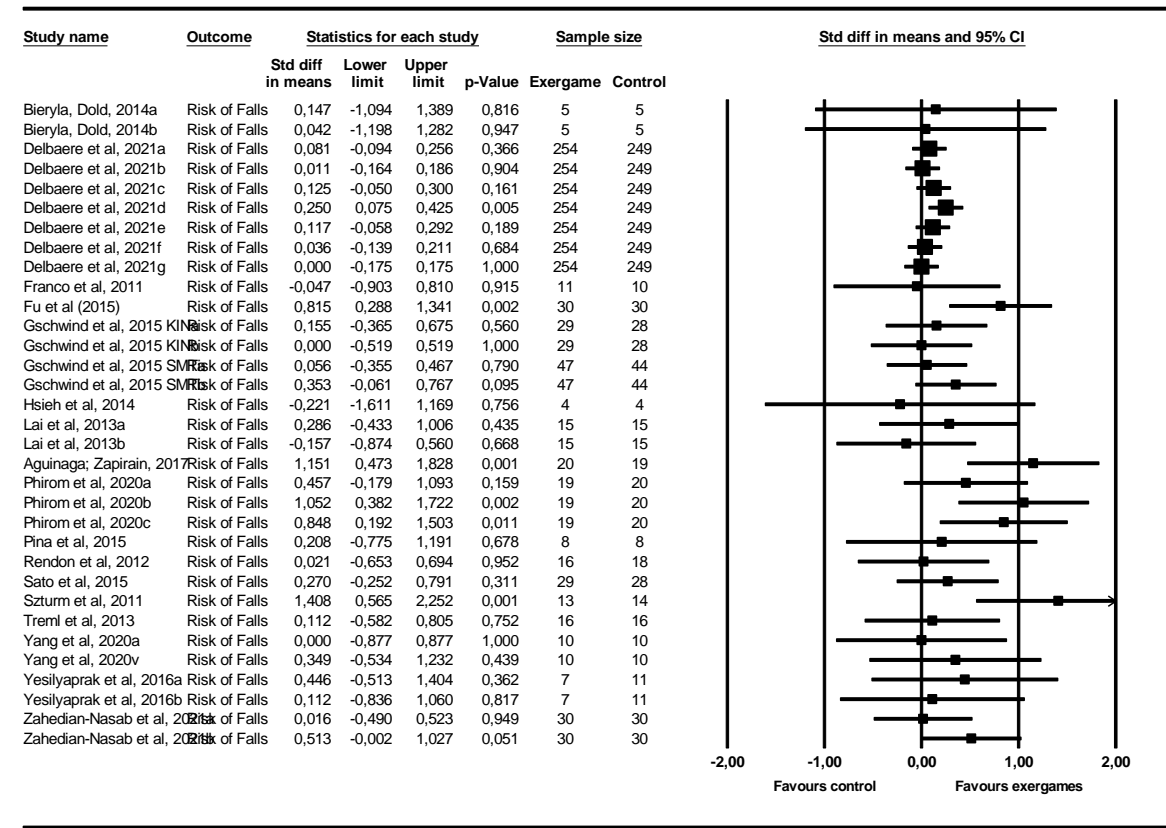


Supplementary material 6: Other meta-analysis

6.1 Risk of falls

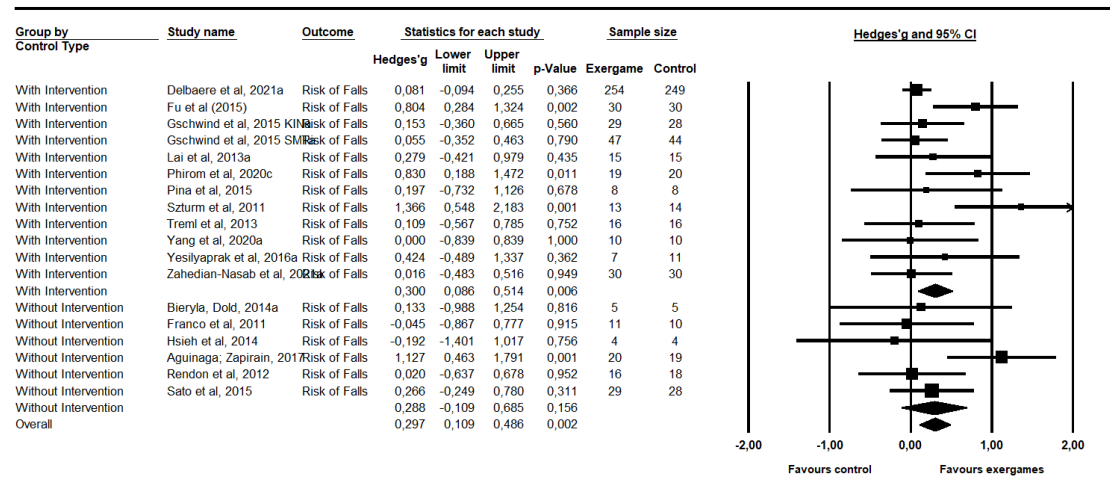
Figure 1: Results of all measurements – risk of falls studies.



Meta Analysis

This image is important for viewing all studies results and their directions

Figure 2: Subgroup analysis: organization by the control group - with or without intervention -



Interventions	I ²	P
With Interventions	45.271%	0.043
Without Interventions	38.004%	0.152

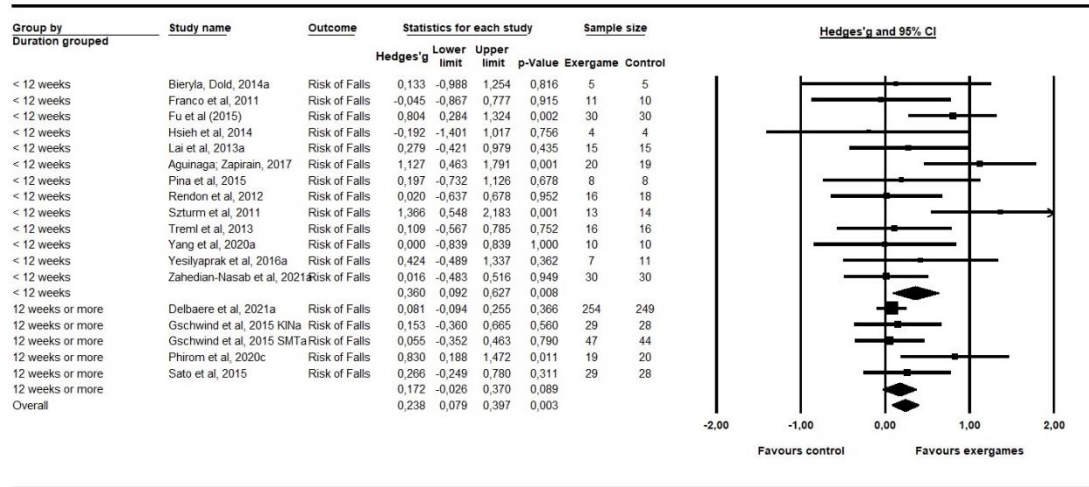
Here the number of studies decreases, as we cannot place the same individuals in the same subgroup. In all cases, the results of the scales most used were maintained.

There was significance only in studies with the control group with intervention. The summary measure, which combines the subgroups, remains significant.

Heterogeneity within subgroups was significant ($P = 0.03$) and between subgroups there was no heterogeneity ($P = 0.49$).

Although without significance in the non-intervention group, both groups still had heterogeneities.

Figure 3: Subgroup analysis - duration of intervention

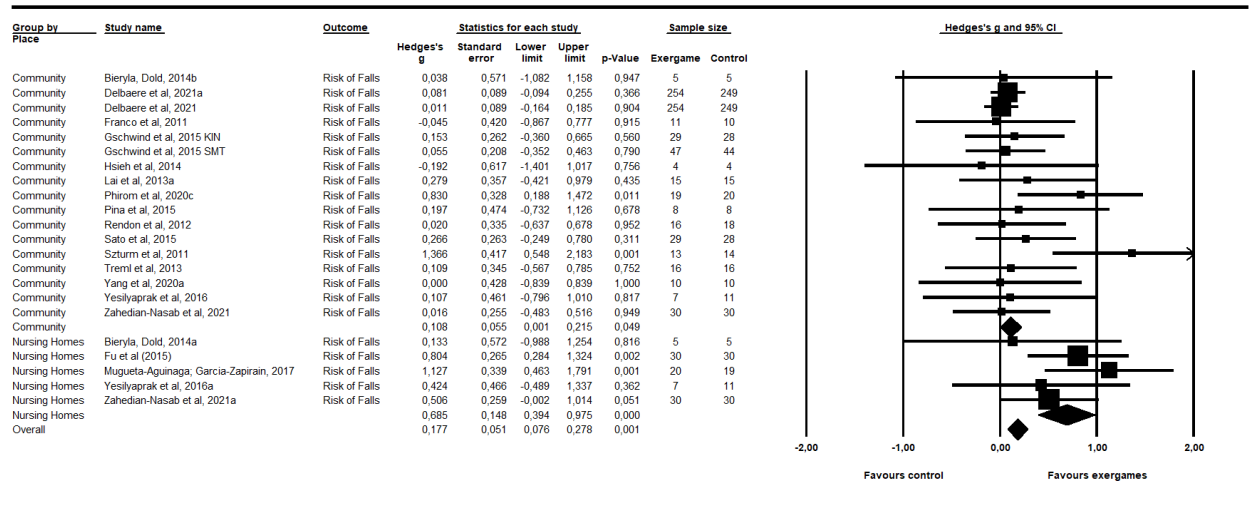


Duration	I ²	P
< 12 weeks	39.690%	0.069
12 weeks or more	24.213%	0.259

There was significance only in the < 12 weeks group. The summary measure that combines the subgroups remains significant. There was no significant heterogeneity within the groups ($P = 0.067$) and between groups ($P = 0.062$).

In the individual analysis, there were no significant heterogeneities. However, there are still high I^2 values, especially in the < 12 weeks group.

Figure 4: Subgroup analysis – place of execution



Place	I ²	P
Community Centers	3,491%	0,413
Nursing homes	0%	0,459

There was significance in both subgroups. The summary measure, which combines the subgroups, remains significant.

There was heterogeneity between the subgroups ($P < 0,001$), but not within subgroups ($P = 0.44$). Therefore, these subgroups more effectively explained the heterogeneity among studies.

6.2 Balance

Figure 5: Results of all measurements – balance studies

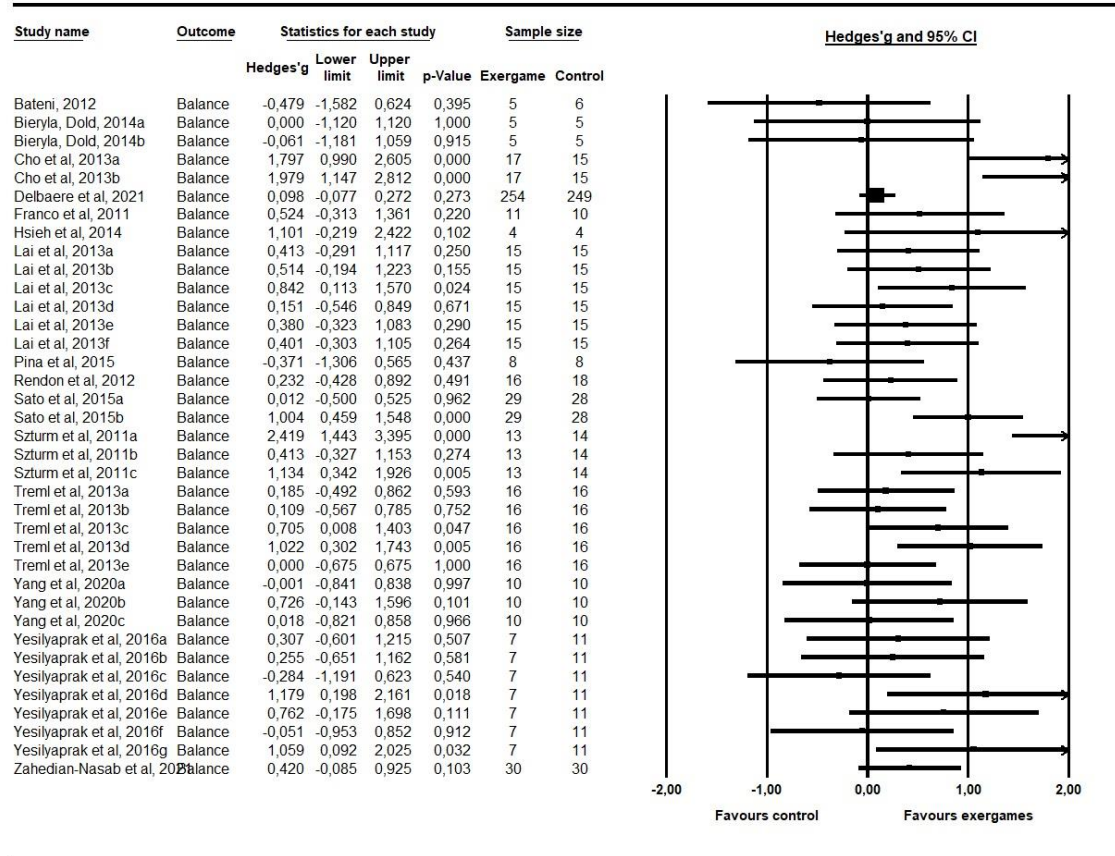
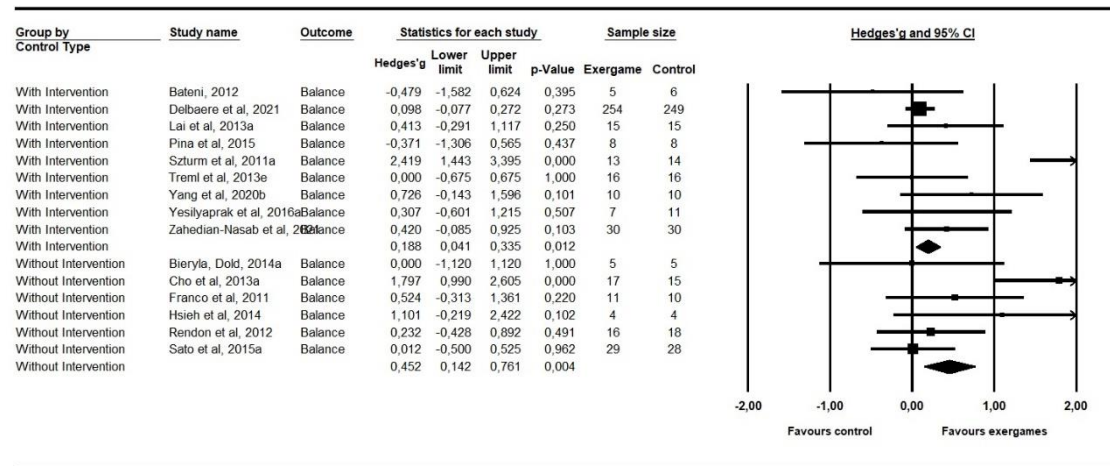


Figure 6: Subgroup analysis: organization by the control group - with or without intervention (balance studies)

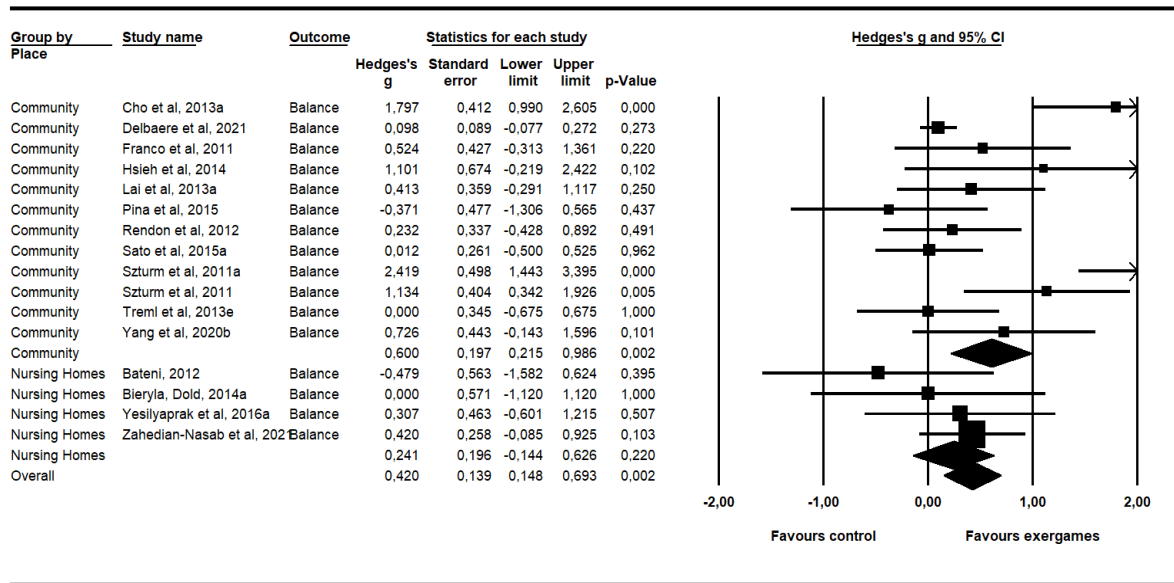


Interventions	I ²	p
With Interventions	70.291%	0.007
Without Interventions	67.757%	0.008

There was heterogeneity within groups ($P < 0.001$) but not between groups ($P = 0.132$). Both summary measures were significant. There were great and significant heterogeneities.

Subgroup analysis by duration of intervention was not performed, as there were only two studies in the group of studies with 12 weeks or more.

Figure 7: Subgroup analysis – place of execution (balance studies)



Place	I ²	P
Community Centers	76,685%	<0,001
Nursing homes	0%	0,509

There was heterogeneity within groups ($P < 0.001$) but not between groups ($P = 0.914$). There were great and significant heterogeneities only in the “community centers” group.

There was significance only in the “community centers” group. The summary measure that combines the subgroups remains significant.