

Appendix Table 5. Means, standard deviations or errors, or proportions used to calculate effect sizes of the physiological outcomes

Trial	Treatment Group Mean Change or Post-Test Value	SE^a	SD	Proportion (binary outcome)	Comparator Group Mean Change or Post-Test Value	SE^a	SD	Proportion (binary outcome)	Comments
ACT ²²	62.9	21.6			-16.2	21.4			
Be Fit, Be Well ³²	-1.37	0.38			-0.32	0.36			
BPTEACH ³³	143		21.7		139		15.8		
DEER ³⁴	-14.5		22.2		-2.5		16.6		
DISH ³⁵	-4.0	0.61			-0.46	0.41			
DPP ^{15,36,b}	5.6		7.6		0.1		5.5		
ENRICHD ³⁷									NR
HARP ³⁸									NR
HART ³⁹	-1.6		21.0		1.0		22.9		
HCP ⁴⁰	5.2	0.7			6.7	1.1			
Health Literacy ^{41,42}									NR
Help PD ⁴³	103.09	0.81			107.44	0.79			
HF-ACTION ^{44,c}				25%				22%	
HOME_BP ⁴⁵									NR
HOPP ⁴⁶									
HPT ⁴⁷	-3.8	0.6			-2.1	0.6			
Htn Prev ⁴⁸	-3.7		6.4		-1.7		6.4		
ICAN ⁴⁹	-2.4	0.9 ^a			0.6	0.8 ^a			
IN CONTROL ⁵⁰									NR
iReach ²³	-7.6		6.2		-5.5		5.6		
Look Ahead ^{2,3,51,52,d}	20.9		29.1		5.8		22.0		
Mediterranean Lifestyle ^{53-55,e}	91.73	.40			93.44	.43			
MRFIT ^{56-59, f}	-6.3	.12	2.6		.11				
Optimal Exercise Regimens ⁶⁰	1.7		4.1		-0.3		2.6		
PAD_RF ³¹	18.4	3.3			-6.8	3.2			

PAD Treadmill ⁶¹	.02		.03 ^a		-.04	.04 ^a	
POWER ^{62,g}		-6.0	0.5		-1.5	0.4	
POWER-UP ⁶³		-3.4	0.6		-2.3	0.6	
PREMIER ⁶⁴	11.1			9.9	6.6		9.2
SCRIP ⁶⁵	-.024			.067	-.045	.073	
SWCP ⁶⁶	-21.8			24.1	0.6		15.4
TCYB ⁶⁷							Insufficient data to calculate
TELE-HF ⁶⁸							NR
TOHP ⁶⁹							
TOURS ⁷⁰	1.2		0.6		3.7	0.7	
TLC ⁷¹	27			5.1	25		5.7
WHI-DM ⁷²	2.6			9.4	-2.3		9.4
WLM ⁷³	4.0		0.3		5.5	0.3	

a. If standard errors were not provided in original publication, they were calculated from 95% confidence intervals.

b. For DPP, standard deviations were not available in main outcome paper (NEJM. 2002; 346(6): 393) but were found in previous publication (Diabetes Care. 2012. 35:363).

c. For HF-Action, the main outcome paper reported median and IQR for the behavior (distance walked) and physiological variable (peak oxygen consumption). We calculated effect sizes based on a normal distribution assumption (JAMA. 2009; 301(14):1439). The median and IQR reported for tx was [0.2 (-1.2,1.4)] and for control was [0.6(-0.7,2.3)].

d. For LOOK AHEAD, Physiological outcome data was not available in the main outcome paper (NEJM. 2013; 369(2):145). but was available in Diabetes Care. 2007. 30(6): 1374

e. For Mediterranean Lifestyle, unadjusted mean and standard errors were not available. Values reported in main outcome paper and above were adjusted for the Socially Desirable Responding Scale.

f. For MRFIT, standard errors were not available in main outcome paper (JAMA. 1982. 248(12):1469) but were found in previous publication (Prev Med. 1981. 10:519).

g. For POWER, mean and standard errors reported were adjusted for sex, age, race and clinic.

Trial titles from registry or publications for each acronym. Some trials did not provide a short title or acronym; therefore study authors created a condensed title: ACT²² =Activity counseling trial; Be Fit, Be Well³² = Evaluating a blood pressure reduction and weight loss program in a low income, ethnically diverse population; BPTEACH³³ = Baltimore partnership to educate and achieve control of hypertension; DEER³⁴ = Diet and exercise for elevated risk; DISH³⁵ = Dietary intervention study for hypertension; DPP^{15,36} = Diabetes prevention program; ENRICH³⁷ = Enhancing recovery in coronary heart disease patients; HARP³⁸ = Hypertension and adherence in rural practice; HART³⁹ = Heart failure adherence and retention randomized behavioral trial; HCP⁴⁰ = Hypertension control program; Health Literacy^{41,42} = Health literacy and self-management in heart failure; Help PD⁴³ = Healthy living partnerships to prevent diabetes; HF-ACTION⁴⁴ = Heart failure: A controlled trial investigating outcomes of exercise training (HF-ACTION); HOME_BP⁴⁵ = Home-based blood pressure interventions for African Americans; HOPP⁴⁶ = Healthy options for pregnancy and parenting; HPT⁴⁷ = Hypertension prevention trial; Htn Prev⁴⁸ = Primary prevention of hypertension by nutritional-hygienic means; ICAN⁴⁹ = Improving control with activity and nutrition; IN CONTROL⁵⁰ = Hypertension reduction in inner city Seattle; iReach²³ = Internet assisted obesity treatment; Look Ahead^{2,3,51,52} = Action for health in diabetes; Mediterranean Lifestyle⁵³⁻⁵⁵ = Effect of the Mediterranean lifestyle program on multiple risk behaviors and psychosocial outcomes; MRFIT⁵⁶⁻⁵⁹ = Multiple risk factor intervention trial; Optimal Exercise Regimens⁶⁰ = Optimal exercise regimens for persons at increased risk; PAD_RF³¹= Reducing risk factors in peripheral arterial disease; PAD Treadmill⁶¹ = Improving functioning in peripheral

arterial disease; POWER⁶² = Practice-based opportunities for weight reduction; POWER-UP⁶³ = Practice-based opportunities for weight reduction trial at the University of Pennsylvania; PREMIER⁶⁴ = Lifestyle intervention blood pressure control; SCRIP⁶⁵ = Stanford coronary risk intervention project; SWCP⁶⁶ = Stanford weight control program; TCYB⁶⁷ = Take control of your blood pressure study; TELE-HF⁶⁸ = Yale heart failure tele-monitoring study; TOHP⁶⁹ = Trials of hypertension prevention, phase II; TOURS⁷⁰ = Treatment of obesity in underserved rural settings; Training Level Comparison⁷¹ = Training level comparison Trial; WHI-DM⁷² = Women's Health Initiative randomized controlled dietary modification trial; WLM⁷³ = Weight loss maintenance randomized controlled trial