher is better
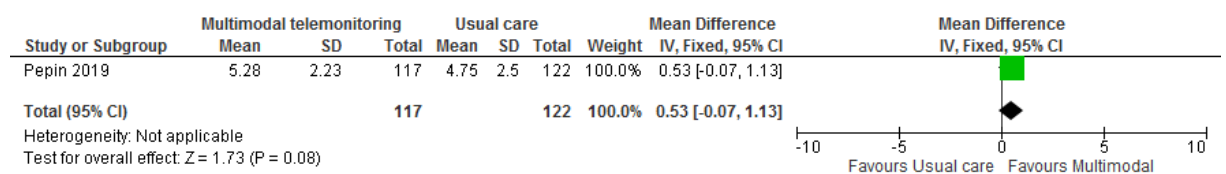

Study or Subgroup	Multimodal telemonitoring			Usual care			Weight	Mean Difference IV, Fixed, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Pepin 2019	5.28	2.23	117	4.75	2.5	122	100.0%	0.53 [-0.07, 1.13]
Total (95% CI)			**117**			**122**	**100.0%**	**0.53 [-0.07, 1.13]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.73 (P = 0.08)								

Figure 17: Sleepiness – Epworth scale (ESS), 0-24, higher is worse

Study or Subgroup	Multimodal telemonitoring Mean	SD	Total	Usual care Mean	SD	Total	Weight	Mean Difference IV, Fixed, 95% CI
Pepin 2019	4.58	3.88	117	6.05	4.07	122	100.0%	-1.47 [-2.48, -0.46]
Total (95% CI)			117			122	100.0%	-1.47 [-2.48, -0.46]

Heterogeneity: Not applicable
Test for overall effect: Z = 2.86 (P = 0.004)

Favours Multimodal telem. Favours Usual care
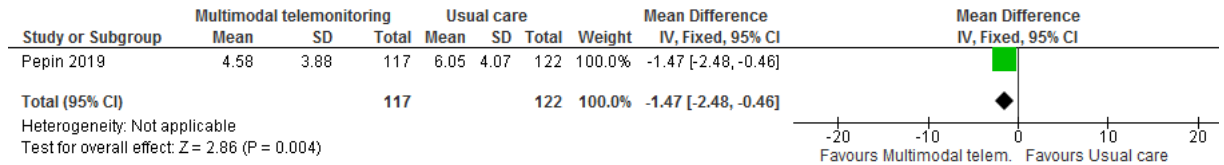
Figure 18: Quality of life –SF 12 Physical, 0-100, higher is better

Study or Subgroup	Multimodal telemonitoring Mean	SD	Total	Usual care Mean	SD	Total	Weight	Mean Difference IV, Fixed, 95% CI
Pepin 2019	45.6	5.3	117	44.1	5.4	122	100.0%	1.50 [0.14, 2.86]
Total (95% CI)			117			122	100.0%	1.50 [0.14, 2.86]

Heterogeneity: Not applicable
Test for overall effect: Z = 2.17 (P = 0.03)

Favours usual care Favours Multi. Telemon.
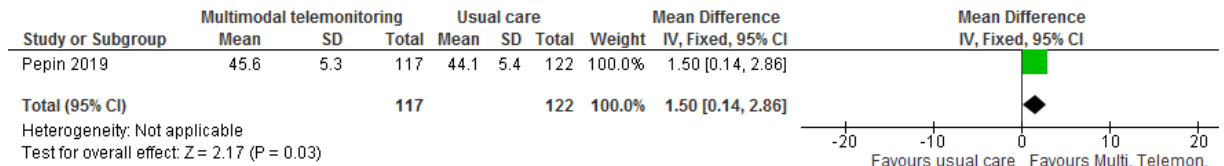
Figure 19: Quality of life – SF 12 mental, 0-100, higher is better

Study or Subgroup	Multimodal telemonitoring Mean	SD	Total	Usual care Mean	SD	Total	Weight	Mean Difference IV, Fixed, 95% CI
Pepin 2019	43.9	4.4	117	43.6	4.9	122	100.0%	0.30 [-0.88, 1.48]
Total (95% CI)			117			122	100.0%	0.30 [-0.88, 1.48]

Heterogeneity: Not applicable
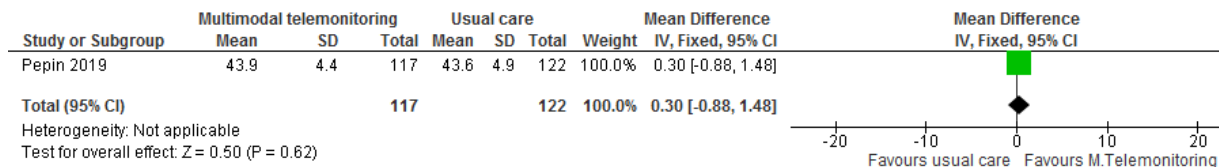Test for overall effect: Z = 0.50 (P = 0.62)

Favours usual care Favours M.Telemonitoring

Figure 20: Systolic blood pressure

Study or Subgroup	Multimodal telemonitoring Mean	SD	Total	Usual care Mean	SD	Total	Weight	Mean Difference IV, Fixed, 95% CI
Pepin 2019	130.98	18.47	117	130.06	17.53	122	100.0%	0.92 [-3.65, 5.49]
Total (95% CI)			117			122	100.0%	0.92 [-3.65, 5.49]

Heterogeneity: Not applicable
Test for overall effect: Z = 0.39 (P = 0.69)

Favours Multimodal Favours Usual care