

Table 1. Synthesis of the characteristics of included studies

	mean	SD	median	IQR	min	max	n*
PEDRO score	6.22	1.60	7.00	2.00	3.00	9.00	27.00
Length of the session (in minute)	42.79	13.86	42.50	28.75	15.00	60.00	26.00
Frequency of the session per week	2.63	1.04	2.00	1.00	1.00	5.00	27.00
Intervention length (in weeks)	8.31	5.03	8.00	6.00	0.71	26.00	27.00
Total number of participants	52.41	26.98	45.00	35.50	16.00	115.00	27.00
Number of participants in the intervention groups	24.70	12.44	22.00	17.00	7.00	56.00	27.00
Number of participants in the control groups	27.70	16.31	22.00	21.00	8.00	77.00	27.00
Number of women in each study	32.79	18.50	32.50	22.00	12.00	83.00	24.00
Total mean age	75.92	5.34	76.19	8.40	65.00	85.20	27.00
Duration between the beginning of the	13.45	14.63	8.00	6.00	1.00	60.00	27.00

intervention and the
date of follow-up (in
weeks).

* $n < 27$ when sources did not provide the information on the variable.