

Online Resource 6 - Individual domains and overall GRADE assessment

Certainty assessment							Summary of findings					Importance
№ of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	№ of patients		Effect		Certainty	
							Exercise	Usual Care	Relative (95% CI)	Absolute (95% CI)		
Flow-mediated Dilation (assessed with: Ultrasound)												
5	randomised trials	not serious	not serious	not serious	serious ^a	none	89	82	-	SMD 0.34 SD higher (0.01 higher to 0.67 higher)	⊕⊕⊕○ Moderate	IMPORTANT
Pulse Wave Velocity (assessed with: Ultrasound)												
4	randomised trials	not serious	serious ^b	not serious	serious ^c	none	186	147	-	SMD 0.64 SD lower (1.29 lower to 0.02 higher)	⊕⊕○○ Low	IMPORTANT

^a Small total sample size

^b Some concerns with CIs, and high heterogeneity

Source: GRADEpro Guideline Development Tool [Software]. McMaster University and Evidence Prime, 2022.

Available from gradepro.org.