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| **ID/ref** | **Outcome measures** | **Intervention group baseline** | **Control group baseline** | **Intervention group outcome results (end of intervention)** | **Control group group results (end of intervention)** |
| **Holistic interventions with function outcome** |   |   |   |   |   |
| Behn et al., 2018 | The Impression Scales, 4 subscales\* | Appropriate: mean (SD)= 2.91 (0.74), Effortful: mean (SD)= 2.73 (0.75), Interesting: mean (SD)= 2.91 (0.86), Rewarding: Mean (SD)= 2.69 (0.98) | Appropriate: mean (SD)= 3.21 (0.27), Effortful: mean (SD)= 2.50 (0.58), Interesting: mean SD)= 2.79 (0.49), Rewarding: Mean (SD)= 2.36 (0.56) | Appropriate: mean (SD)= 3.32 (0.40), Effortful: mean (SD)= 3.23 (0.52), Interesting: mean SD)= 3.14 (0.55), Rewarding: Mean (SD)= 3.09 (0.49) | Appropriate: mean (SD)= 3.21 (0.64), Effortful: mean (SD)= 2.29 (0.57), Interesting: mean SD)= 2.93 (0.45), Rewarding: Mean (SD)= 2.71 (0.49) |
| Mayo et al., 2015 | Community Healthy Activities ModelProgram for Seniors questionnaire (hours spent in meaningfulactivity) | Mean (SD)= 10.5 (8.2) / N=77 | Mean (SD)= 10.2 (7.7) /N=75 | Mean (SD)= 7.2 (6.1)/ N=78 | Mean (SD)= 13.1 (10.2)/N=75 |
| Ownsworth et al., 2008 | Canadian Occupational Performance Measure (performance level & satisfaction level)\* | Performance level:Mean (SD)= 4.08 (1.8). Satisfaction level: 3.75 (1.8) | Performance level:Mean (SD)= 4.72 (1.4). Satisfaction level: 4.17 (2.1). | Performance level:Mean (SD)= 6.78 (1.7). Satisfaction level: 7.22 (1.6)/N=6 | Performance level:Mean (SD)= 4.84 (1.2). Satisfaction level: 4.83 (1.8). /N=14 |
| Ownsworth et al., 2015 | MADRS | Mean (SD)= 14.88 (7.2) | Mean (SD)= 11.86 (5.3) | Mean (SD)= 10.16 (9.9)/N=25 | Mean (SD)= 13.10 (6.0)/ N=21 |
| Powell et al., 2002 | Barthel index.  | Median (range)= 20 (6–20) | Median (range)= 20 (4–20) | Change scores median (range) = 0.0(-5 to 5). Percent improving =35.4% (n=17)/ N=48 | Change scores median range= 0.0(-5 to 4. Perent improving= 19.6% (n=9)/ N=46 |
| Rotenberg-Shpigelman et al. 2012 | Canadian Occupational Performance Measure (performance level & satisfaction level).\* | Performance level: Median (range)= 1 (1–7). Satisfaction level: 1.5 (1–8). | Performance level: Median (range)= 1.5 (1–4.6). Satisfaction level: 2.4 (1–8.5) | Performance level: median (range)= 5.92 (1–10). Satisfaction level: 7.08 (4–10). /N=12 | Performance level: median (range)= 1 (1–5). Satisfaction level: 2.5 (1–5). /N=13 |
| Wang et al. 2015 | Barthel Index  | Mean (SD)= 82.4 (16.3) | Mean (SD)= 77.1 (23.8) | Mean (SD)= 89.6 (12.4). /N=25 | Mean (SD)= 77.7 (23.0). /N=26 |
| Winter et al., 2016  | The Patient Competency Rating Scale total | NA | NA | Mean (SD)= 3.33(0.51) /N=36 | Mean (SD)= 3.37 (0.62) /N=35 |
| **Holistic interventions with participation outcome** |   |   |   |   |   |
| Behn et al., 2018 | The Adapted Measure of Participation in Conversation (Interaction) | Mean (SD)= 2.72 (0.47) | Mean (SD)= 3.07 (0.45) | Mean (SD)= 3.09 (0.63) | Mean (SD)= 2.86 (0.48) |
| Mayo et al., 2015 | Reintegration to Normal Living Index | Mean (SD)= 72.5 (21.0) | Mean (SD)= 75.7 (19.2) | Mean (SD)= 76.4 (19.5) /=93 | Mean (SD)= 77.0 (20.2) /N=93 |
| Ownsworth et al., 2008 | 3 subscales from The Brain Injury Community Rehabilitation Outcome 39\* | Socialization:Mean (SD)= 36.7 (8.5) Productivity: Mean (SD)= 24.9 (3.9). Psychological well-being: Mean (SD)= 16.3 (3.7) | Socialization: mean (SD)= 35.41 (7.7).Productivity: mean (Sd)=21.59 (5.8). Psychological well-being: Mean (Sd)=16.41 (5.8) | Socialization: Mean (SD)= 36.1 (8.8). Productivity: Mean (SD)= 21.8 (7.2). Psychological well-being:Mean (SD)= 17.6 (4.1) /N=6 | Socialization: Mean (SD) = 35.65 (7.8). Productivity: mean (SD) 22.41 (5.9). Psychological well-being:Mean (SD)=16.29 (5.8) /N=14 |
| Powell et al., 2002 | The Brain Injury Community Rehabilitation Outcome 39Scales | Median (range)=15.3 (8 to 22.3) | Meadian (range)= 12.9 (8.8 to 25.7) | Change scores median range= 2.5 (-1.7 to 6.2). 80% improving /N=48 | Change scores median range=0.9 (-4.1 to 6.8). 70% improving /N=46 |
| Wang et al. 2015 | Stroke Impact Scale, composite score physical and 5 subscales\* Mean (SD)  | Composite score physical: 56.5 (17.9). Memory: 81.3 (18.3). Communication: 90.3 (16.3). Emotion: 62.0 (11.9). Social participation: 75.8 (22.7). General recovery: 48.3 (17.4) | Composite score physical: 56.0 (21.3). Memory: 77.6 (13.2). Communication: 95.3 (10.9). Emotion: 59.9 (10.5). Social participation: 80.6 (17.6). General recovery: 50.4 (15.9) | Composite score physical: 67.7 (17.1). Memory: 82.1 (15.6). Communication: 96.0 (6.5). Emotion: 61.1 (12.6). Social participation: 87.8 (12.8). General recovery: 65.7 (12.7) | Composite score physical: 55.3 (21.8). Memory: 75.8 (13.2). Communication: 93.0 (12.2). Emotion: 59.0 (10.8). Social participation: 81.1 (17.5). General recovery: 50.6 (11.5).  |
| Winter et al., 2016 | The Community Re-integrationfor Service Members scale. | Mean (SD)= 0.020 (0.485) | Mean (SD)= –0.05 (0.38) | Mean (SD)= 0.10 (0.380) /N=36 | Mean (SD) –0.09 (0.50) /N=35 |
| **Physical interventions with fuction outcome** |   |   |   |  |  |
| Arkan et al., 2018 | 24-hour Pad test | Mean (SD)= 114.20 (117.78) | Mean (SD)= 89.33 (114.91) | Mean (SD) = 64.40 (111.99) / N=20 | Mean (SD) = 118.33 (136.20). / N=18 |
| Aydin et al., 2016  | FIM total | Mean (SD)= 45.42 (19.60) | Mean (SD)= 70.41 (29.60) | Mean (SD) = 65.41 (24.83) / N= 101 | Mean (SD) = 83.80 (31.05). / N=43 |
| Barzel et al., 2015 | Motor Activity Log (quality of movement & amount of use)\* | MAL quality of movement: Mean (SD)= 1.19 (1.02). MAL amount of use: 1.02 (0.97) | MAL quality of movement: Mean (SD)= 1.55 (1.27). MAL amount of use: 1.47 (1.35) | MAL quality of movement: Mean (SD) = 1.78 (1.13). Adjusted mean (95% CI)= 0.56 (0.41–0.71) MAL amount of use: Mean (SD) =1.58 (1.18). Adjusted mean (95% CI)= 0·53 (0.37–0·69)/ N= 85. | MAL quality of movement: Mean (SD) = 1.81 (1.23). Adjusted mean (95% CI)= 0.31 (0.15-0.46). MAL amount of use: mean (SD)= 1.65 (1.31). Adjusted mean (95% CI)= 0.25 (0.08–0·42). / N= 71 |
| Bellon et al., 2014 | Centre for Epidemiological Studies-Depression AND Perceived Stress Scale  | Mean (SD)= 25.55 (9.489) | Mean (SD)= 23.10 (9.201) | Centre for Epidemiological Studies-Depression mean (SD)= 12.04 (9.367). /N=28. Perceived Stress Scale mean (SD)= 20.76 (8.070). / N=29 | Centre for Epidemiological Studies-Depression mean (SD)= 15.15 (11.479) . /N= 39 Perceived Stress Scale mean (SD)= 24.30 (10.946). / N= 40 |
| Brouwer et al., 2018 | 6-minute walk test.  | Mean (SD)= 285.1 (25.1) | Mean (SD)= 258.9 (23.9) | Mean (SD) =338.1 (20.2) / N=42 | Mean (SD) = 332.0 (19.2). / N=45 |
| Chan &Tsang, 2018 | Turning-while-walking dual task (completion time) | Mean (SD)= 17.7 (6.9) | Mean (SD)= 18.3 ( 8.0) | TWW dual task mean (SD)= 15.6 (5.2). / N=15 | Control group TWW dual task mean (SD)= 16.6 (9.9). / N=15 |
| Chen et al. 2020 | The Barthel Index  | Mean (SD)=36.64 (7.85) | Mean (SD)=35.13 (8.17) | Mean (SD)= 85.38 (14.53) /N=59 | Mean (SD)= 71.43 (10.61) /N=62 |
| Clanchy et al., 2016 | Daily motion counts per minute | Mean (SD)= 202.6 (15.1) | Mean (SD)= 208.4 (16.6) | Mean (SD) = 263.4 (15.5). / N=23 | Mean (SD) =197.3 (17.1). / N=20 |
| Gordon et al., 2013 |  the Barthel Index. | Mean (SD)= 94.3 (8.1) | Mean (SD)= 91.5 (9.7) | Mean (SD) = 95.9 (6.3). / N=57 | Mean (SD) = 93.3 (9.3). / N=59 |
| Graef et al., 2016 | The Upper-Extremity Performance Test by Test d’Évaluation des Membres Supérieurs des Personnes Âgées - TEMPA  | Mean (SD)= -25.07 (23.90) | Mean (SD)= -38.85 (35.77) | Mean (SD)= -18.92(24.55). / N= 13 | Mean = -35.14 (35.92). / N= 14 |
| Hesse et al., 2011 | Rivermead Mobility Index | Mean (SD)= 9.4(2.8) | Mean (SD)= 8.5(3.5) | Mean (SD) = 12.2 (2.1). / N=25 | Mean (SD) =11.2 (2.7). / N=25 |
| Huijgen et al., 2008 | The Nine Hole Peg Test. | Mean (SD)= 76.5 (49.5) | Mean (SD)= 65.0 (31.2) | Mean (SD) = 66.8 (40.1). / N=42 | Mean (SD) = 63.4 (31.2)./ N= 22 |
| Jeong et al., 2007 | Range of motion (ROM) as measured by geniometer: 3 measures including shoulder flexion, ankle flexion, and ankle extention (mean/SD) | ROM shoulder flexion= 123.12 (57.20), ROM ankle flexion= 10.13 (6.44), ROM ankle extention= 27.50 (18.25) | ROM shoulder flexion= 96.47 (44.57), ROM ankle flexion= 5.58 (7.47), ROM ankle extention= 35.50 (27.03) | ROM shoulder flexion= 126.87(56.29), ROM ankle flexion= 11.25 (7.41), ROM ankle extention= 33.43 (17.67) | ROM shoulder flexion= 96.17 (46.35), ROM ankle flexion= 5.58 (7.88), ROM ankle extention= 27.05 (21.79) |
| Lima et al., 2014 | Motor Activity Log (MAL amount of use) | Mean (SD)= 1.3 (0.6) | Mean (SD)= 0.7(0.7) | MAL amount of use mean (SD)= 3.1 (1.0). / N=10 | MAL amount of use mean (SD)= 2.6 (0.7). / N=11 |
| Llorens et al., 2015 | Berg Balance Scale. | Mean (SD)=47.53(3.85) | Mean (SD)=48.80(5.01) | Mean (SD)= 51.20 (2.11). / N= 15 | Mean (SD)= 51.07 (5.09). / N= 15 |
| Pang et al., 2005 | The 6-minute walk test.  | Mean (SD)=328.1 (143.5) | Mean (SD)= 304.1 (123.8) | Mean (SD)= 392.7 (151.1). / N=32 | Mean (SD)= 342.4 (133.4). / N=31 |
| Piron et al., 2009 | The Fugl-Meyer Upper Extremity | Mean (SD)=48.3 (7.2) | Mean (SD)=47.3 (4.5) | Mean (SD)= 53.6 (7.7). / N= 18 | Mean (SD)= 49.5 (4.8). / N= 18 |
| Yoo et a al., 2011 | Motor ActivityLog. | Mean (SD)=1.75 (1.27) | Mean (SD)= 1.77 (1.65) | MAL amount of use mean (SD)= 1.91 (1.34). / N=14 | MAL amount of use mean (SD)= 1.84 (1.73). / N=14 |
| **Physical interventions with QoL outcome**  |   |   |   |  |  |
| Arkan et al., 2018 | The Incontinence Quality of life Scale | Mean (SD)= 52.85 (18.26) | Mean (SD)= 52.11 (16.50) | Mean (SD)= 89.30 (18.98) /N=20 | Mean (SD)= 54.33(17.39) /N=18 |
| Brouwer et al., 2018 | Medical Outcomes Survey 36-item Short-Form Health Survey-physical comp. summary score | Mena (SD)= 36.4(1.3) | Mean (SD)= 35.7(1.2) | Mean (SD)= 40.3(1.2) /N= 42 | Mean (SD)= 42.0 (1.1) /N=45 |
| Gordon et al., 2013 | Physical Summary scores of the Medical Outcomes Survey 36-Item Short Form Health Survey | Mean (SD)= 33.5 (9.8) | Mean (SD)= 31.7 (11.5) | Mean (SD)= 39.1 (11.6) /N=57 | Mean (SD)= 32.5 (12.6) /N=59 |
| Jeong et al., 2007 | the Stroke Specific Quality of Life scale | Mean (SD)= 3.25 (1.08) | Mean (SD)= 2.54(0.80) | Mean (SD)= 3.58 (0.87)/ N=16 | Mean (SD)= 2.92 (0.90)/ N=17 |
| Lima et al., 2014 | Brazilian version of the Stroke Specific Quality of Life (toal score) | Mean (SD)= 197.6 (28.3) | Mean (SD)= 179.5 (22.2) | Mean (SD)= 208.4(21.5)/ N=10 | Mean (SD)= 188.2(30.1). /N=11 |
| Donnelly et al., 2017 | QOLIBRI | Mean (SD)= 1.93 (0.27) | Mean (SD)= 1.93 (0.40) | Mean (SD)= 2.15(0.34)/ N=12 | Mean (SD)= 1.96 (0.48) /N=9 |
| **Specific interventions with function outcome**  |   |  |  |  |  |
| Bèdard et al., 2014 | Beck Depression Inventory-II. | Mean (SD)= 25.47(8.12) | Mean (SD)= 27.13 (10.61) | Mean (SD)= 18.84 (10.26). /N=38 | Mean (Sd)=25.00(13.12). /N=38 |
| Bourgeois et al., 2007 | Frequency of reported problems documented in memory Log. | Mean (SD)= 24.78 (28.24) | Mean (SD)= 18.63 (11.25) | Mean (SD)= 16.85 (16.13). /N=22 | Mean (SD)= 12.09 (13.97). /N=16 |
| Brown et al., 2015 | Advocacy Behaviour Rating Scale Video | Mean (SD)= 9.85 (3.97) | Mean (SD)= 9.89 (4.23) | Mean (SD)=11.76 (4.23) /N=103 | Mean (SD)= 11.15 (4.57)/N=110 |
| Das Nair & Lincoln, 2012 | Everyday Memory Questionnaire. | Mean (SD)= 39.7(21.0) | Mean (SD)= 45.5 (24.1) | Compensation group Mean (SD)= 37.1 (18.8)/N= 21  | Mean (SD)= 42.7 24.3/N= 23 |
| Fann et al., 2015 | Hamilton Depression Rating Scale. | Mean (SD)= 17.5 (3.3) | Mean (SD)= 17.6 (4.3) | Mean (SD)=11.5 (6.2) /N=37 | Mean (SD)=12.2 (6.8) /N=36 |
| Meltzer et al., 2017 | Western Aphasia Battery-Revised, Part 1, for aphasia participants. Four subscores\* (Mean (SD) | Spontaneous speech: 9.8 (6.2). Auditory–verbalcomprehension: 126 (54). Repetition: 47 (29) Naming and word finding: 42 (29)  | Spontaneous speech: 11.0 (4.4). Auditory–verbalcomprehension: 143 (52). Repetition: 46 (29). Naming and word finding: 59 (32).  | Spontaneous speech: 11.6 (6.2) Auditory–verbalcomprehension: 138 (47).Repetition: 58 (30). Naming and word finding: 51 (28) | Spontaneous speech: 12.6 (4.4). Auditory–verbalcomprehension: 153 (53). Repetition: 51 (30). Naming and word finding: 66 (31). |
| Raina et al., 2016 | The Fatigue Severity Scale | NA | NA | Mean **change score** (SD)= −1.3 (1.6). /N=17 | Mean **change score** (SD)= −0.6 (1.0). /N=21 |

NA, data not provided; \*, result subscales not included in the meta-analysis.