

Physical Activity and Positive Symptoms, Negative Symptoms and General Psychopathology Among People with Psychotic Disorders: a Meta-Analysis

Supplemental Materials 2

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Table S1

Overall Effects for all Studies Included - Positive Symptoms

Meta Analysis

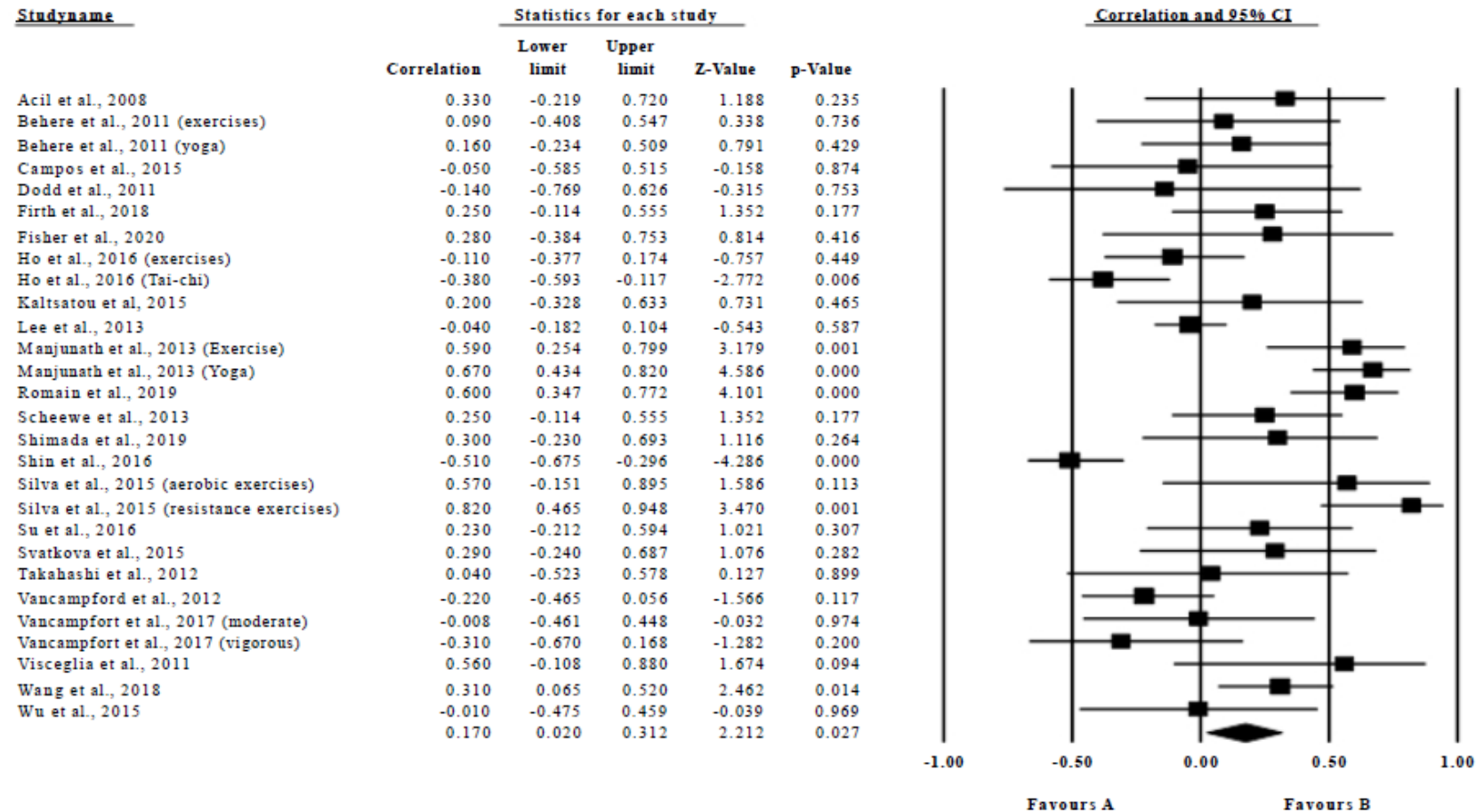
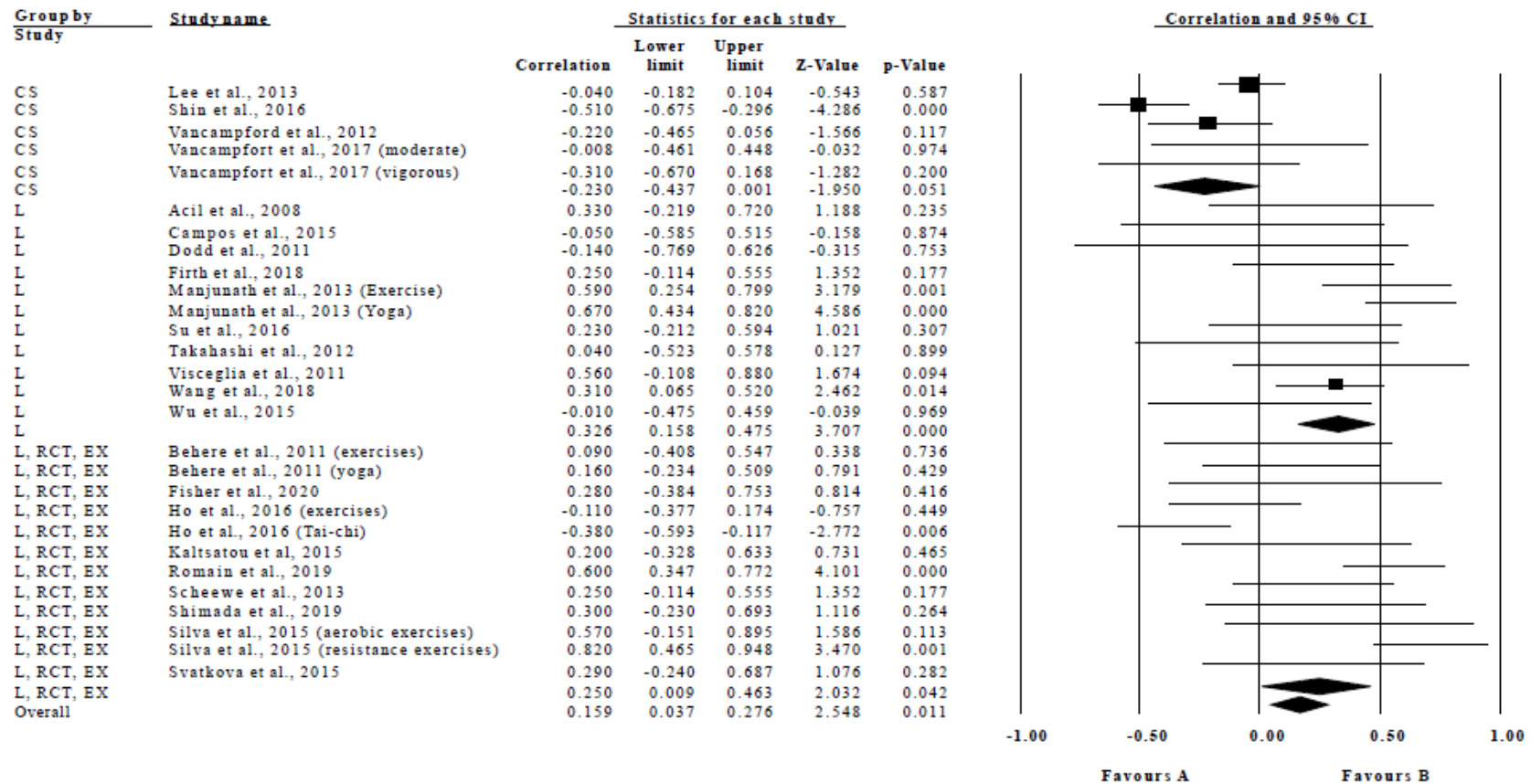


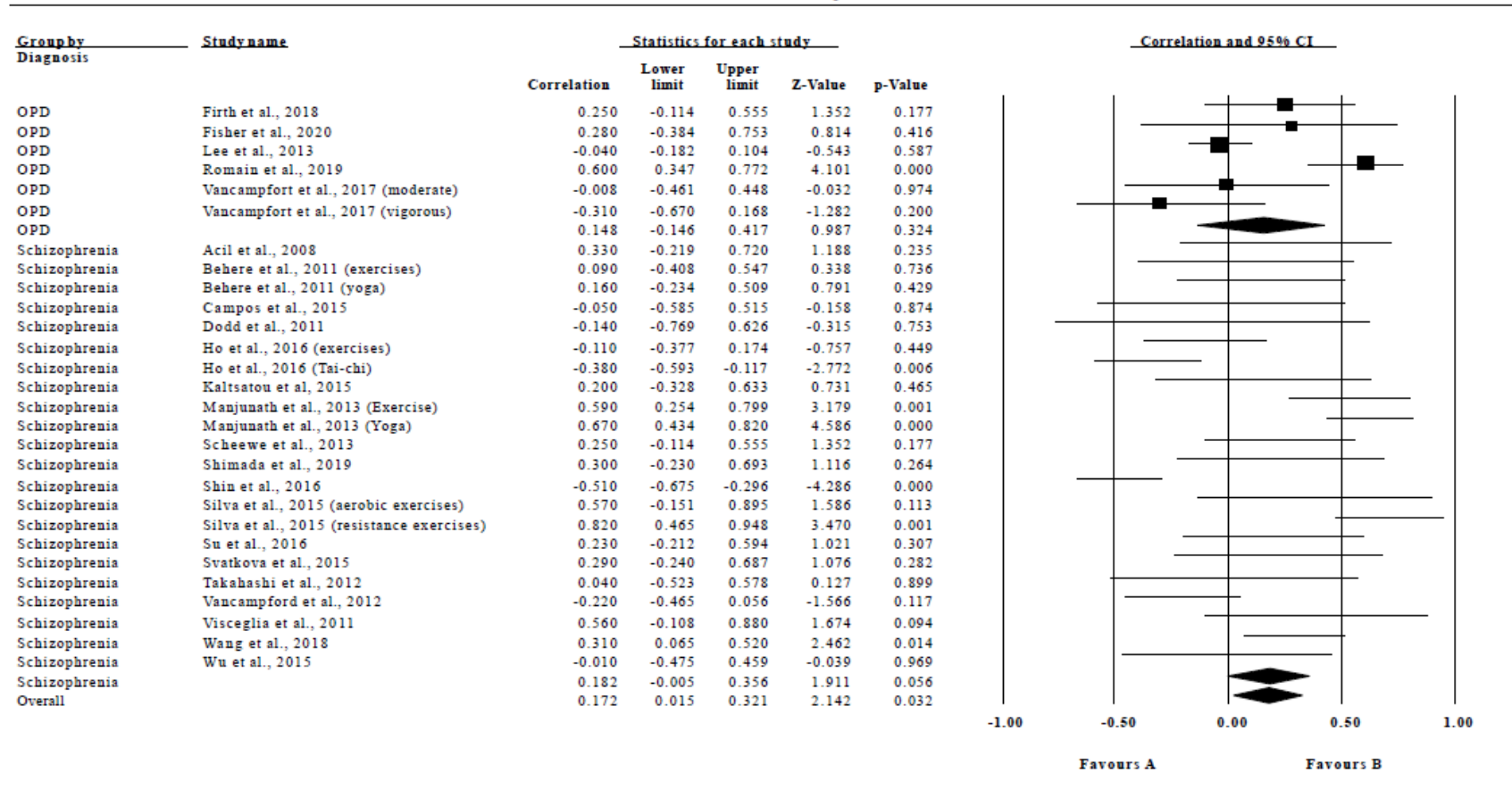
Table S2*Moderating Effects of the Study Design in All Studies Included – Positive Symptoms***Meta Analysis**

Note: RCT = randomized controlled trials; EX =longitudinal studies with an intervention, no control group; L = observational-longitudinal studies; CS = observational—cross sectional studies.

Table S3

Moderating Effects of the Type of Psychotic Disorders Diagnosis in All Studies Included – Positive Symptoms

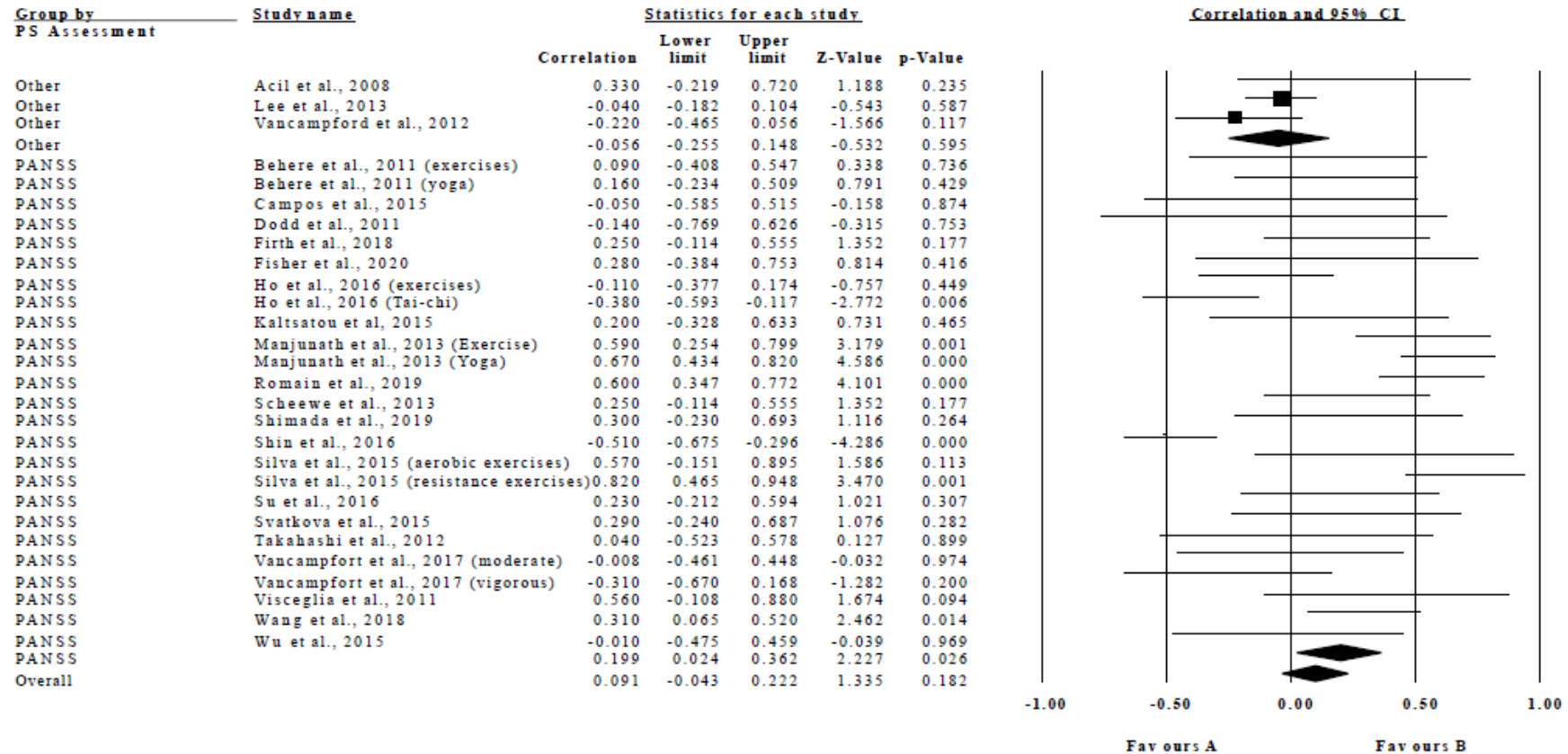
Meta Analysis



Note: Schizophrenia = studies enrolled people with diagnosed schizophrenia included; OPD = studies enrolled people with other psychotic disorders diagnosed.

Table S4*Moderating Effects of Symptom Assessment in All Studies Included – Positive Symptoms*

Meta Analysis

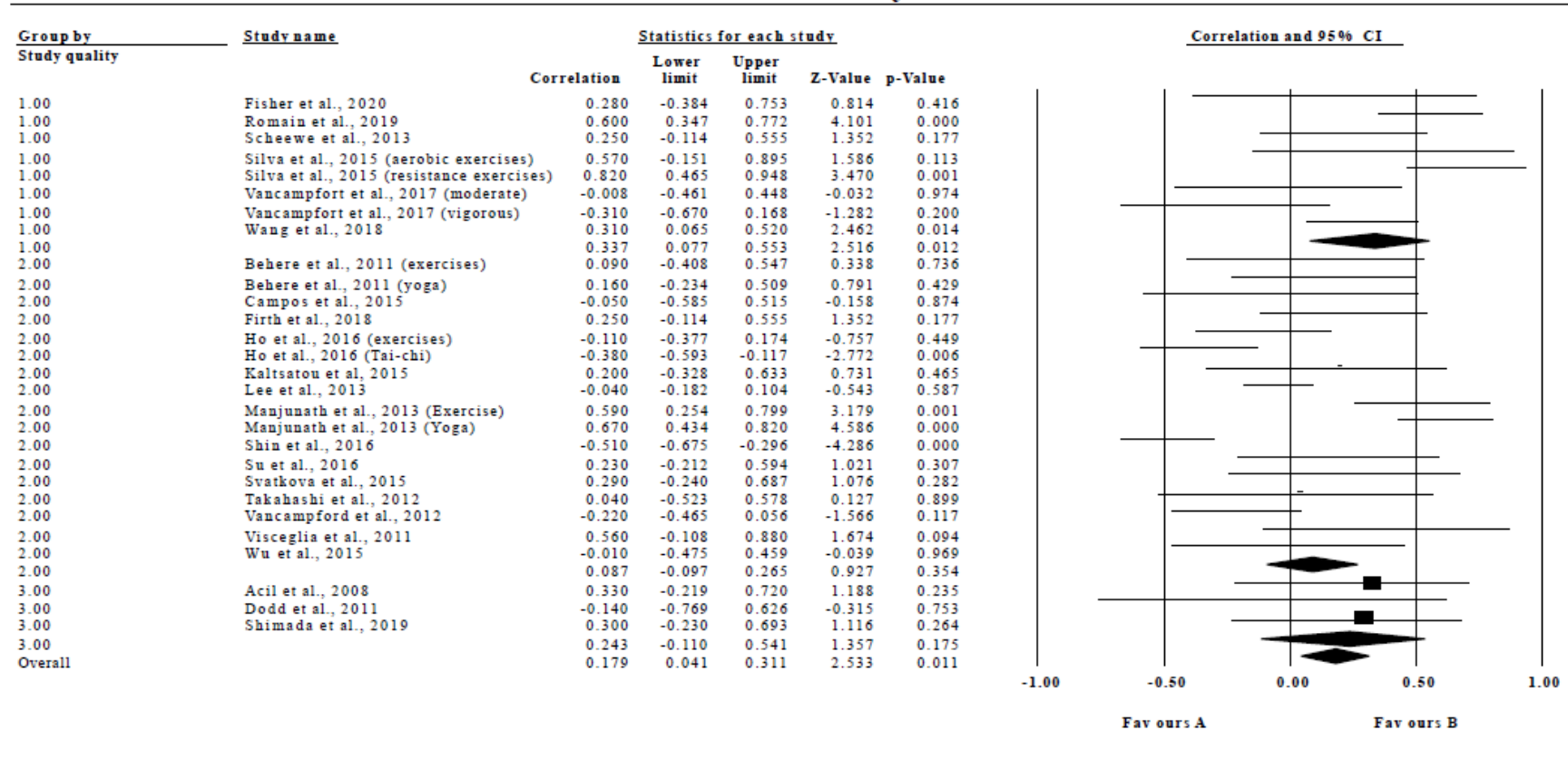


Note: PANSS = Positive and Negative Symptoms Scale; Other = other scales to assess the severity of positive symptoms.

Table S5

Moderating Effects of the Study Quality in All Studies Included – Positive Symptoms

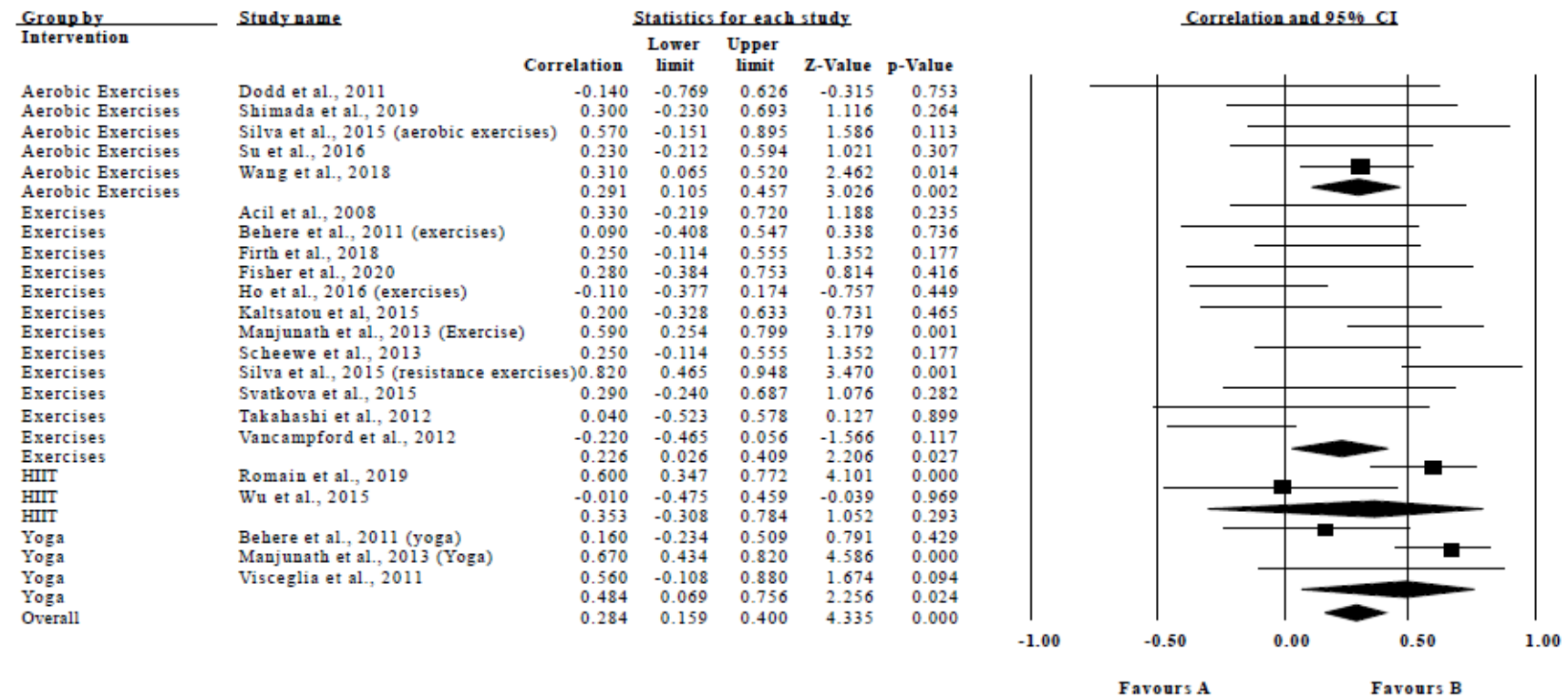
Meta Analysis



Note: 1 = studies with a high level of quality; 2 = studies with a moderate level of quality; 3 = studies with a low level of quality.

Table S6
Moderating Effects of the Type of Physical Activity Intervention – Positive Symptoms

Meta Analysis

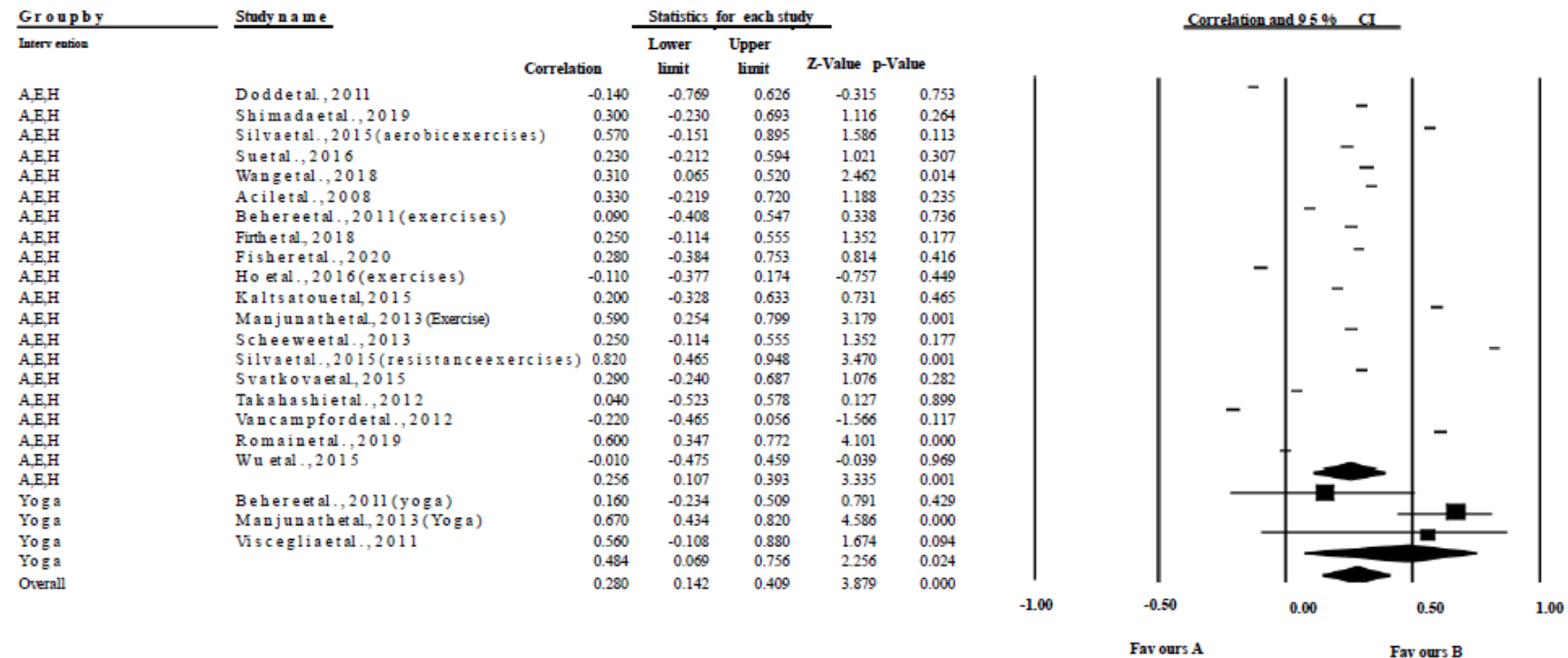


Note: Aerobic Exercise = studies that included aerobic exercises interventions; Exercise = studies that included interventions with various types of exercise, other than aerobic exercise or HIIT (e.g., resistance exercise); HIIT = studies that included high intensity interval training; Yoga = studies that included yoga training only.

Table S7

Moderating Effects of Physical Activity Intervention (Exercise, Aerobic or HIIT Intervention vs Yoga) – Positive Symptoms

Meta Analysis

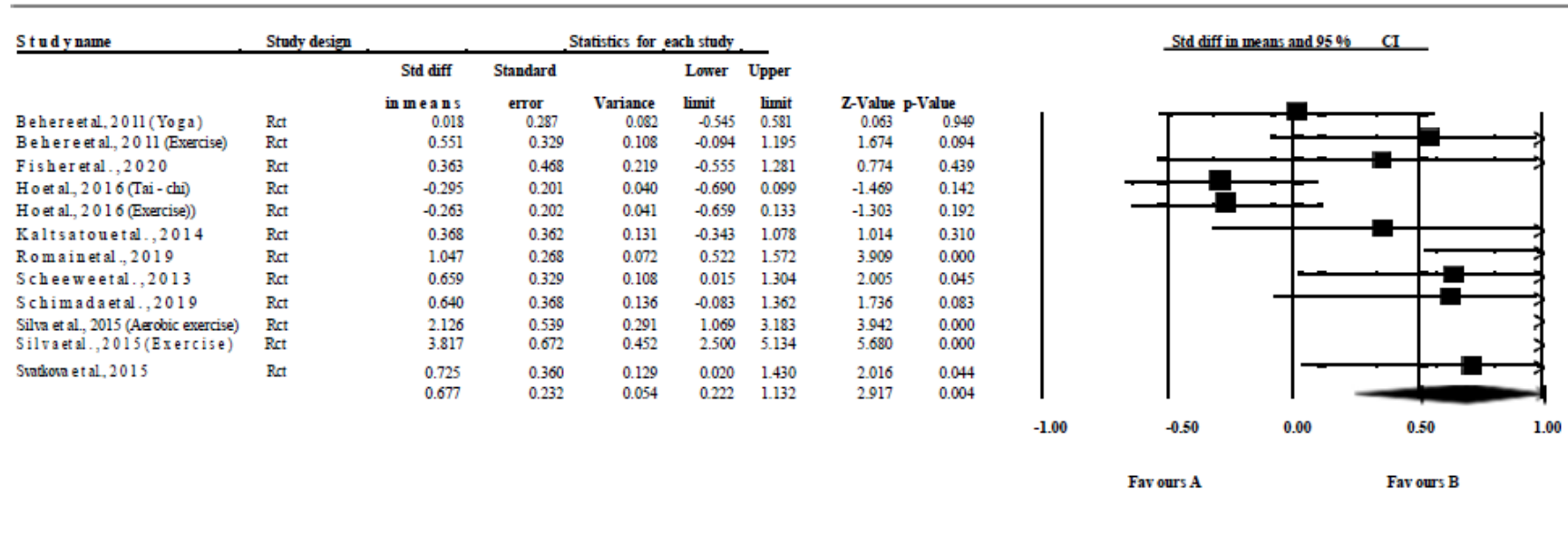


Note: A = Aerobic exercises; E = other exercise interventions; H = High intensity interval training; P = psychoeducation; Y = yoga.

Table S8

Overall Effects for Randomized Controlled Trials/Controlled Trials - Positive Symptoms

Meta Analysis

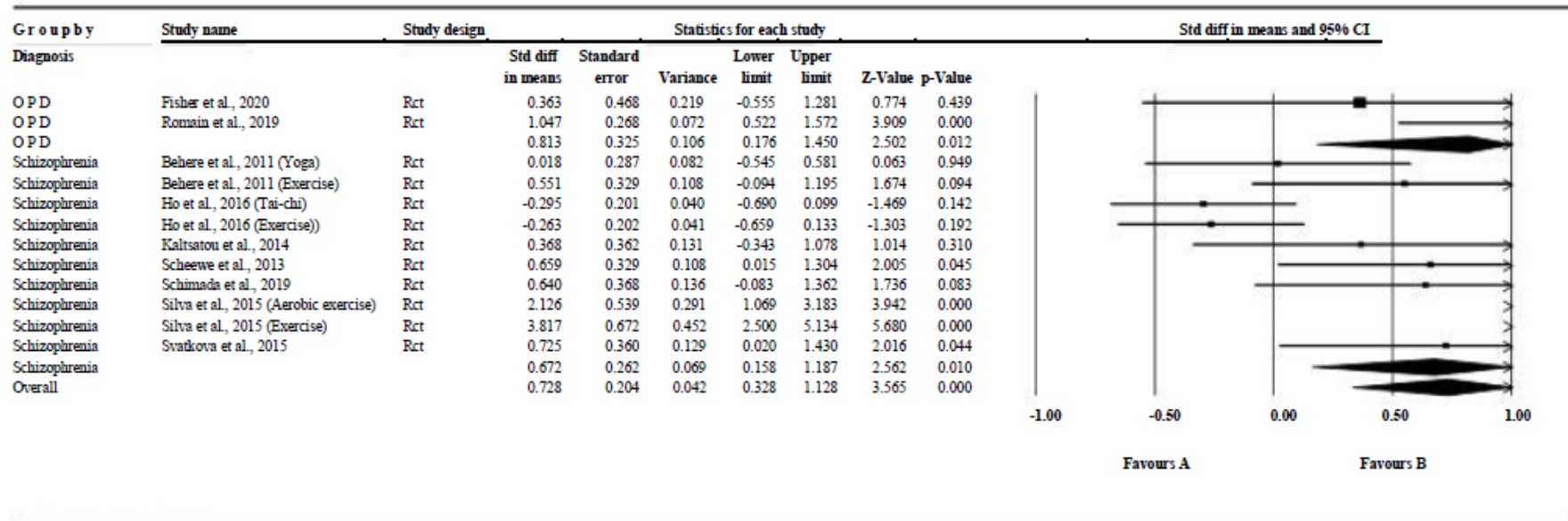


Note: RCT = randomized controlled trials/controlled trials.

Table S9

Moderating Effects of the Type of Psychotic Disorders Diagnosis in Randomized Controlled Trials/Controlled Trials– Positive Symptoms

Meta Analysis

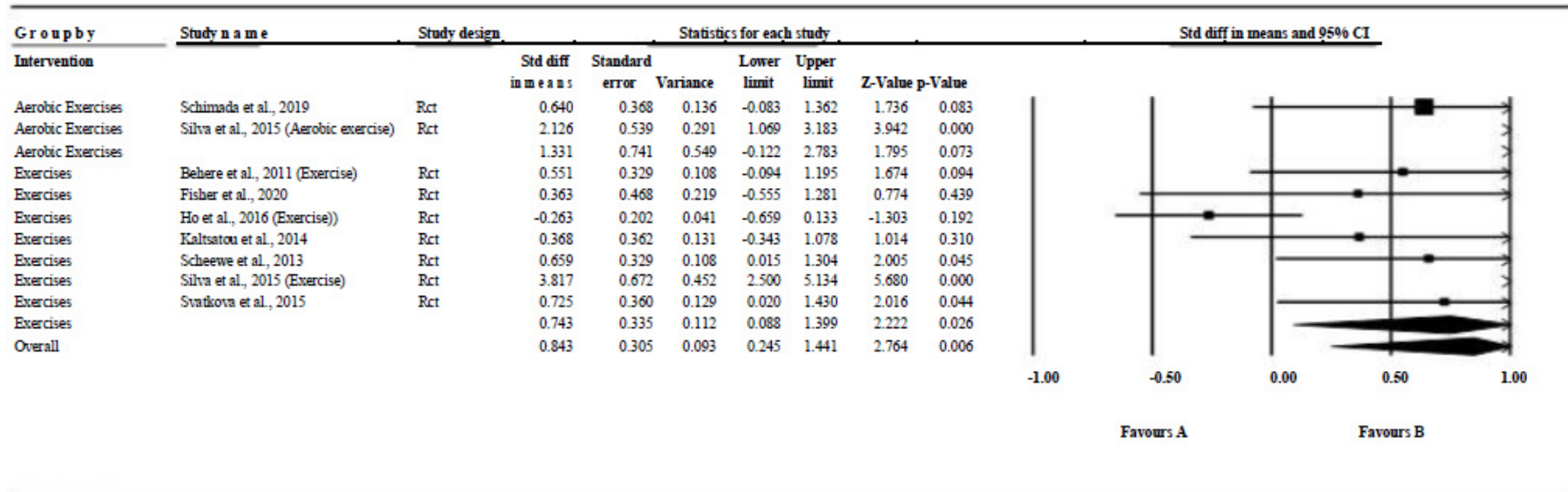


Note: Schizophrenia = studies enrolled people with diagnosed schizophrenia included; OPD = studies enrolled people with other psychotic disorders diagnosed; RCT = randomized controlled trials/controlled trials.

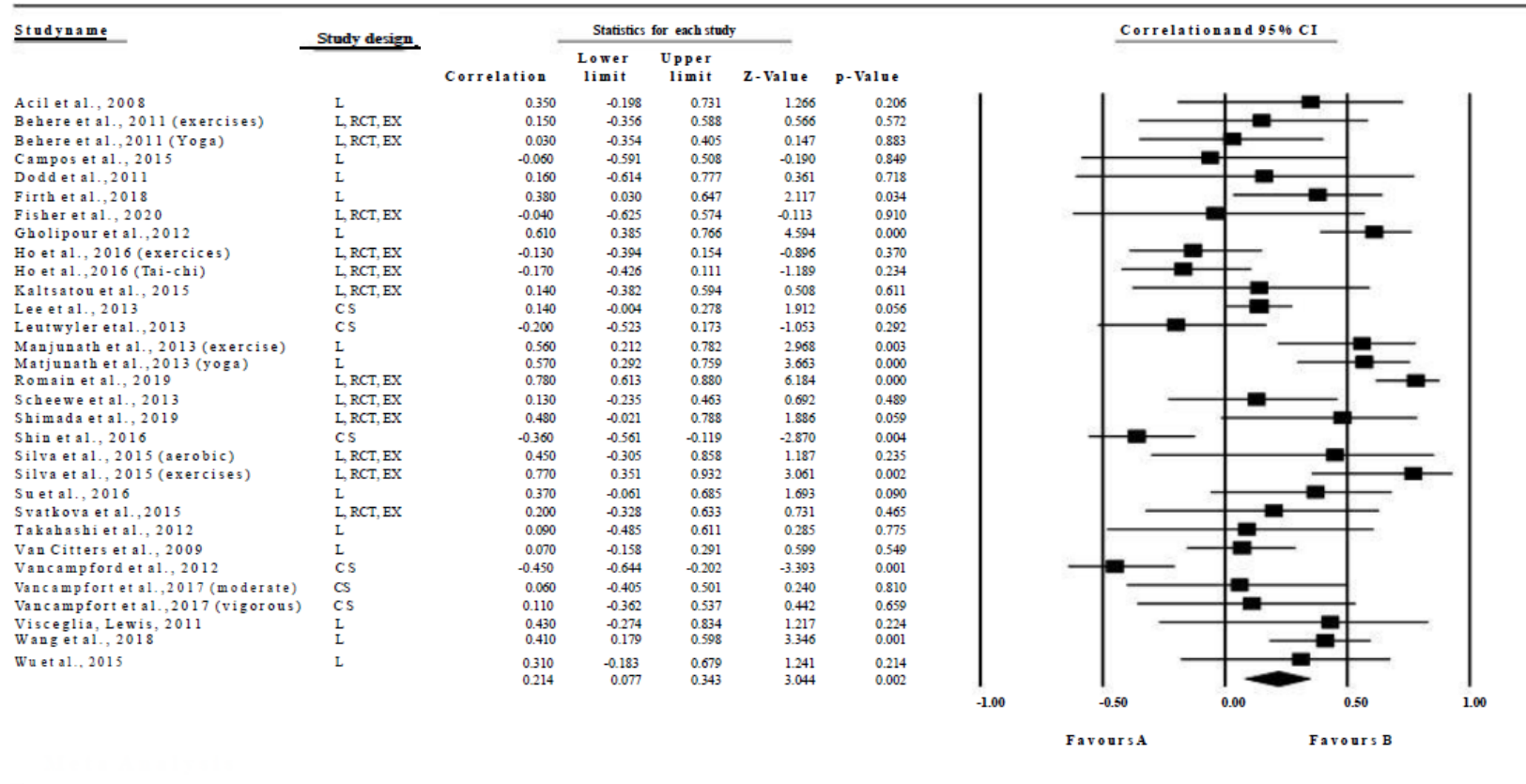
Table S10

Moderating Effects of the Type of Physical Activity Intervention in Randomized Controlled Trials Included – Positive Symptoms

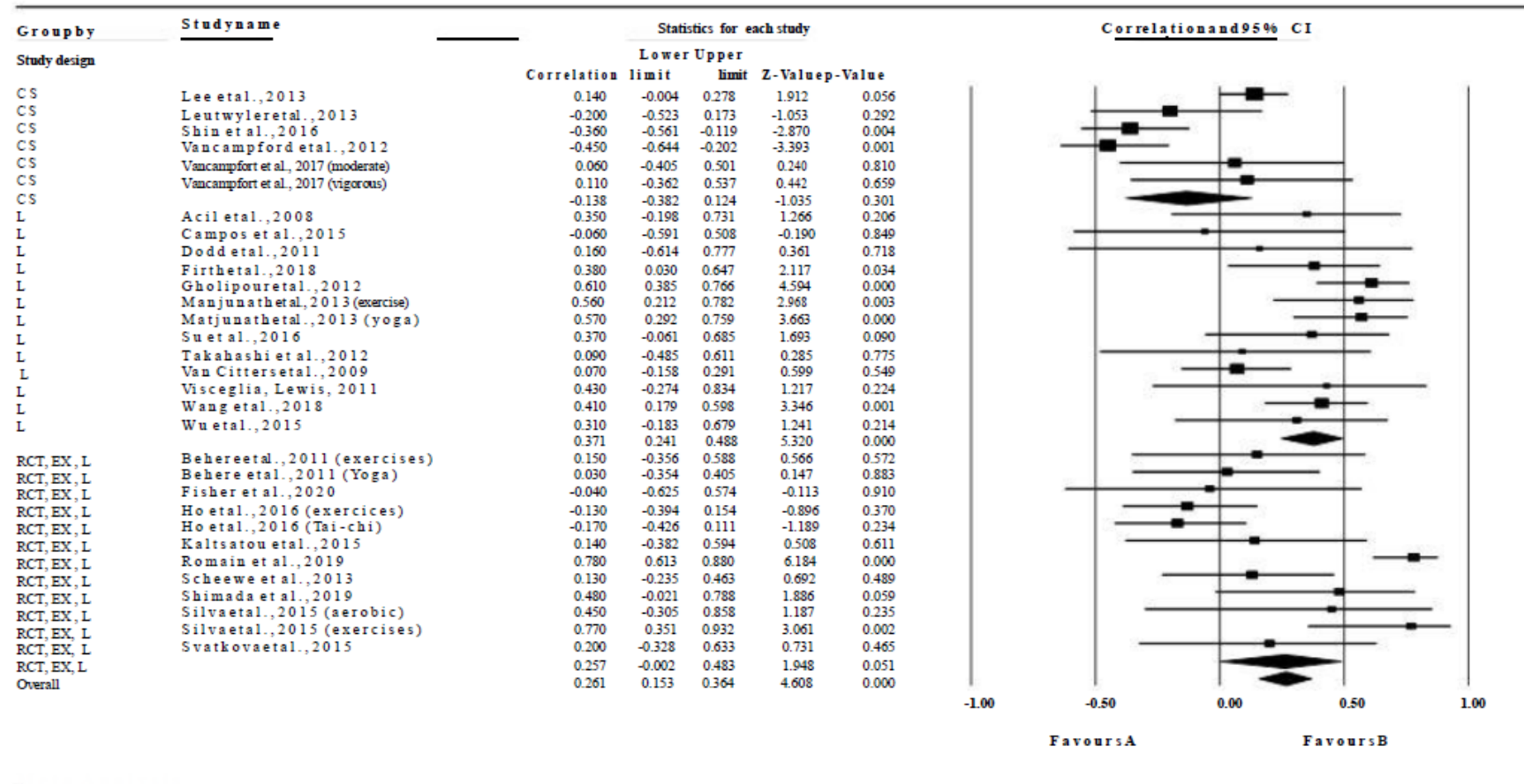
Meta Analysis



Note: RCT = randomized controlled trials/ controlled trials; Aerobic Exercise = studies with aerobic exercises intervention; Exercises = studies with exercise interventions other than aerobic exercise or HIIT (e.g., resistance training).

Table S11*Overall Effects for All Type of Studies Included - Negative Symptoms***Meta Analysis**

Note: RCT = randomized controlled trials/controlled trials; EX = longitudinal studies with an intervention, no control group; L = observational-longitudinal studies; CS = observational—cross sectional studies.

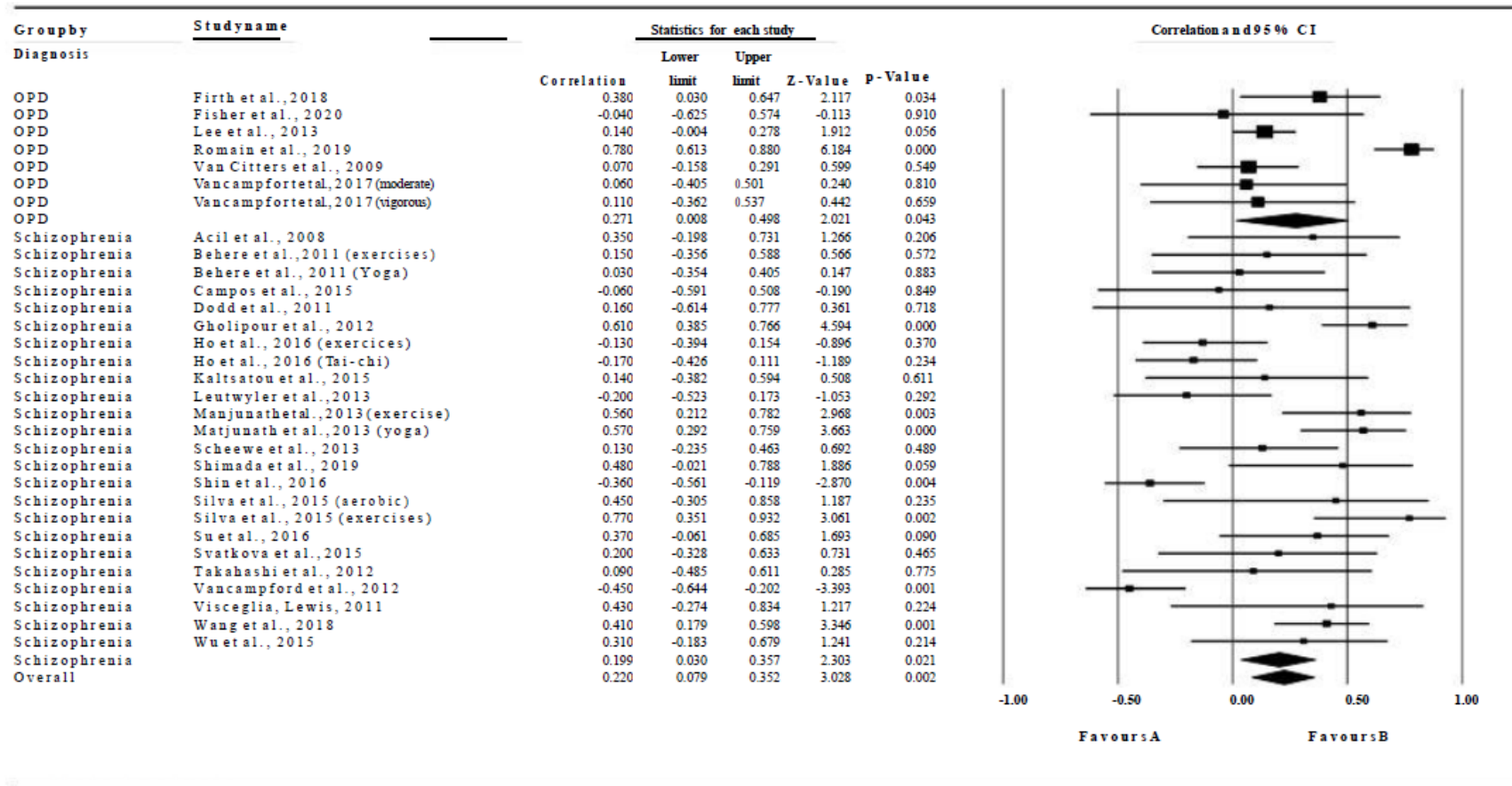
Table S12*Moderating Effects of the Study Design In All Studies Included – Negative Symptoms***Meta Analysis**

Note: RCT = randomized controlled trials/controlled trials; EX = longitudinal studies with an intervention, no control group; L = observational—longitudinal studies; CS = observational—cross sectional studies.

Table S13

Moderating Effects of the Type of Diagnosis of Psychotic Disorders in All Studies Included – Negative Symptoms

Meta Analysis

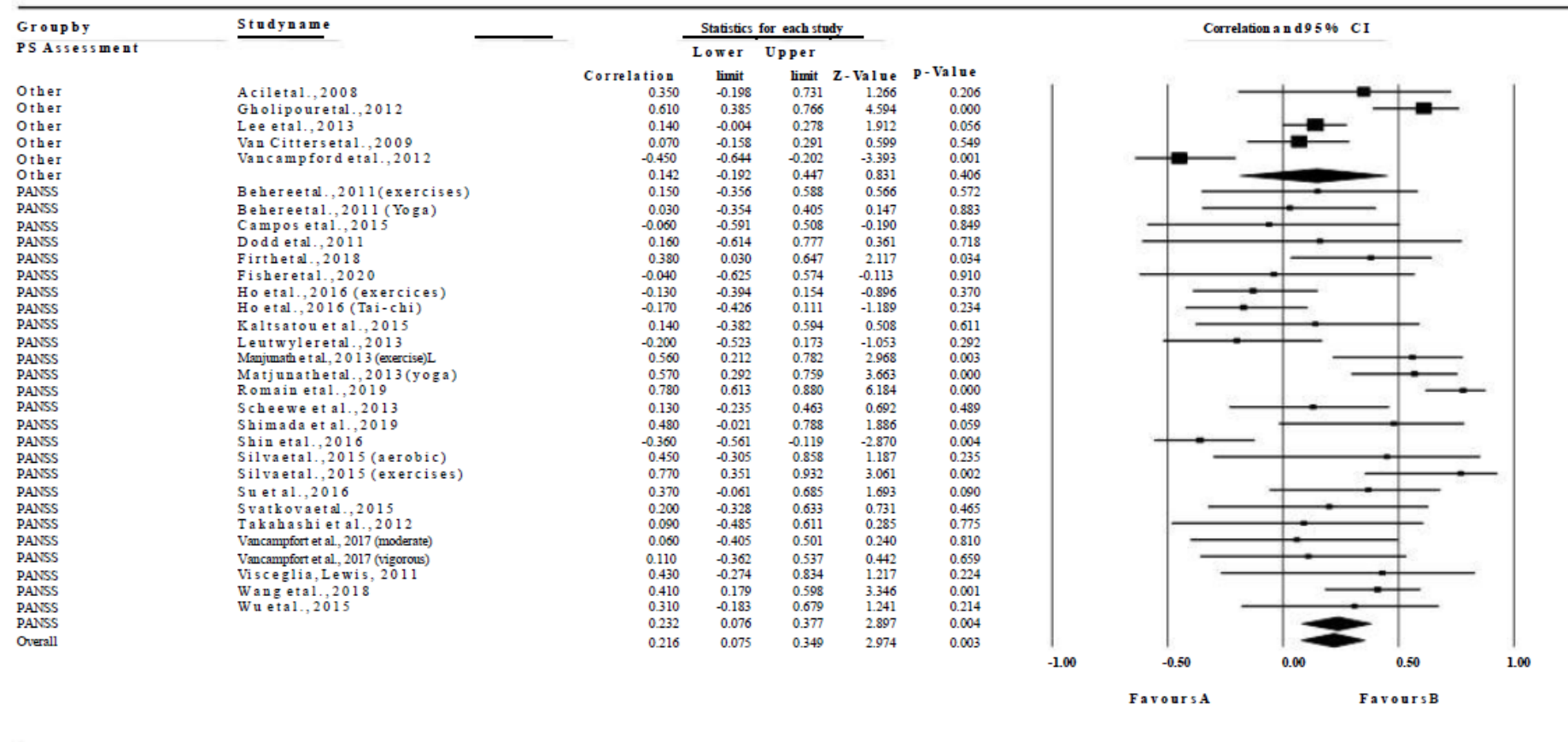


Note: RCT = randomized controlled trials/controlled trials; EX = longitudinal studies with an intervention, no control group; L = observational-longitudinal studies; CS = observational—cross sectional studies; Schizophrenia = studies enrolled people with diagnosed schizophrenia; OPD = studies enrolled people with other psychotic disorders diagnosed.

Table S14

Moderating Effects of Symptom Assessment in All Studies Included – Negative Symptoms

Meta Analysis

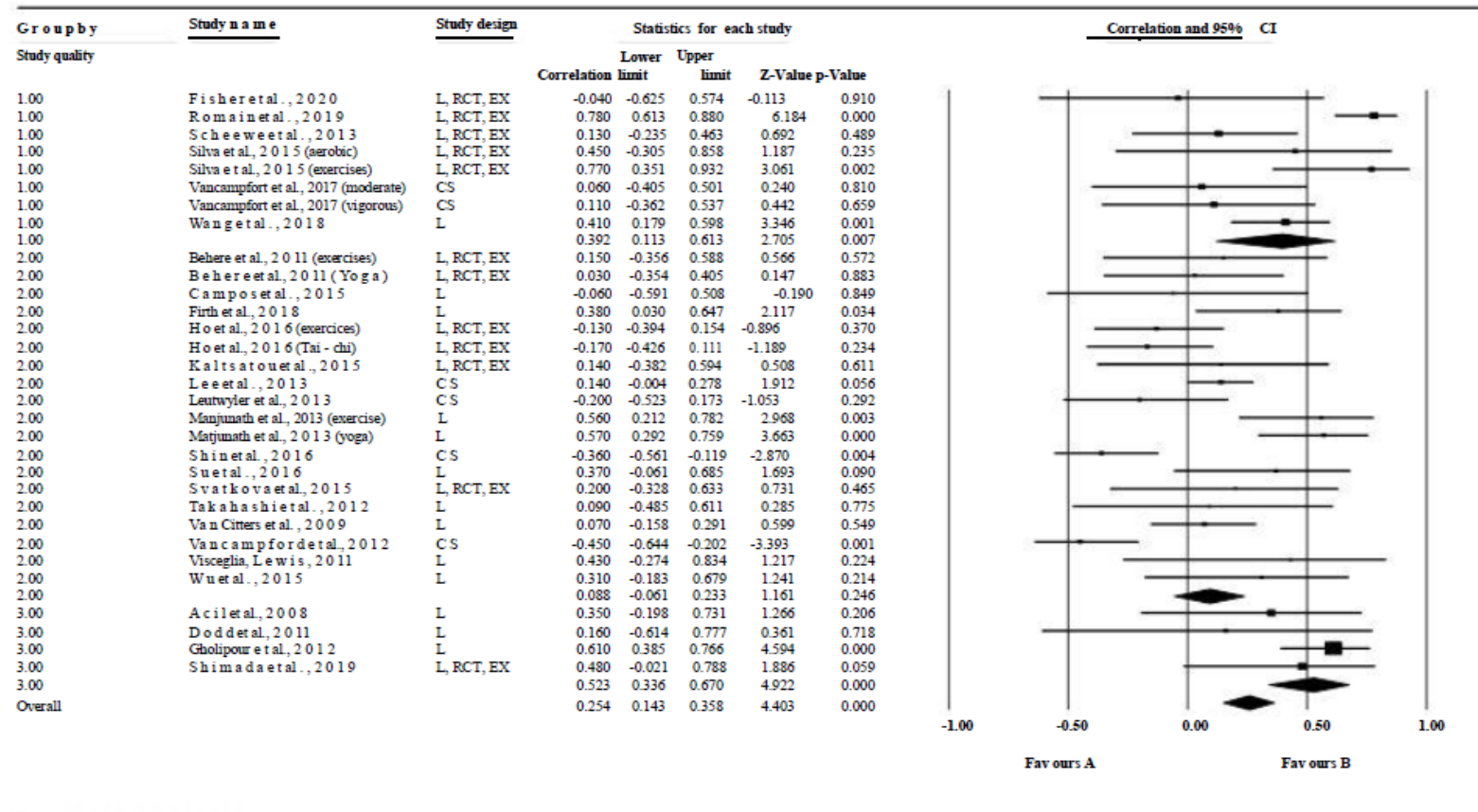


Note: PANSS = Positive and Negative Symptoms Scale; Other = other scales to assess the severity of positive symptoms; RCT = randomized controlled trials/controlled trials; EX = longitudinal studies with an intervention, no control group; L = observational-longitudinal studies; CS = observational—cross sectional studies.

Table S15

Moderating Effects of the Study Quality in All Studies Included – Negative Symptoms

Meta Analysis

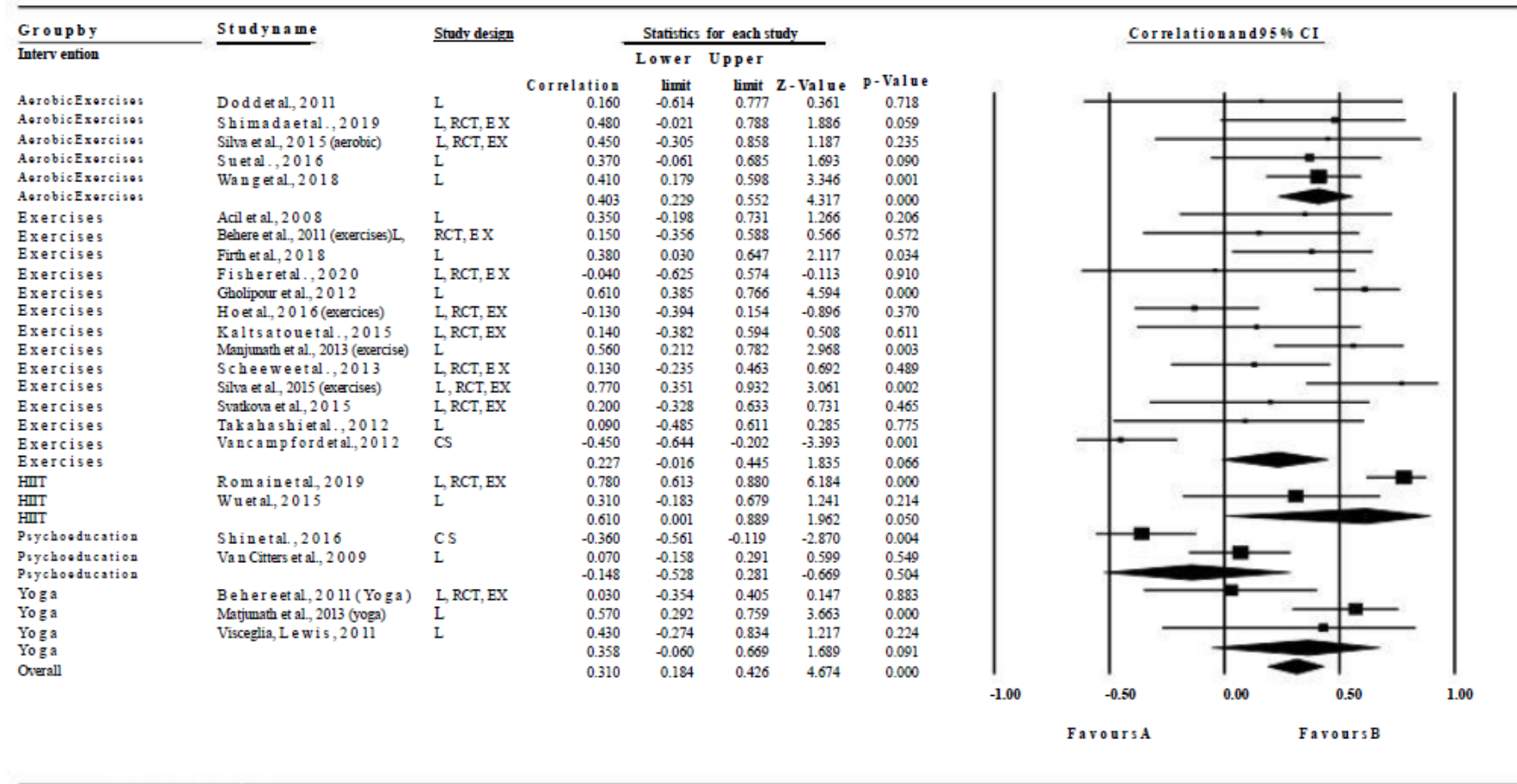


Note: 1 = studies with a high level of quality, 2 = studies with a moderate level of quality, 3 = studies with a low level of quality; RCT = randomized controlled trials/controlled trials; EX = longitudinal studies with an intervention, no control group; L = observational-longitudinal studies; CS = observational—cross sectional studies.

Table S16

Moderating Effects of the Type of Physical Activity Intervention – Negative Symptoms

Meta Analysis



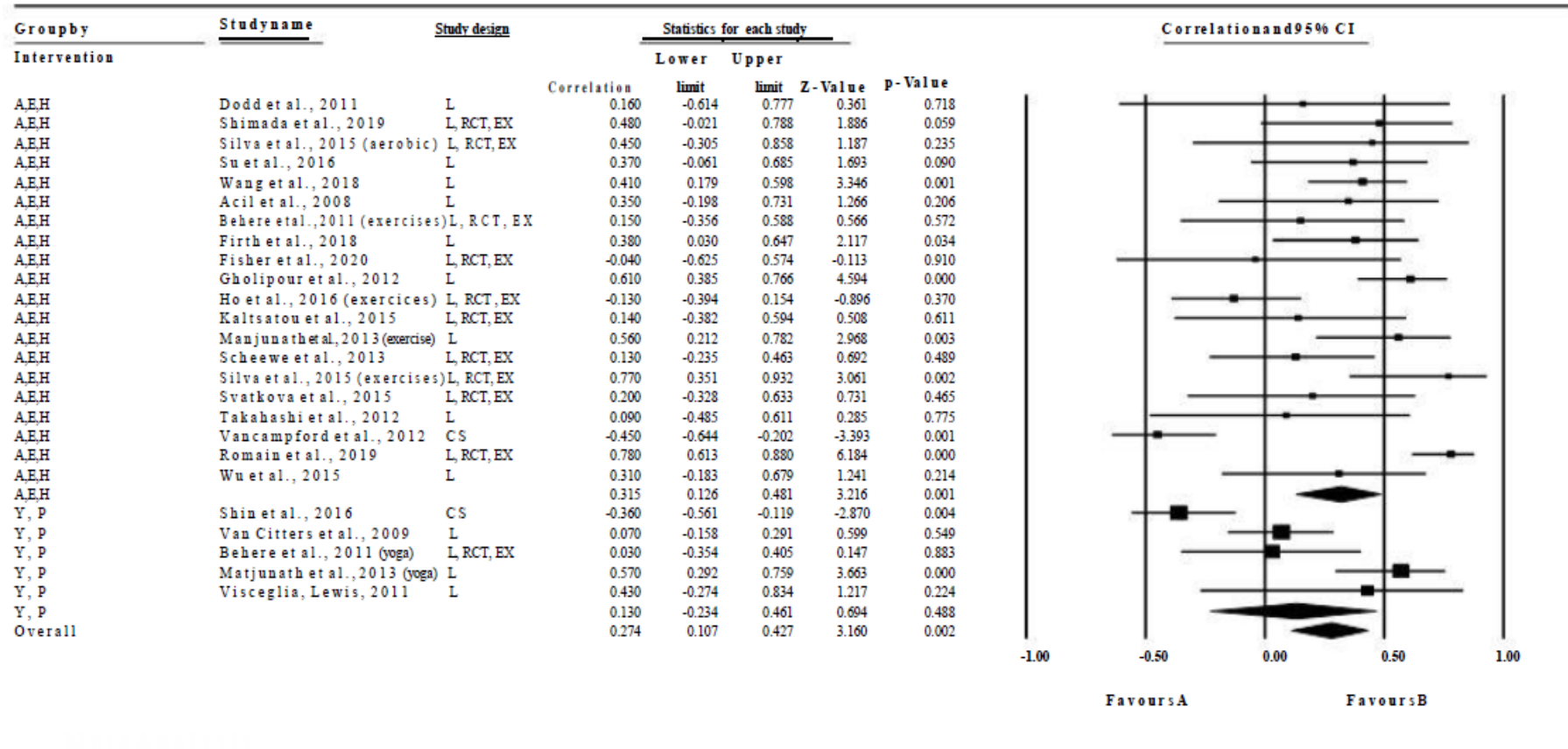
Note: Aerobic Exercises = studies with aerobic exercises interventions; Exercise = studies with interventions with various types of exercise intervention, different from aerobic exercises or HIIT (e.g., resistance exercise); HIIT = studies with high intensity interval training;

Psychoeducation = studies with psychosocial intervention; Yoga = studies with yoga training only; RCT = randomized controlled trials/controlled trials ; EX = longitudinal studies with an intervention, no control group; L = observational-longitudinal studies; CS = observational—cross sectional studies.

Table S17

Moderating Effects of the Type of Combined Physical Activity Intervention – Negative Symptoms

Meta Analysis



Note: A = Aerobic exercises; E = exercises; H = High intensity interval training; P = psychoeducation; Y = yoga; RCT = randomized controlled trials/controlled trials; EX = longitudinal studies with an intervention, no control group; L = observational-longitudinal studies; CS = observational—cross sectional studies.

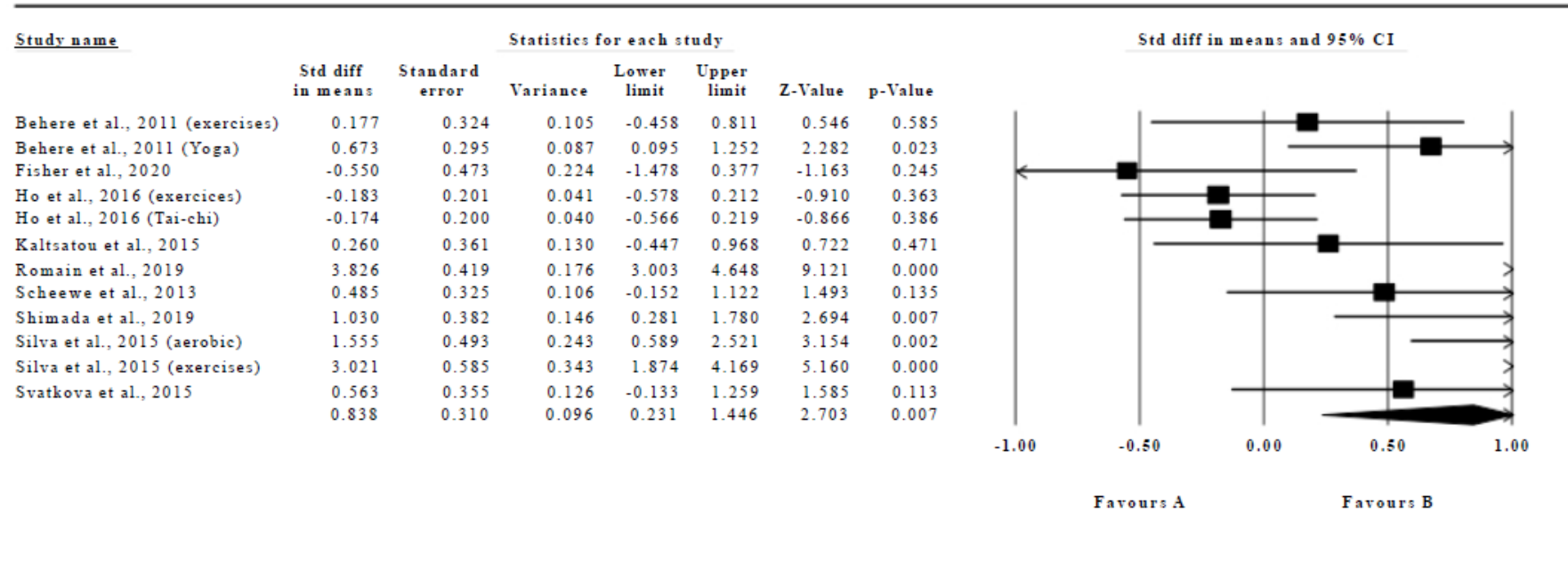
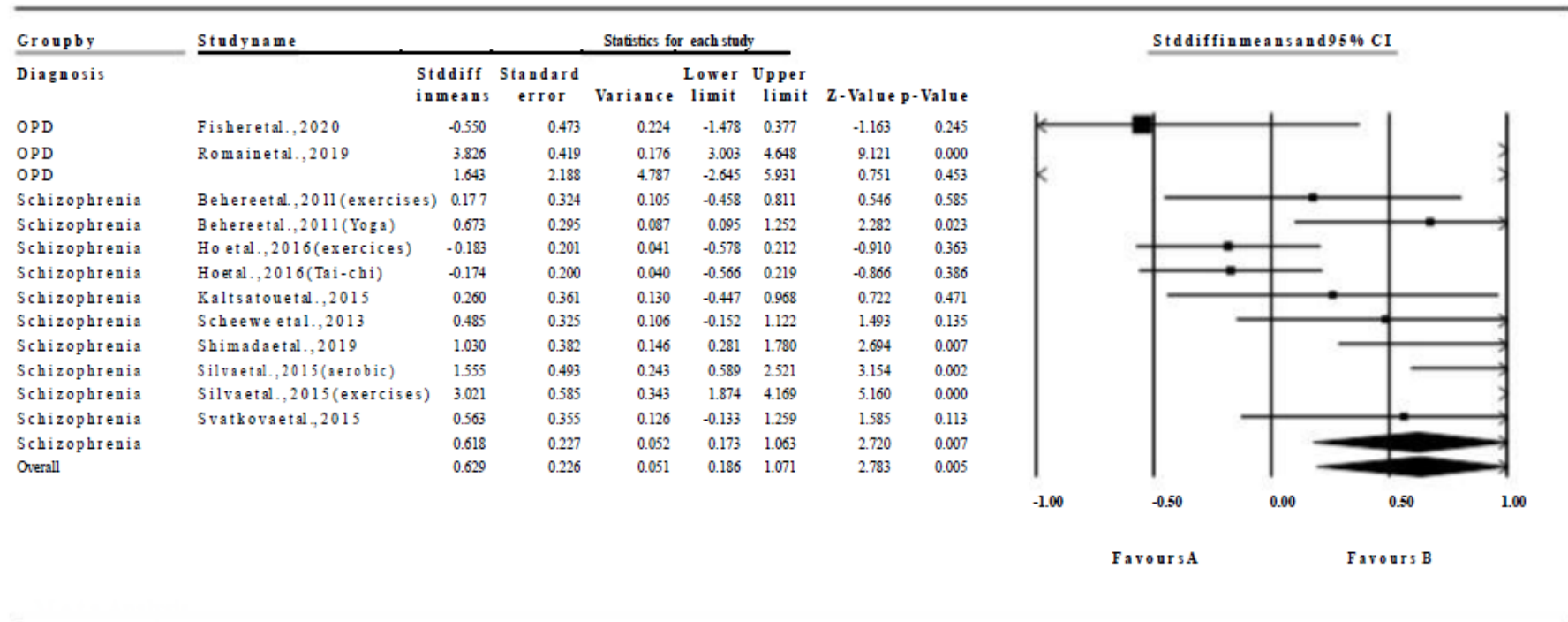
Table S18*Overall Effects for Randomized Controlled Trials Included - Negative Symptoms***Meta Analysis**

Table S19

Moderating Effects of the Type of Diagnosis in Randomized Controlled Trials Included - Negative Symptoms

Meta Analysis

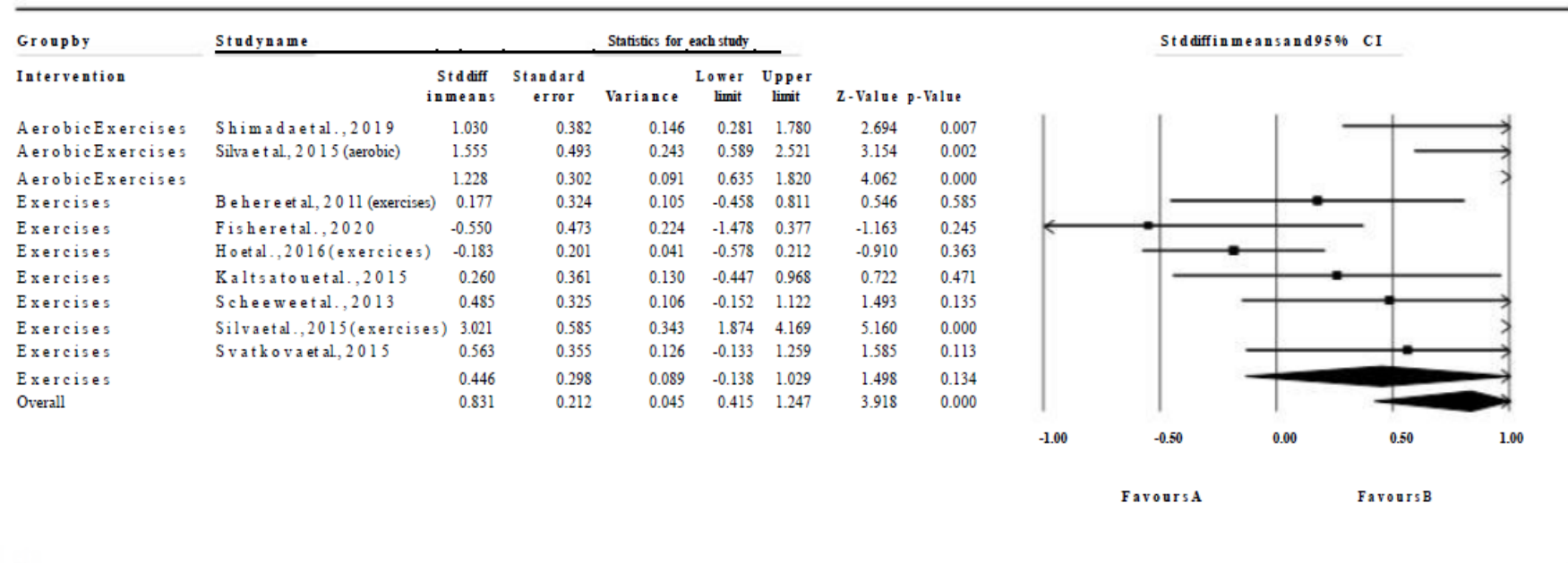


Note: Schizophrenia = studies enrolled people with diagnosed schizophrenia; OPD = studies enrolled people with other psychotic disorders diagnosed; RCT = randomized controlled trials/ controlled trials.

Table S20

Moderating Effects of the Type of Physical Activity Intervention in Randomized Controlled Trials/ Controlled Trials - Negative Symptoms

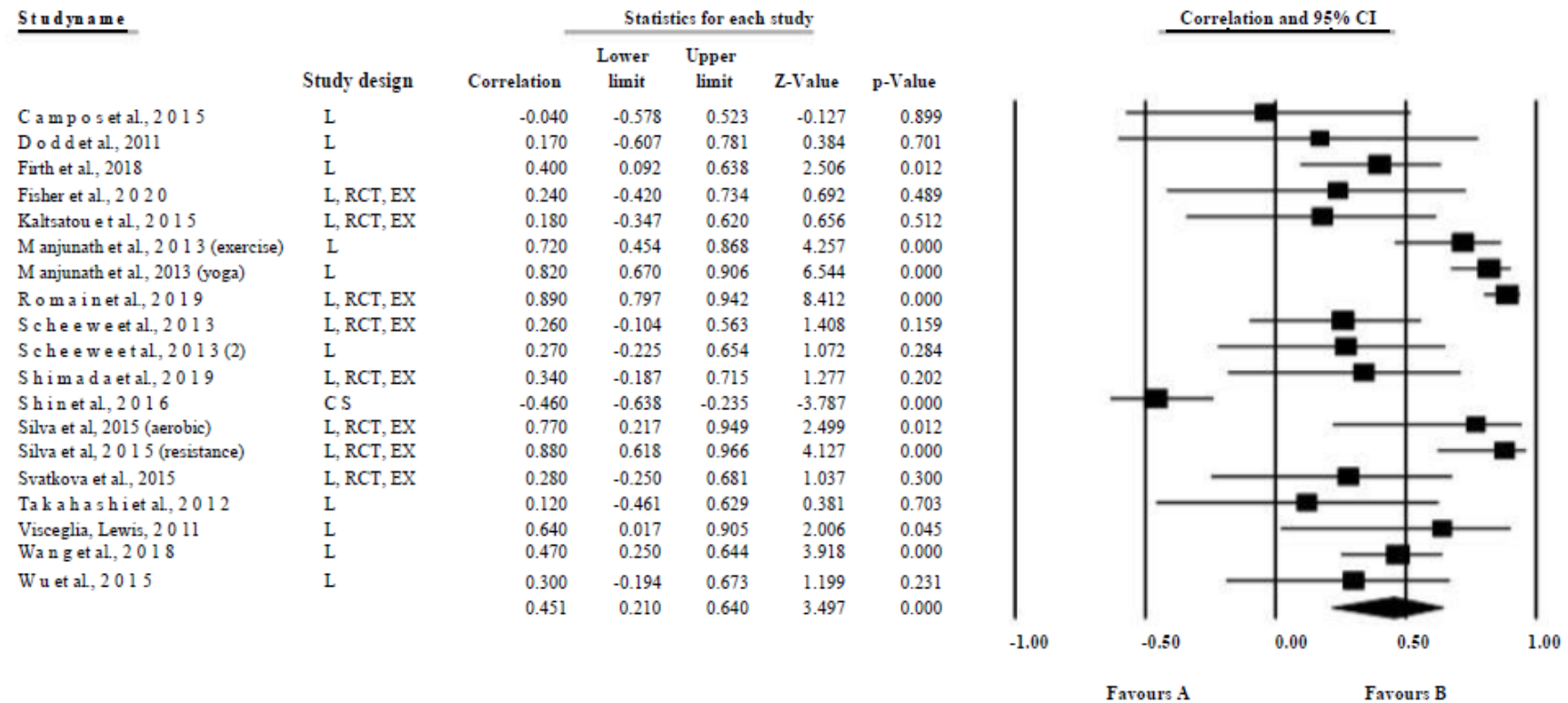
M e t a Analysis



Note: RCT = randomized controlled trial/ controlled trials; Aerobic Exercises = studies with aerobic exercises intervention; Exercises = studies with interventions with various types of exercise intervention, other than HIIT or aerobic exercises (e.g. resistance training).

Table S21*Overall Effects for All Type of Studies Included - General Psychopathology*

Meta Analysis

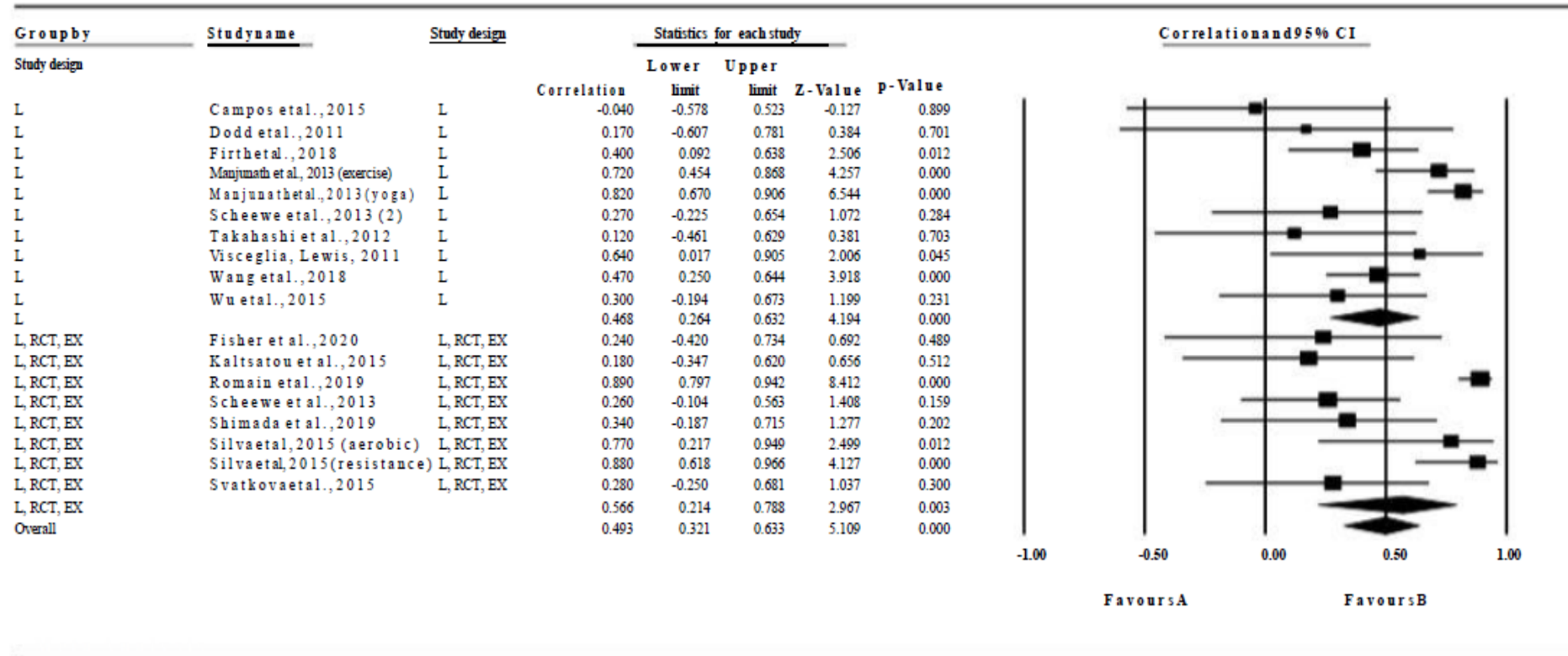


Note: RCT = randomized controlled trials/controlled trials; EX = longitudinal studies with an intervention, no control group; L = observational-longitudinal studies; CS = observational—cross sectional studies.

Table S22

Moderating Effects of the Study Design in all Studies Included – General Psychopathology

Meta Analysis

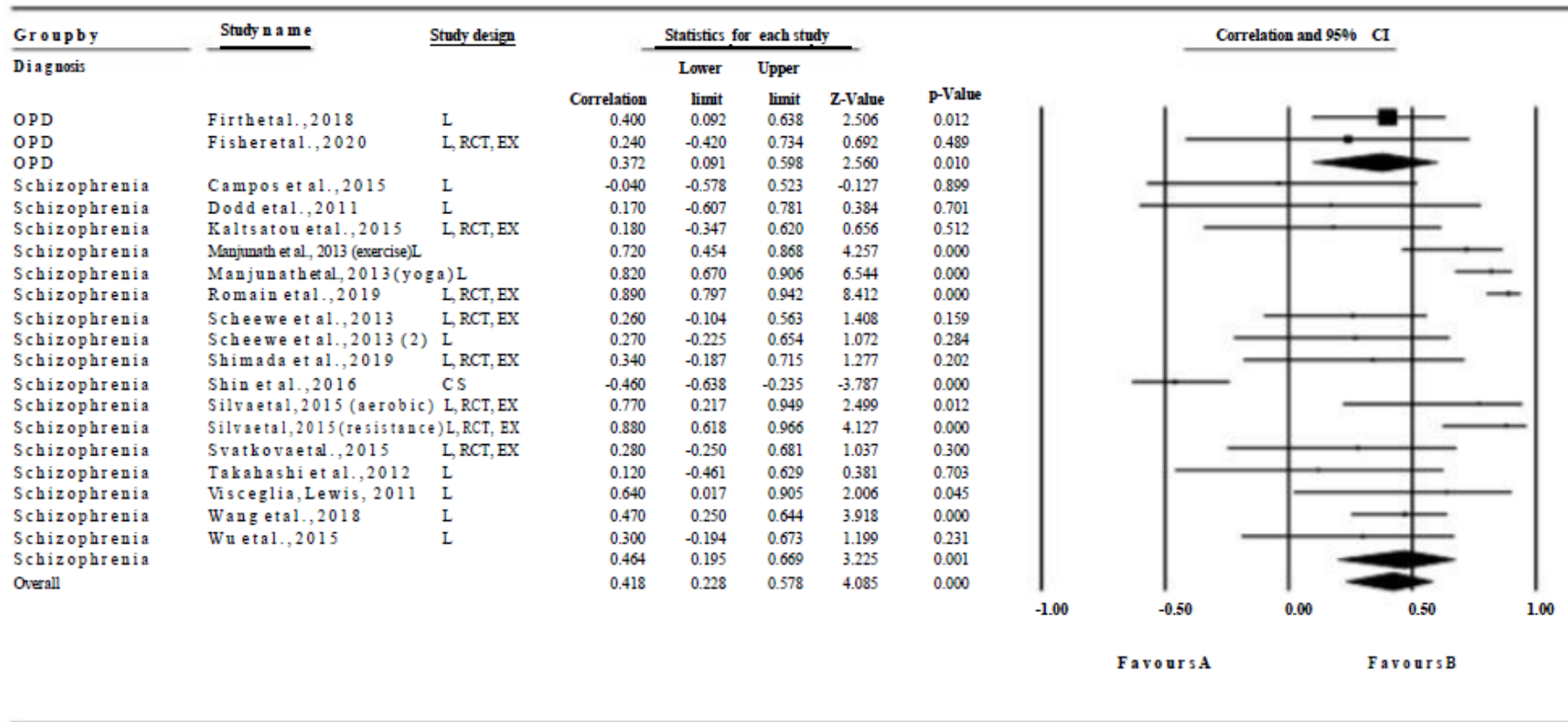


Note: RCT = randomized controlled trials/controlled trials; EX = longitudinal studies with an intervention, no control group; L = observational-longitudinal studies; CS = observational—cross sectional studies.

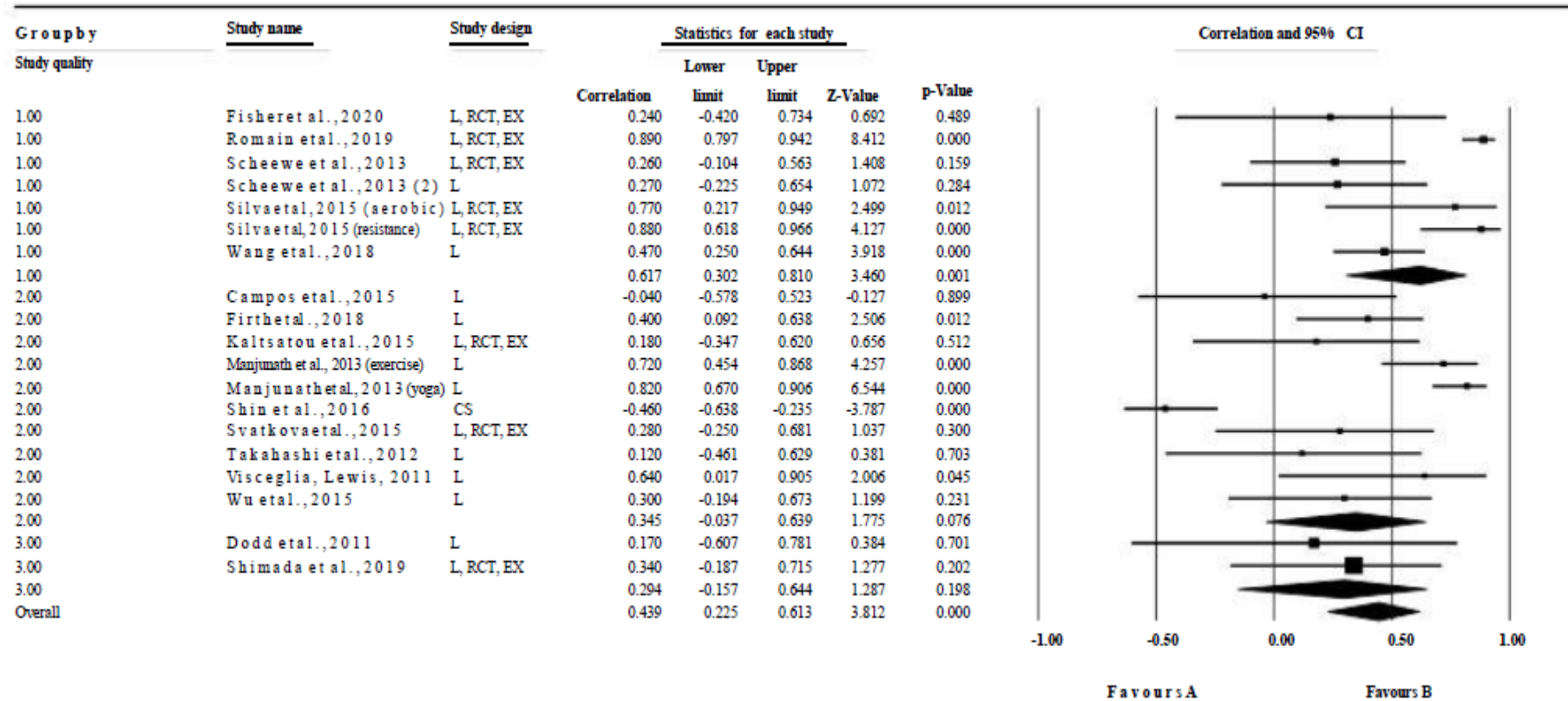
Table S23

Moderating Effects of the Type of Diagnosis of Psychotic Disorders in All Studies Included – General Psychopathology

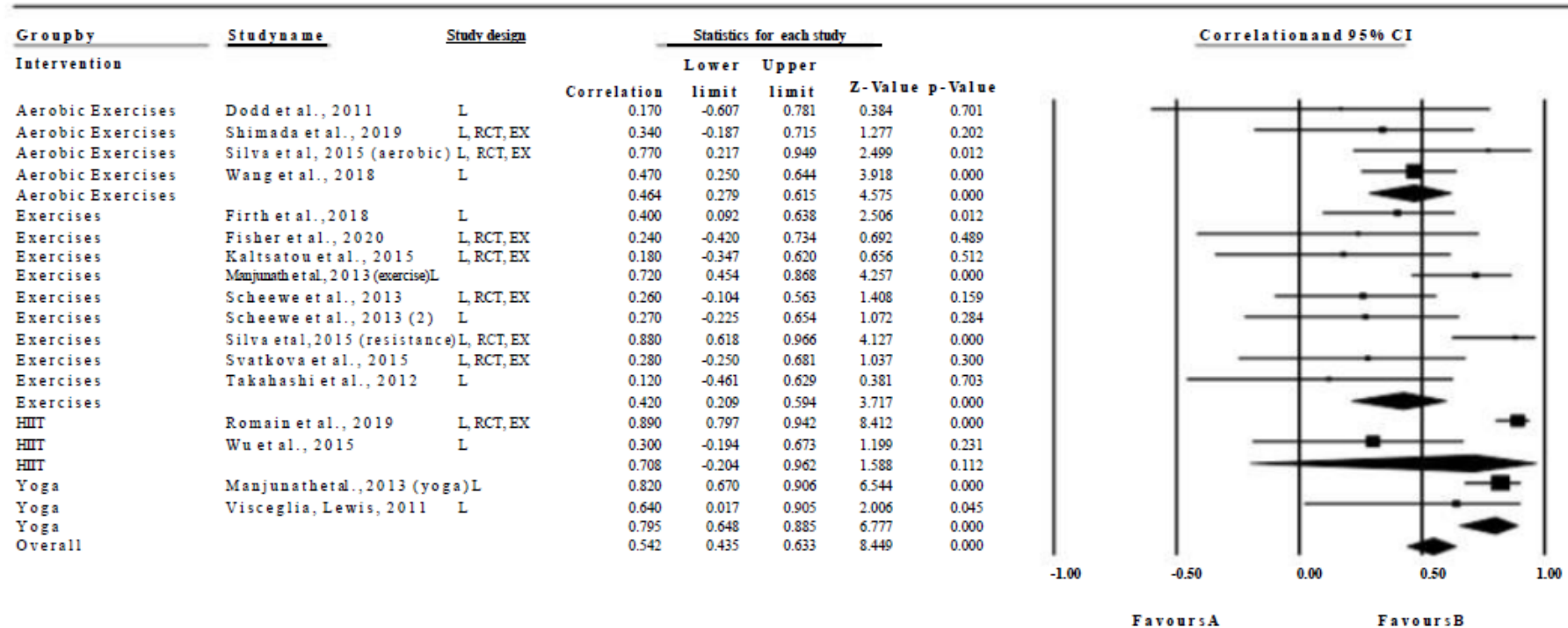
Meta Analysis



Note: Schizophrenia = studies enrolled people with diagnosed schizophrenia; OPD = studies enrolled people with other psychotic disorders diagnosed; RCT = randomized controlled trials/controlled trials; EX = longitudinal studies with an intervention, no control group; L = observational-longitudinal studies; CS = observational—cross sectional studies.

Table S24*Moderating Effects of the Study Quality in All Studies Included – General Psychopathology***Meta Analysis**

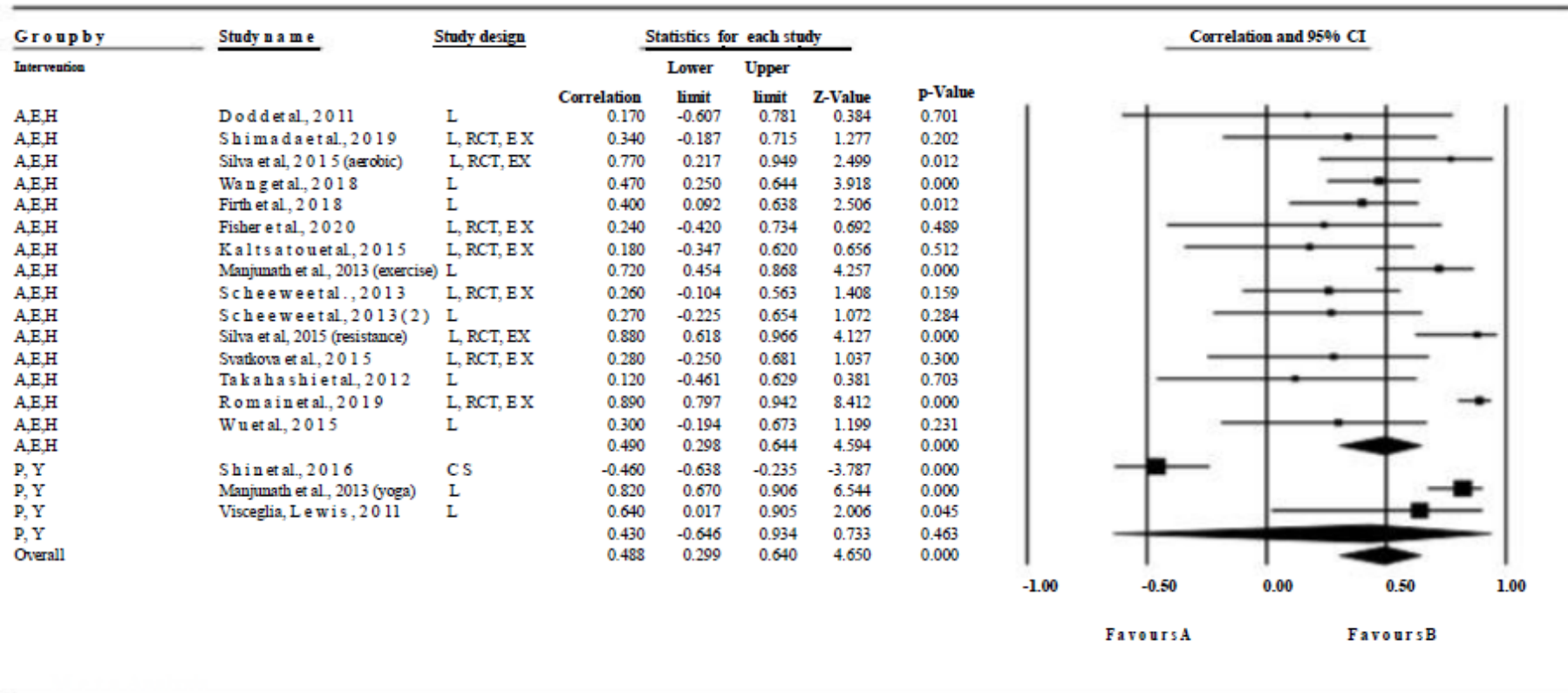
Note: 1 = studies with a high level of quality, 2 = studies with a moderate level of quality, 3 = studies with a high level of quality; RCT = randomized controlled trials/controlled trials; EX = longitudinal studies with an intervention, no control group; L = observational-longitudinal studies; CS = observational—cross sectional studies.

Table S25*Moderating Effects of the Type of Physical Activity Intervention – General Psychopathology***Meta Analysis**

Note: Aerobic Exercises = studies included aerobic exercises interventions; Exercise = studies included interventions with various types of exercises (e.g., resistance exercise); HIIT = studies enrolled high intensity interval training; Yoga = studies enrolled yoga training only; RCT = randomized controlled trials/controlled trials; EX = longitudinal studies with an intervention, no control group; L = observational-longitudinal studies; CS = observational—cross sectional studies.

Table S26*Moderating Effects of Combined Physical Activity Intervention – General Psychopathology*

M e t a Analysis



Note: A = Aerobic exercises; E = exercises; H = High intensity interval training; P = psychoeducation; Y = yoga; RCT = randomized controlled trials/controlled trials EX = longitudinal studies with an intervention, no control group; L = observational-longitudinal studies; CS = observational—cross sectional studies.

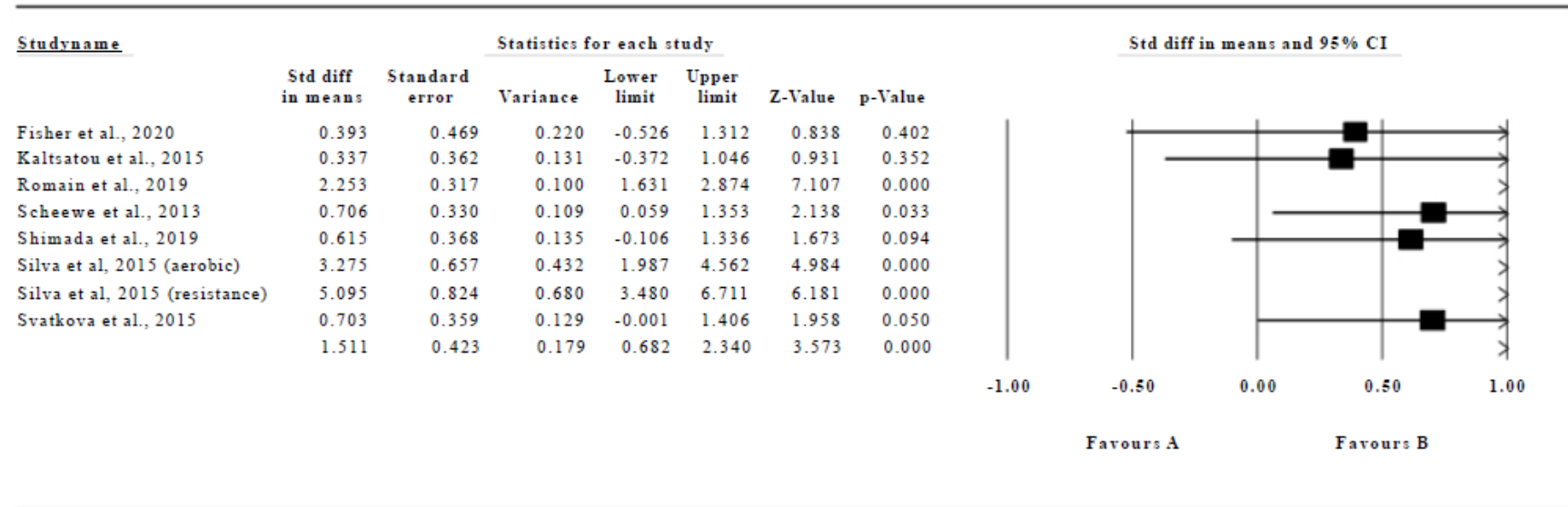
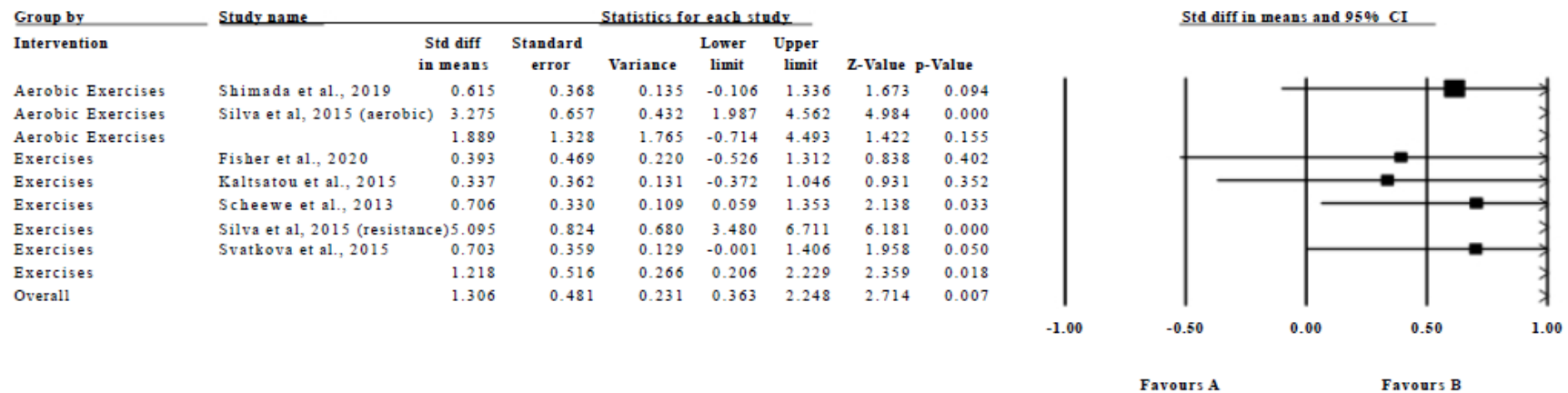
Table S27*Overall Effects for All Randomized Controlled Trials Included - General Psychopathology***Meta Analysis**

Table S28

Moderating Effects of the Type of Physical Activity Intervention in Randomized Controlled Trials – General Psychopathology

Meta Analysis



Note: Aerobic Exercises = studies included aerobic exercises interventions; Exercises = studies included interventions with various types of exercise, other than aerobic exercise or HIIT (e.g., resistance exercise).