**SDC 7. Weighted mean effect sizes for the *within-Group (dw+)* and *between-Group (db+)* comparisons for concurrent exercise training (CET) and the non-exercise control or comparison Group (*k*=76)**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Homogeneity of *d*’s | | | | | | | |
|  |  | *d+* (95% CI) |  | *I2* (95% CI)& |  | ∆(mmHg) |  | Range |
| **Systolic Blood Pressure** |  |  |  |  |  |  |  |  |
| *Between-Group (db+)\** |  |  |  |  |  |  |  |  |
| CET versus control |  | -0.32 (-0.44,-0.20) |  | 68.6 (60.3,75.2) |  | -3.2 |  | -4.4,-2.0 |
| *Within-Group (dw+)^* |  |  |  |  |  |  |  |  |
| CET |  | -0.36 (-0.44,-0.27) |  | 57.0 (44.4,66.7) |  | -3.6 |  | -4.5,-3.7 |
| Control# |  | -0.11 (-0.18,-0.22) |  | 43.3 (25.3,57.0) |  | -1.1 |  | -1.8,-2.2 |
| **Diastolic Blood Pressure** |  |  |  |  |  |  |  |  |
| *Between-Group (db+)\** |  | -0.35 (-0.47,-0.22) |  | 65.7 (55.8,73.4) |  | -2.5 |  | -3.4,-1.6 |
| CET versus control |  |  |  |  |  |  |  |  |
| *Within-Group (dw+)^* |  |  |  |  |  |  |  |  |
| CET |  | -0.39 (-0.49,-0.29) |  | 70.1 (61.8,76.6) |  | -2.8 |  | -3.6,-2.1 |
| Control# |  | -0.08 (-0.17,0.00) |  | 58.4 (45.5,68.2) |  | -0.8 |  | -1.7,0.0 |

**Note:** *Abbr.* CET= concurrent exercise training. CI=confidence interval. *d+*=mean effect size. ∆=change. %=percentage. Weighted mean effect sizes (*dw+, db+*) are negative when blood pressure is reduced. \**between-group, db+* is defined as the mean difference in resting SBP/DBP between CET and control groups post- versus pre-intervention divided by the pooled standard deviation, correcting for small sample size bias and baseline differences. *^within-group, dw+* is defined as the mean BP change post- versus pre-intervention for the independent CET and control group, divided by the pre-intervention standard deviation. &The *I2* statistic and corresponding 95% confidence interval (*CI*) is presented to gauge the degree of heterogeneity present in sample. *I*2 values range from 0% (homogeneity) to 100% (greater heterogeneity); a *CI* that does not include 0% indicates that the hypothesis of homogeneity is rejected, and an inference of heterogeneity is merited. #Control group effect sizes represent non-exercise control and active content comparison groups.