| | Exergame | | | Control | | | Mean Difference | | Mean Difference |
|--|-------------------------------|-----------------|----------|--------------------------|-------------|-------|-----------------|-----------------------------|--|
| Study or Subgroup | Mean [points] | SD [points] | Total | Mean [points] | SD [points] | Total | Weight | IV, Random, 95% CI [points] | IV, Random, 95% CI [points] |
| 1.4.1 Active control g | roup (other exe | rcise progran | n) | | | | | | |
| Bonnechere 2017 | 35 | 6 | 10 | 36 | 8 | 22 | 6.1% | -1.00 [-6.00, 4.00] | |
| Khushnood 2021 | 47.1 | 3.2 | 42 | 45.7 | 2.4 | 42 | 14.1% | 1.40 [0.19, 2.61] | |
| Pompeu 2012 | 54.1 | 2 | 16 | 53.1 | 3.1 | 16 | 12.8% | 1.00 [-0.81, 2.81] | +- |
| Stanmore 2019 | 44.6 | 10.7 | 49 | 37.6 | 14.9 | 43 | 5.5% | 7.00 [1.63, 12.37] | |
| Yeşilyaprak 2016 | 54.4 | 3.4 | 7 | 51.8 | 3.9 | 11 | 9.0% | 2.60 [-0.81, 6.01] | + |
| Subtotal (95% CI) | | | 124 | | | 134 | 47.5% | 1.59 [0.25, 2.94] | ◆ |
| Heterogeneity: Tau² = | 0.68; Chi ² = 5.71 | df = 4 (P = 0) | .22); l² | = 30% | | | | | |
| Test for overall effect: | Z = 2.32 (P = 0.0 | 2) | | | | | | | |
| 1.4.2 Passive control | group (no exerc | cise program |) | | | | | | |
| Henrique 2019 | 23.4 | 6.2 | 16 | 28.5 | 9.5 | 15 | 5.1% | -5.10 [-10.79, 0.59] | |
| Lai 2013 | 53.9 | 3.6 | 15 | 46.2 | 11.5 | 15 | 4.7% | 7.70 [1.60, 13.80] | |
| Lee 2013 | 53.4 | 1.9 | 27 | 51.1 | 2.8 | 28 | 14.0% | 2.30 [1.04, 3.56] | |
| Lee 2017 | 52.5 | 2.2 | 21 | 49.7 | 2.6 | 19 | 13.5% | 2.80 [1.30, 4.30] | |
| Whyatt 2015 | 50.1 | 6.4 | 40 | 46.9 | 9.2 | 42 | 9.0% | 3.20 [-0.22, 6.62] | |
| Yuan 2020 | 51.7 | 2.8 | 12 | 37.6 | 8.2 | 12 | 6.2% | 14.10 [9.20, 19.00] | |
| Subtotal (95% CI) | | | 131 | | | 131 | 52.5% | 3.92 [1.10, 6.74] | • |
| Heterogeneity: Tau ² = | 8.67; Chi ² = 30.9 | 4, df = 5 (P < | 0.0000 | 1); I ² = 84% | | | | | |
| Test for overall effect: | Z = 2.72 (P = 0.0 | 06) | | | | | | | |
| Total (95% CI) | | | 255 | | | 265 | 100.0% | 2.85 [1.27, 4.43] | • |
| Heterogeneity: Tau ² = | 4.22; Chi ² = 41.1 | 3, df = 10 (P < | 0.000 | 1); I ² = 76% | | | | _ | 10 1 10 |
| Test for overall effect: Z = 3.53 (P = 0.0004) | | | | | | | | | -10 -5 0 5 10 Favours controls Favours Exergames |
| Test for subgroup diffe | , | , | 0.14). | l ² = 53.0% | | | | | ravours controls Favours Exergames |

Figure 5. Forest plot for the BBS score.