

Table I. Descriptive characteristics of the studies included in the meta-analysis

Research/Year/ Country	Quality scores (Furlan et al., (16)	Duration (%)	N (%men)	Experimental N (%men)	Control N (%men)	Age intervention/ control (year)	Population	Intervention and intensity	Control	Outcomes of physical activity
Goyder et al., 2014 Britain	7/12	2 months	125 (44)	63 (50)	62 (38)	55/55	Sedentary people	"Mini-booster": 2 PA consultations through telephone + DVD MI (motivational interview) method	"Full booster": 2 face-to-face consultations (20–30 min) MI method	Total energy expenditure kcal/day accelerometer
Duncan et al., 2014 Australia	7/12	9 months	148 (100)	96 (100)	52 (100)	44/44	Men	Website and mobile phones (feedback and peer support)	Same material in paper and feedback from diaries, no peer support	PA times/week PA min/week Active Australia Survey
Goto et al., 2014 Japan	6/12	8 weeks	32 (100)	16 (100)	16 (100)	41.8/43.9	Persons with haemophilia	Home exercises and activity monitor with display, feedback on computer or mobiles	Home exercise and activity monitor without display	Steps/day Step times (min/day) MET h/day for locomotive activities MET h/day for non-locomotive activities Total MET h/day
Izawa et al., 2012 Japan	6/12	22 days	103	52 (78.8)	51 (82.3)	59.1/59.2	Persons with heart and blood circulatory diseases	Inpatient: supervised exercising and self-monitoring with accelerometer	Inpatient: supervised exercising, no outpatient treatment	Mean daily number of steps and kcal, accelerometer
Greene et al., 2012 USA	4/12	6 months	349 (21.1)	180 (22.6)	169 (19.5)	Reported in groups	Employees with obesity and their relatives	Paper instructions for diet and exercising, health-oriented online social network and accelerometer for self-monitoring	Paper instructions for diet and exercising	LTPA and TPA, min/week SQUASH
Katzmarzyk et al., 2011 USA	8/12	7 days	43	20 (20.0)	23 (13.0)	52.7/50.3	Overweight adults	Short education, pedometer and instructions on its use	Short education	Steps/day, MVPA (min/day), Lifestyle activities (min/day) accelerometer
Marcus et al., 2007 USA	5/12	12 months	136	70 (15)	66 (24.7)	45.2/43.4	Adults with sedentary lifestyle	Telephone 1 month weekly, 2–3 months biweekly, 4–6 months once a month, 7–12 months every second month	Same instructions on paper	PA min/week PAR interview
Marshall et al., 2004 USA	7/12	8 weeks	655	327 (50)	328 (47)	43/43	University staff	Active living-website, e-mails every 2 weeks	Active living-booklets, letters every 2 weeks	Total PA in MET-min IPAQ

MET: metabolic equivalent; IPAQ: International Physical Activity Questionnaire; LTPA: Leisure Time Physical Activity; TPA: total physical activity; PAR; physical activity recall; PA; physical activity.