Fig. 13: Comparison of average positive MI intervention vs. different age groups.

- **Session Integration Order**
  - Supervision
  - Directedness
  - Location
  - Position
  - Written medium
  - Accustic medium
  - Visual medium
  - Instruction type
  - Instruction individualisation
  - Instruction mode
  - Eyes
  - Perspective
  - Mode
  - Focus
  - Familiarisation

- **Average positive**
  - Age: 50 – 59 yrs
  - Age: 60+ yrs

- **Count**
  - Study duration
  - MI intervention duration
  - Total MITS count
  - MITS per week
  - MI trials
  - MITS session duration
  - Total MI time

- **Frequencies [%]**
  - Group
  - Added
  - Embroided
  - Before and after
  - Before
  - Between PP
  - Simultaneously
  - Not supervised
  - Supervised
  - Partly supervised
  - Not directed
  - Directed
  - Task-specific
  - Not task-specific
  - Written
  - Not written
  - No instructions
  - Written
  - Visual
  - Not visual
  - Visual only
  - Visual and acoustic
  - Internal
  - External
  - Live and pre-recorded
  - Live
  - Pre-recorded
  - Changing
  - Open
  - Closed
  - Internal
  - External
  - Visual
  - Kinaesthetic
  - Motor
  - Cognitive
  - Strength
  - Associated
  - Motor

- **Legend**
  - Individual
  - Modified