Table 2. Subgroup analyses by exercise prescription characteristics and intervention modality for anxiety outcomes in older adults.

Subgroup	Cut-off	Inclusion of literature	Heterogeneity		SMD (95% CI)	*P* for effect	*P* for subgroup difference
			I^2, %	*P*			
Duration time	1–30 min	2	0.00	0.593	−0.74 (−0.99 to −0.49)	<0.001[a]	0.767
	31–60 min	13	78.30	<0.001	−0.62 (−0.94 to −0.31)	<0.001[a]	
	>60 min	2	73.70	0.051	−0.55 (−1.10 to −0.00)	0.049[b]	
Frequency	1–2 weekly	8	71.40	<0.001	−0.65 (−0.98 to −0.32)	<0.001[a]	0.658
	3–4 weekly	7	74.90	<0.001	−0.51 (−0.93 to −0.08)	0.020[b]	
	5–7 weekly	2	0	0.593	−0.74 (−0.99 to −0.49)	<0.001[a]	
Duration period	1–12 weeks	13	69.80	<0.001	−0.57 (−0.84 to −0.29)	<0.001[a]	0.602
	13–24 weeks	3	81.80	0.004	−0.67 (−1.29 to −0.04)	0.036[b]	
	>24 weeks	1	-	-	−0.77 (−1.04 to −0.49)	<0.001[a]	
Intervention modality	Aerobic exercise	6	77.10	<0.001	−0.71 (−1.16 to −0.27)	0.002[a]	0.706
	Mind–body exercise	12	71.90	<0.001	−0.61 (−0.88 to −0.35)	<0.001[a]	

CI: confidence interval; SMD: standardised mean difference

The session-duration subgroup analysis included 17 comparisons because Lee et al. (2020)[16] did not report the duration of each exercise session. The weekly-frequency and intervention-period subgroup analyses each included 17 comparisons because Mavrovouniotis et al. (2010)[60] could not be classified according to these characteristics. The intervention-modality subgroup analysis included all 18 comparisons. Heterogeneity could not be estimated for the >24-week subgroup, which comprised only 1 study.

[a] $P<0.01$; [b] $P<0.05$.

Superscript numbers: refer to REFERENCES