

Supplementary material to article by S. Guo et al. "Effect of tai chi on glycaemic control, lipid metabolism and body composition in adults with type 2 diabetes: A meta-analysis and systematic review"

Table S1.

Subgroup-analysis of CCT according to the duration of exercise				
Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
Fasting blood glucose	15	1,023	Mean Difference (IV, Random, 95% CI)	-1.04 [-1.42, -0.66]
<12weeks	7	638	Mean Difference (IV, Random, 95% CI)	-0.57 [-0.87, -0.28]
12-24weeks	8	385	Mean Difference (IV, Random, 95% CI)	-1.54 [-2.19, -0.88]
HbA1c	9	657	Mean Difference (IV, Random, 95% CI)	-1.36 [-2.18, -0.55]
<12weeks	5	374	Mean Difference (IV, Random, 95% CI)	-0.63 [-0.83, -0.43]
12-24weeks	4	283	Mean Difference (IV, Random, 95% CI)	-2.09 [-3.03, -1.14]
Postprandial blood glucose	2	260	Mean Difference (IV, Fixed, 95% CI)	-1.58 [-1.94, -1.22]
<12weeks	1	60	Mean Difference (IV, Fixed, 95% CI)	-1.22 [-1.93, -0.51]
12-24weeks	1	200	Mean Difference (IV, Fixed, 95% CI)	-1.71 [-2.13, -1.290]
Total cholesterol	11	868	Mean Difference (IV, Random, 95% CI)	-0.50 [-0.86, -0.13]
<12weeks	5	550	Mean Difference (IV, Random, 95% CI)	-0.36 [-0.88, 0.15]
12-24weeks	36	318	Mean Difference (IV, Random, 95% CI)	-0.63 [-1.21, -0.04]
Triglyceride	5	503	Mean Difference (IV, Random, 95% CI)	-0.43 [-0.54, -0.31]
<12weeks	4	463	Mean Difference (IV, Random, 95% CI)	-0.44 [-0.55, -0.32]
12-24weeks	1	40	Mean Difference (IV, Random, 95% CI)	0.00 [-0.81, 0.81]
High-density lipoprotein	10	838	Mean Difference (IV, Random, 95% CI)	0.05 [0.01, 0.08]
<12weeks	4	520	Mean Difference (IV, Random, 95% CI)	0.11 [0.06, 0.15]
12-24weeks	6	318	Mean Difference (IV, Random, 95% CI)	-0.23 [-0.63, -0.14]
Low-density lipoprotein	9	730	Mean Difference (IV, Random, 95% CI)	-0.36 [-0.59, -0.12]
<12weeks	3	328	Mean Difference (IV, Random, 95% CI)	0.30 [-0.69, 0.09]
12-24weeks	6	318	Mean Difference (IV, Random, 95% CI)	-0.39 [-0.71, -0.07]
Systolic blood pressure	5	390	Mean Difference (IV, Fixed, 95% CI)	-11.86 [-14.47, -9.25]
<12weeks	3	250	Mean Difference (IV, Fixed, 95% CI)	-11.24 [-14.88, -7.60]
12-24weeks	2	140	Mean Difference (IV, Fixed, 95% CI)	-11.24 [-14.88, -7.60]
Diastolic blood pressure	5	390	Mean Difference (IV, Random, 95% CI)	-7.93 [-12.39, -3.46]
<12weeks	3	250	Mean Difference (IV, Random, 95% CI)	-7.61 [-14.89, -0.33]
12-24weeks	2	140	Mean Difference (IV, Random, 95% CI)	-7.87 [-11.48, -4.26]
Body mass index	5	358	Mean Difference (IV, Fixed, 95% CI)	-1.15 [-1.79, -0.51]
<12weeks	2	135	Mean Difference (IV, Fixed, 95% CI)	-1.00 [-1.88, -0.11]
12-24weeks	3	223	Mean Difference (IV, Fixed, 95% CI)	-1.33 [-2.26, -0.40]
Fasting serum insulin	7	500	Mean Difference (IV, Fixed, 95% CI)	-3.27 [-4.05, -2.49]
<12weeks	3	308	Mean Difference (IV, Fixed, 95% CI)	-2.67 [-3.59, -1.74]
12-24weeks	4	192	Mean Difference (IV, Fixed, 95% CI)	-4.73 [-6.18, -3.29]
HOMA-IR	3	255	Mean Difference (IV, Fixed, 95% CI)	-1.02 [-1.39, -0.64]
<12weeks	2	239	Mean Difference (IV, Fixed, 95% CI)	-1.00 [-1.38, -0.62]
12-24weeks	1	16	Mean Difference (IV, Fixed, 95% CI)	-1.55 [-3.79, 0.69]

Subgroup-analysis of CCT according to the duration of exercise				
Outcome or subgroup title	No. of studies	No. of participants	Statistical method	Effect size
Fasting blood glucose	8	619	Mean Difference (IV, Random, 95% CI)	-0.07 [-0.38, 0.25]
<12weeks	4	450	Mean Difference (IV, Random, 95% CI)	-0.48 [-1.02, 0.07]
12-24weeks	4	169	Mean Difference (IV, Random, 95% CI)	0.15 [-0.02, 0.31]
HbA1c	6	543	Mean Difference (IV, Fixed, 95% CI)	-0.20 [-0.35, -0.04]
<12weeks	4	450	Mean Difference (IV, Fixed, 95% CI)	-0.41 [-0.63, -0.19]
12-24weeks	2	93	Mean Difference (IV, Fixed, 95% CI)	0.02 [-0.20, 0.24]
Postprandial blood glucose	0	0	Mean Difference (IV, Fixed, 95% CI)	0,0 [0.0, 0.0]
<12weeks	0	0	Mean Difference (IV, Fixed, 95% CI)	0,0 [0.0, 0.0]
12-24weeks	0	0	Mean Difference (IV, Fixed, 95% CI)	0,0 [0.0, 0.0]
Total cholesterol	5	423	Mean Difference (IV, Fixed, 95% CI)	-0.08 [-0.24, 0.09]
<12weeks	3	349	Mean Difference (IV, Fixed, 95% CI)	-0.16 [-0.34, 0.03]
12-24weeks	2	74	Mean Difference (IV, Fixed, 95% CI)	0.18 [-0.16, 0.53]
Triglyceride	4	332	Mean Difference (IV, Fixed, 95% CI)	-0.08 [-0.21, 0.04]
<12weeks	2	258	Mean Difference (IV, Fixed, 95% CI)	-0.18 [-0.32, -0.04]
12-24weeks	2	74	Mean Difference (IV, Fixed, 95% CI)	0.27 [-0.00, 0.54]
High-density lipoprotein	5	538	Mean Difference (IV, Random, 95% CI)	0.07 [-0.00, 0.15]
<12weeks	3	366	Mean Difference (IV, Random, 95% CI)	0.11 [0.02, 0.20]
12-24weeks	2	172	Mean Difference (IV, Random, 95% CI)	0.03 [-0.09, 0.16]
Low-density lipoprotein	3	238	Mean Difference (IV, Fixed, 95% CI)	0.01 [-0.18, 0.19]
<12weeks	1	164	Mean Difference (IV, Fixed, 95% CI)	-0.12 [-0.36, 0.12]
12-24weeks	2	74	Mean Difference (IV, Fixed, 95% CI)	0.21 [-0.09, 0.51]
Systolic blood pressure	0	0	Mean Difference (IV, Fixed, 95% CI)	Totals not selected
<12weeks	0	0	Mean Difference (IV, Fixed, 95% CI)	0,0 [0.0, 0.0]
12-24weeks	0	0	Mean Difference (IV, Fixed, 95% CI)	0,0 [0.0, 0.0]
Diastolic blood pressure	0	0	Mean Difference (IV, Fixed, 95% CI)	Totals not selected
<12weeks	0	0	Mean Difference (IV, Fixed, 95% CI)	0,0 [0.0, 0.0]
12-24weeks	0	0	Mean Difference (IV, Fixed, 95% CI)	0,0 [0.0, 0.0]
Body mass index	1	94	Mean Difference (IV, Fixed, 95% CI)	Totals not selected
<12weeks	1	94	Mean Difference (IV, Fixed, 95% CI)	0,0 [0.0, 0.0]
12-24weeks	0	0	Mean Difference (IV, Fixed, 95% CI)	0,0 [0.0, 0.0]
Fasting serum insulin	1	20	Mean Difference (IV, Fixed, 95% CI)	Totals not selected
<12weeks	0	0	Mean Difference (IV, Fixed, 95% CI)	0,0 [0.0, 0.0]
12-24weeks	1	20	Mean Difference (IV, Fixed, 95% CI)	0,0 [0.0, 0.0]
HOMA-IR	1	94	Mean Difference (IV, Fixed, 95% CI)	Totals not selected
<12weeks	1	94	Mean Difference (IV, Fixed, 95% CI)	0,0 [0.0, 0.0]
12-24weeks	0	0	Mean Difference (IV, Fixed, 95% CI)	0,0 [0.0, 0.0]