

Table III. Checklist for measuring data quality

Criteria	Score
Reporting	
1. Is the hypothesis/aim/objective clearly described?	Y/N
2. Are the main outcomes to be measured clearly described in the Introduction and Methods section?	Y/N
3. Are the characteristics of the patients included in the study clearly described?	Y/N
4. Are the main findings of the study clearly described?	Y/N
5. Does the study provide estimates of random variability in the data for the main outcomes?	Y/N
6. Have the characteristics of patients lost to follow-up been described?	Y/N
7. Have the actual probability values been reported (e.g. 0.035 rather than <0.05) for the main outcomes except where the probability value is less than 0.001?	Y/N
External validity	
8. Were the subjects asked to participate in the study representative of the entire population from which they were recruited?	Y/N/UD
9. Were those subjects who were prepared to participate representative of the entire population from which they were recruited?	Y/N/UD
10. In cohort studies, do the analyses adjust for different lengths of follow-up of patients, or in case-control studies, is the time period between the intervention and outcome the same for cases and controls?	Y/N/UD
11. Were the statistical tests used to assess the main outcomes appropriate?	Y/N/UD
12. Were the main outcomes used accurate (valid and reliable)?	Y/N/UD
13. Were the assessments of exercise interventions assessed by valid and reliable measures?	Y/N/UD
Internal validity – confounding (selection bias)	
14. Were study subjects in different intervention groups (trials and cohort studies) or were the cases and controls (case-control studies) recruited over the same time period?	Y/N/UD
15. Was there adequate adjustment for confounding in the analyses from which the main findings were drawn?	Y/N/UD
16. Were losses to follow-up taken into account?	Y/N/UD
Power	
17. Did the study have sufficient power to detect a clinically important effect where the probability value for a difference being due to chance is less than 5%?	Y/N/UD

Y: yes; N: no; UD: undetermined.