3.4.1 Cadence

Sensitivity Analysis	Heterogeneity	Effect size: MD[95% CI]
Bukowska 2016 excluded	I^2 = 84%, P = 0.002	3.13 [-8.00, 14.26], P = 0.58
Calabrò 2019 excluded	I^2 = 32%, P = 0.23	6.50 [1.37, 11.62], P = 0.01
Chaiwanichsiri 2011 excluded	I^2 = 84%, P = 0.002	2.93 [-6.50, 12.35], P = 0.54
Thaut 1996 excluded	I^2 = 62%, P = 0.07	0.33 [-6.51, 7.17], P = 0.92

3.5.1 Cognitive flexibility

Sensitivity Analysis	Heterogeneity	Effect size: MD[95% CI]
Bugos 2021 excluded	I^2 = 55%, P = 0.14	13.63 [-26.91, 54.17], P = 0.51
Park 2021 excluded	I^2 = 0%, P = 0.81	39.43 [10.11, 68.75], P = 0.008
Spina 2016 excluded	I^2 = 75%, P = 0.04	15.33 [-20.38, 51.03], P = 0.40

3.5.3 Quality of life

Sensitivity Analysis	Heterogeneity	Effect size: SMD[95% CI]
Bugos 2021 excluded	I^2 = 91%, P < 0.00001	-0.78 [-2.12, 0.56], P = 0.25
Fodor 2021 excluded	I^2 = 90%, P < 0.00001	-0.90 [-2.18, 0.38], P = 0.17
Pacchetti 2000 excluded	I^2 = 0%, P = 0.64	-0.09 [-0.45, 0.27], P = 0.64
Shah 2020 excluded	I^2 = 91%, P < 0.00001	-0.82 [-2.14, 0.49], P = 0.22
Spina 2016 excluded	I^2 = 90%, P < 0.00001	-0.92 [-2.15, 0.31], P = 0.14