Table 1. Included trials and studies.

Study	Country	N (IG)	N (CG)	Baseline anxiety score, mean ± SD[a]	Age, years (IG; CG)[b]	Population	Intervention (IG)		Intervention (CG)		Anxiety measure	Study design
							Intervention content	Intervention time, frequency, period	Intervention content	Intervention time, frequency, period		
Emery et al. 1990[56]	US	14	14	IG: 1.10 ± 1.30; CG: 1.00 ± 1.10	72 ± 6	Older adults	Aerobic exercise	60 min, 3 weekly, 12 weeks	Social activity	60 min, 3 weekly, 12 weeks	CESA	Parallel-group RCT
Blumenthal et al. 1999[57,c]	US	53	48	IG: 51.90 ± 10.92; CG: 51.10 ± 11.09	60 ± 5.80; 60 ± 7	Older adults with depression	Aerobic exercise	45 min, 3 weekly, 16 weeks	Sertraline hydrochloride	16 weeks	STAI	Parallel-group RCT
Antunes et al. 2005[44]	Brazil	23	23	IG: 40.78 ± 9.21; CG: 37.13 ± 6.89	68.08 ± 5.49; 65.86 ± 3.80	Sedentary older male	Aerobic exercise	20–60 min, 3 weekly, 24 weeks	NI	24 weeks	STAI	Parallel-group RCT
Frye et al. 2007[58]	US	23	21	IG: 44.80 ± 9.50; CG: 45.30 ± 10.93	69.2 ± 9.26	Sedentary community-dwelling older adults	Tai chi	60 min, 3 weekly, 12 weeks	NI	12 weeks	STAI	Parallel-group RCT
Gusi et al. 2008[59]	Spain	55	51	IG: 19.20 ± 11.20; CG: 21.20 ± 10.40	71 ± 5; 74 ± 6	Overweight/ moderately obese or moderately depressed elderly women	Walking + best care	50 min, 3 weekly, 24 weeks	Best care	24 weeks	STAI	Parallel-group RCT
Mavrovouniotis et al. 2010[60]	Greece	76	35	IG: 29.80 ± 10.76; CG: 39.57 ± 10.72	67.62 ± 6.29; 74.51 ± 6.78	Older adults	Dance	60 min, 1 session (acute)	Discussion and watching television	60 min, 1 session (acute)	STAI	Parallel-group RCT
Lavretsky et al. 2011[61]	US	36	37	IG: 9.10 ± 2.70; CG: 9.30 ± 3.40	69.1 ± 7.0; 72.0 ±7.4	Older adults with depression	Tai chi + escitalopram	120 min, weekly, 10 weeks (+ escitalopram)	Health education + escitalopram	120 min, 1 weekly, 10 weeks (+ escitalopram)	HAM-A	Parallel-group RCT

Table 1. Included trials and studies. (Cont'd)

Study	Country	N (IG)	N (CG)	Baseline anxiety score, mean ± SD[a]	Age, years (IG; CG)[b]	Population	Intervention (IG)		Intervention (CG)		Anxiety measure	Study design
							Intervention content	Intervention time, frequency, period	Intervention content	Intervention time, frequency, period		
Leung et al. 2013[54]	Australia	19	19	IG: 4.00 ± 3.00; CG: 5.00 ± 4.00	73 ± 8	Older adults with chronic obstructive pulmonary disease	Tai chi + usual care	60 min, 2 weekly, 12 weeks	Usual care	12 weeks	HADS-A	Parallel-group RCT
Chan et al. 2017[62,d]	China	24	22	IG: 26.20 ± 18.70; CG: 23.80 ± 16.60	75.4 ± 5.9; 79.4 ± 8.5	Hidden elderly	Tai Chi + usual care	60 min, 2 weekly, 12 weeks	Usual care	Not reported	MHI-18 (Anxiety)	Parallel-group RCT
Aibar-Almazán et al. 2019[45]	Spain	55	52	IG: 6.53 ± 4.39; CG: 6.90 ± 3.77	69.98 ± 7.83; 66.79 ±10.14	Postmenopausal women	Pilates	60 min, 2 weekly, 12 weeks	NI	12 weeks	HADS-A	Parallel-group RCT
Lee et al 2020[63]	China	14	16	IG: 2.00 ± 1.57; CG: 1.88 ± 0.89	≥60	Depressed elders with chronic medical illness	Qi gong	2 weekly, 12 weeks	Cognitive training	2 weekly, 12 weeks	DASS-A	Parallel-group RCT
Zhang et al. 2020[64]	China	21	24	IG: 42.62 ± 6.52; CG: 36.25 ± 9.01	67.48 ± 5.05; 67.63 ± 5.17	Patients with chronic obstructive pulmonary disease	Qi gong + usual care	30 min, 1 weekly at the hospital + 7 weekly at home, 12 weeks + usual care	Usual care	12 weeks	SAS	Parallel-group RCT
Lima et al. 2021[25]	Brazil	15	14	IG: 43.50 ± 9.70; CG: 40.10 ± 8.00	67.2 ± 4.4; 68.0 ± 6.1	Older adults	XBOX	60 min, 3 weekly, 6 weeks	NI	6 weeks	STAI	Parallel-group RCT
Solianik et al. 2021[65]	Lithuania	15	15	IG: 5.90 ± 3.40; CG: 6.20 ± 2.40	67.0 ± 5.9	Older adults	Tai chi	60 min, 2 weekly, 10 weeks	NI	10 weeks	HADS-A	Parallel-group RCT
Bonab et al. 2022[66]	Iran	35	35	IG: 11.66 ± 0.11; CG: 11.63 ± 0.13	60–70	Older women	Tai chi	60 min, 3 weekly, 12 weeks	NI	12 weeks	DAS	Parallel-group RCT

Table 1. Included trials and studies. (Cont'd)

Study	Country	N (IG)	N (CG)	Baseline anxiety score, mean ± SD[a]	Age, years (IG; CG)[b]	Population	Intervention (IG)		Intervention (CG)		Anxiety measure	Study design
							Intervention content	Intervention time, frequency, period	Intervention content	Intervention time, frequency, period		
Carcelén-Fraile et al. 2022[67]	Spain	57	60	IG: 6.84 ± 3.81; CG: 8.22 ± 4.81	69.70 ± 6.15; 69.75 ± 6.76	Postmenopausal women	Qi gong	60 min, 2 weekly, 12 weeks	NI	12 weeks	HADS-A	Parallel-group RCT
Khalili et al. 2022[47]	Iran	31	31	IG: 17.70 ± 3.20; CG: 16.50 ± 3.10	64.2 ± 3.1; 64.2 ± 2.6	Older women	Walking	30 min, 3 weekly, 8 weeks	NI	8 weeks	SPAS	Parallel-group RCT
Song et al. 2022[68]	China	20	20	IG: 39.94 ± 5.81; CG: 39.35 ± 3.80	64.15 ± 8.56	Older women with knee osteoarthritis	Tai chi	60 min, 3 weekly, 12 weeks	Health education + light resistance and stretching exercises	60 min, 1 weekly, 12 weeks	SAS	Parallel-group RCT
Baklouti et al. 2023[46]	Tunisia	65	95	IG: 5.60 ± 5.31; CG: 5.71 ± 4.28	IG: 65–75 years: 46; 76–85 years: 19; CG: 65–75 years: 74; 76–85 years: 21	Older adults	Yoga	80 min, 2 weekly, 8 weeks	Waiting list	8 weeks	DASS-21	Parallel-group RCT
Luo et al. 2023[69]	China	108	108	IG: 47.37 ± 5.44; CG: 49.12 ± 5.35	68.03 ± 6.58; 67.43 ± 7.34	Older adults with chronic obstructive pulmonary disease	Tai chi + usual care	30 min, ≥5 weekly, 52 weeks	Usual care	52 weeks	SAS	Parallel-group RCT

CESA: Center for Epidemiologic Studies Anxiety Scale; CG: control group; DAS: Death Anxiety Scale (Templer); DASS-21: Depression Anxiety Stress Scales-21; DASS-A: Depression Anxiety Stress Scales–Anxiety subscale; HADS-A: Hospital Anxiety and Depression Scale–Anxiety subscale; HAM-A: Hamilton Anxiety Rating Scale; IG: intervention group; MHI-18 (Anxiety): Mental Health Inventory-18, Anxiety subscale; min: minutes; NI: no intervention; RCT: randomised controlled trial; SAS: Self-Rating Anxiety Scale; SD: standard deviation; SPAS: Social Physique Anxiety Scale; STAI: State–Trait Anxiety Inventory

[a] Higher scores indicate greater anxiety unless otherwise specified.

[b] When only one age value is reported, it represents the mean age of the IG and CG combined.

[c] In Blumenthal et al. (1999), only the exercise and sertraline arms were included; the combined exercise-plus-sertraline arm was not included in the meta-analysis. Baseline anxiety scores are presented as mean ± SD.[57]

[d] In Chan et al. (2017), MHI-18 anxiety scores were reverse-transformed so that higher scores indicated greater anxiety, consistent with the direction used in the meta-analysis. The control-group session duration was recorded as not reported because the original article did not specify a fixed duration for usual-care contacts and only described irregular home visits ranging from monthly to quarterly.[62]

Superscript numbers; refer to REFERENCES