

Abbreviations:

MCI – Mild Cognitive Impairment

PICO – Population, Intervention, Comparator, Outcome

PRISMA - Reporting Items for Systematic Reviews and Meta-Analyses

PRIOR - Preferred Reporting Items for Overviews of Reviews

PROSPERO - International Prospective Registry of Systematic Reviews

MD - mean differences

SMD - standardized mean differences

TMT-A - Trail Making Test A

TMT-B - Trail Making Test B

MMSE - Mini-Mental State Examination

MoCA - Montreal Cognitive Assessment

AMSTAR 2- Assessment of Methodological Quality of Systematic Reviews

GRADE - Grading of Recommendations Assessment, Development and Evaluation

ADAS-Cog - Alzheimer's Disease Assessment Scale-Cognitive Subscale

RBMT- Rivermead Behavioural Memory test

DST - Digit Span Test

WMS - Wechsler Memory Scale

QoL - quality of life

SF-36 - Short Form Survey Instrument

SF-12 - 12-Item Short Form Survey

GDS - Geriatric Depression Scale

HADS - Hospital Anxiety and Depression Scale

BBS - Berg Balance Scale

TUG - Timed Up and Go test