Test for overall effect: Z = 0.04 (P = 0.97)
Heterogeneity: Tau² = 0.00; Chi² = 0.31, df = 1 (P = 0.57); I² = 0%

Total (95% CI)
Mannerkorpi 2009 HT PBE+E
Gusi 2006 HT PBE

Test for overall effect: Z = 2.01 (P = 0.04)
Heterogeneity: Tau² = 0.00; Chi² = 2.27, df = 3 (P = 0.52); I² = 0%

Total (95% CI)
Mannerkorpi 2009 HT PBE+E
Jentoft 2001 HT PBE
Gusi 2006 HT PBE
Evcik 2008 HT PBE

Test for overall effect: Z = 2.51 (P = 0.01)
Heterogeneity: Tau² = 0.00; Chi² = 1.53, df = 2 (P = 0.47); I² = 0%

Total (95% CI)
Dönmez 2005 BT-MW-SPA
Zijlstra 2005 BT-MW-SPA

Test for overall effect: Z = 2.23 (P = 0.03)
Heterogeneity: Tau² = 0.04; Chi² = 4.64, df = 3 (P = 0.20); I² = 35%

Total (95% CI)
Zijlstra 2005 BT-MW-SPA
Özkurt 2012 BT-MW-SPA
Dönmez 2005 BT-MW-SPA

Health-related quality of life (FIQ) follow up

Test for overall effect: Z = 2.51 (P = 0.01)
Heterogeneity: Tau² = 0.00; Chi² = 3.78, df = 4 (P = 0.44); I² = 0%

Total (95% CI)
Zijlstra 2005 BT-MW-SPA
Dönmez 2005 BT-MW-SPA
Evcik 2002 BT-MW

Depressive Symptoms (BDI) follow up

Test for overall effect: Z = 2.21 (P = 0.03)
Heterogeneity: Tau² = 0.00; Chi² = 1.53, df = 2 (P = 0.47); I² = 0%

Total (95% CI)
Zijlstra 2005 BT-MW-SPA