**SDC 2: Paper Characteristics (HIIT vs MCT)**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Author: | Year: | Mean age(years) | %female | Duration(weeks) | No. Exercise sessions | Comorbidity | Country |
| Angadi et al. | 2015 | 70 | 20 | 4 | 12 | Cardiovascular | USA/Canada |
| Baekkerud et al.- 4x4 | 2015 | 41.4 | 63.3 | 6 | 18 | Obesity / Metabolic / Endocrine | Norway |
| Baekkerud et al.10x1 | 2015 | 41.4 | 63.3 | 6 | 18 | Obesity / Metabolic / Endocrine | Norway |
| Boyne et al. | 2016 | 58 | 31.2 | 4 | 12 | Cardiovascular | USA |
| Coppoolse et al. | 1999 | 65 | 0 | 8 | 40 | Respiratory | Holland |
| Devin et al. | 2016 | 61.5 | 21 | 4 | 12 | Cancer | Australia |
| Dolan et al. | 2015 | 57 | 100 | 6 | 18 | Cancer | Canada |
| Fisher et al. | 2015 | 20 | 0 | 6 | 18 | Obesity / Metabolic / Endocrine | USA |
| Freyssin et al. | 2012 | 54 | 50 | 8 | 40 | Cardiovascular | France |
| Gloeckl et al. | 2012 | 53 | 53.3 | 3 | 18 | Respiratory | Germany |
| Higgins et al. | 2016 | 20.4 | 100 | 6 | 18 | Obesity / Metabolic / Endocrine | USA |
| Jaureguizar et al. | 2016 | 58 | 15.3 | 8 | 24 | Cardiovascular | Spain |
| Jung et al. | 2015 | 51 | 84.4 | 6 | 22 | Obesity / Metabolic / Endocrine | Canada |
| Kim et al. | 2015 | 59 | 21 | 6 | 18 | Cardiovascular | South Korea |
| Kong et al. | 2016 | 21 | 100 | 5 | 20 | Obesity / Metabolic / Endocrine | China |
| Lanzi et al. | 2015 | 36.5 | 0 | 2 | 8 | Obesity / Metabolic / Endocrine | Italy |
| Mador et al. | 2009 | 72 | Missing info 'majority male' | 8 | 24 | Respiratory | USA |
| Matsuo et al. | 2015 | 47 | 0 | 8 | 24 | Obesity / Metabolic / Endocrine | Japan |
| Moholdt et al. | 2009 | 61.1 | 22 | 4 | 20 | Cardiovascular | Norway |
| Puhan et al. | 2006 | 69 | 33.7 | 3 | 15 | Respiratory | Switzerland |
| Robinson et al. | 2015 | 52 | 82.2 | 2 | 10 | Obesity / Metabolic / Endocrine | Canada |
| Sawyer et al. | 2016 | 35 | 50 | 8 | 24 | Obesity / Metabolic / Endocrine | USA |
| Schmitt et al. | 2016 | 54 | 100 | 3 | 8 | Cancer | Germany |
| Skleryk et al. | 2013 | 37.8 | 0 | 2 | (HIIT 6 sessions, MCT 10 sessions) | Obesity / Metabolic / Endocrine | New Zealand |
| Slordhal et al. | 2005 | 66.2 | Missing info | 8 | 24 | Cardiovascular | Norway |
| Uhleman et al. | 2016 | 64 | 25 | 4 | 20 | Cardiovascular | Germany |
| Wallman et al. | 2009 | 42 | 75 | 8 | 32 | Obesity / Metabolic / Endocrine | Australia |