

**Effects of exercise on cardiovascular autonomic function in older adults: a
systematic review and meta-analysis**

Running head: Effects of exercise on cardiovascular autonomic function in older adults

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Table S1. Summary of sensitivity analyses.

Outcome	Main SMD (95% CI)	Sensitivity (r = 0.2)	Sensitivity (r = 0.8)	Outlier removed
SDNN (ms)	0.72 (-0.12, 1.56)	0.58 (-0.08, 0.25)	1.04 (-0.24, 2.33)	0.35 (0.07, 0.63)
RMSSD (ms)	0.64 (0.01, 1.26)	0.54 (0.03, 1.05)	0.84 (-0.05, 1.73)	0.36 (0.1, 0.62)
LF (nu)	-0.49 (-1.29, 0.31)	-0.4 (-1.05, 0.26)	-0.7 (-1.82, 0.41)	-0.1 (-0.63, 0.44)
HF (nu)	0.48 (-0.23, 1.19)	0.41 (-0.19, 1.01)	0.62 (-0.34, 1.59)	0.16 (-0.49, 0.82)
LF/HF (nu)	-0.51 (-0.95, -0.06)	-0.46 (-0.91, -0.02)	-0.59 (-1.07, - 0.11)	N/A
PNN50	0.64 (0.12, 1.17)	0.58 (0.08, 1.08)	0.79 (0.09, 1.49)	N/A
SD1	0.16 (-0.21, 0.53)	0.14 (-0.23, 0.51)	0.21 (-0.16, 0.58)	N/A
SD2	0.58 (0.2, 0.95)	0.47 (0.09, 0.84)	0.84 (0.45, 1.23)	N/A
BRS	-0.14 (-0.67, 0.4)	-0.12 (-0.59, 0.35)	-0.18 (-0.9, 0.55)	N/A

N/A: analysis not performed due to the limited number of studies.

Figure S1. Risk of bias in each trial.

	Eligibility criteria were specified	Subjects were randomly allocated to groups	Allocation was concealed	Groups were similar at baseline	All subjects were blinded	All therapists were blinded	All evaluators were blinded	Measures of at least 85% of the subjects	All subjects received treatment or control (or intention to treat analysis)	Between-group statistical comparisons	Provided point measures and measures of variability
Albinet et al. [29]	+	+	+	+	-	-	-	+	+	+	+
Albinet et al. [30]	+	+	+	+	-	-	-	+	+	+	+
Buto et al. [31]	+	+	+	-	-	-	+	-	+	+	+
Costa Chaves et al. [32]	+	+	+	+	-	-	-	+	+	+	+
Gambassi et al. [19]	+	+	+	+	-	-	-	+	+	+	+
Gerage et al. [20]	+	+	+	+	-	-	+	+	+	+	+
Kanegusuku et al. [33]	+	+	+	+	-	-	-	-	-	+	+
Ksela et al. [34]	+	+	+	+	-	-	-	+	+	+	+
Mameletzi et al. [35]	+	+	+	+	-	-	+	-	+	+	+
Murad et al. [36]	+	+	+	+	-	-	+	-	+	+	+
Oliveira-Dantas et al. [37]	+	+	+	+	-	-	+	+	+	+	+
Sardeli et al. [38]	+	+	+	+	-	-	-	+	+	+	+
Toni et al. [39]	+	+	+	-	-	-	+	+	+	+	+
Varas-Díaz et al. [40]	+	+	+	+	-	-	-	+	+	+	+
Wanderley et al. [41]	+	+	+	-	-	-	-	-	+	+	+

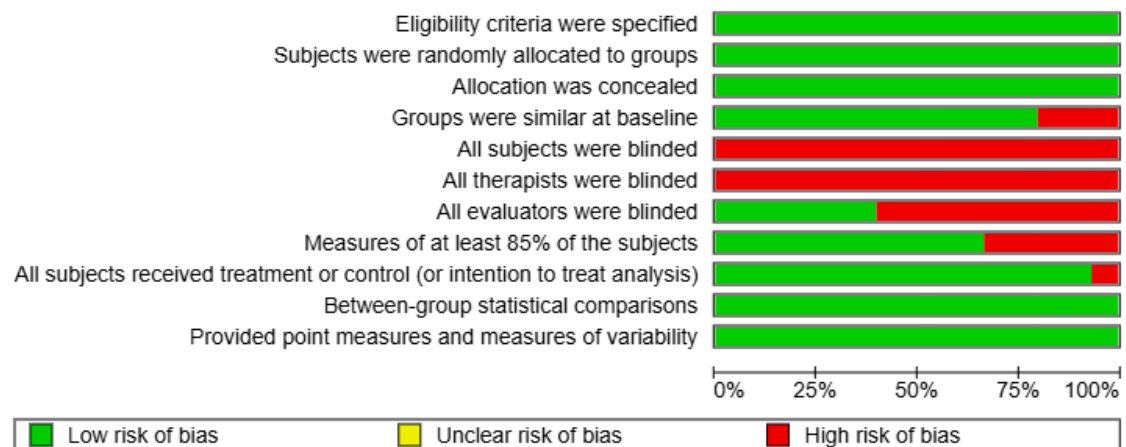
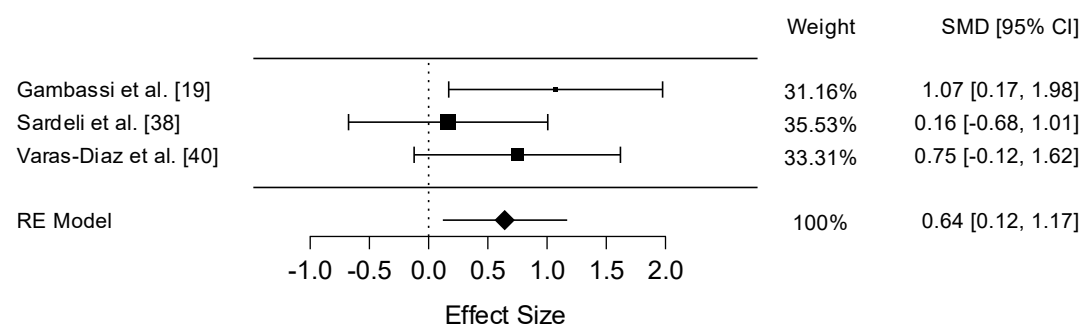
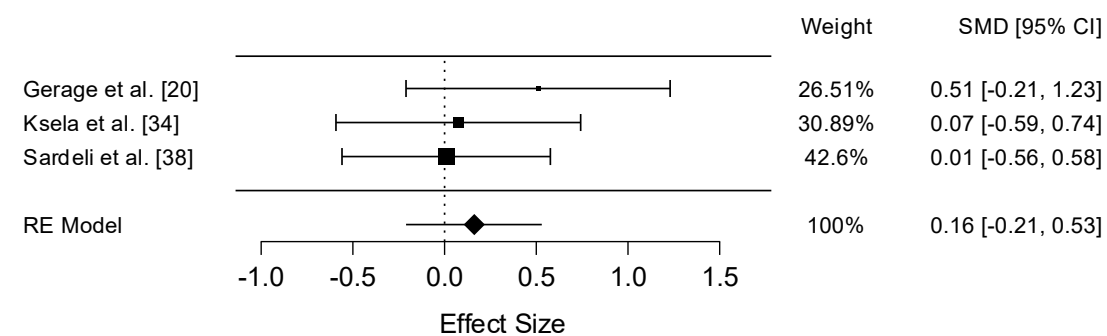
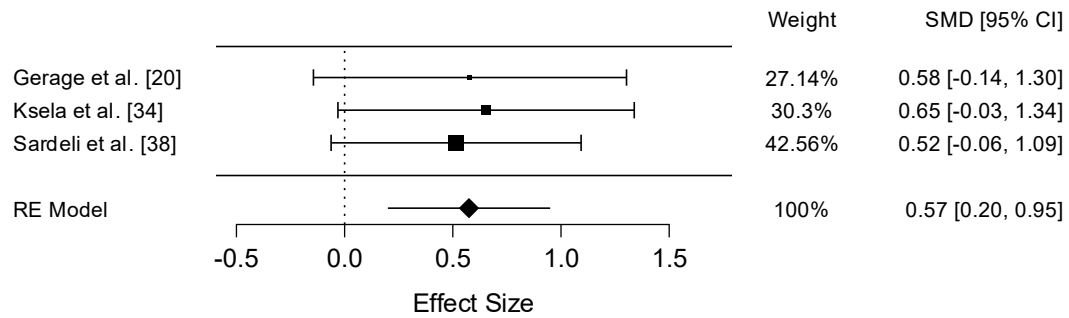
Figure S2. Risk of bias graph.**Figure S3.** Forest plot of PNN50.**Figure S4.** Forest plot of SD1.

Figure S5. Forest plot of SD2.**Figure S6.** Forest plot of baroreflex sensitivity (BRS).