

PRISMA 2020 Checklist

Efficacy of Remote Rehabilitation Therapy for Upper Limb Dysfunction Following Stroke: A Systematic Review and Meta-Analysis of Randomised Controlled Clinical Trials

Title

1. Identify the report as a systematic review (with or without meta-analysis).

Yes | Page 1

Abstract

2. Structured summary (context, objectives, eligibility, methods, results, conclusions, registration).

Yes | Page 1

Introduction

3. Describe the context and background.

Yes | Page 1–2

4. State the objectives and pre-specified hypotheses.

Yes | Page 2

Methods

5. Protocol and registration (PROSPERO).

Yes | PROSPERO CRD420261279487 | Page 1,3

6. Eligibility criteria (PICOS: participants, interventions, comparators, study design, outcomes).

Yes | Page 3 (1.1)

7. Information sources (databases, search date up to 6 Jan 2026).

Yes | Page 3 (1.2)

8. Full search strategy provided.

Yes | Appendix 1

9. Study selection (two independent reviewers).

Yes | Page 3 (1.3)

10. Data collection process (two independent reviewers, forms).

Yes | Page 3 (1.3)

11. Data items extracted (participants, intervention, outcomes, etc.).

Yes | Page 3 (1.3)

12. Outcome measures (primary: FMA; secondary: MAS, MAL-14, ARAT).

Yes | Page 3 (1.1)

13. Risk of bias in individual studies (Cochrane RoB tool).

Yes | Page 4 (1.4)

14. Effect measures (MD, SMD, 95%CI).

Yes | Page 4 (1.5)

15. Synthesis methods (meta-analysis, fixed/random model).

Yes | Page 4 (1.5)

16. Bias across studies (Egger's test, funnel plot).

Yes | Page 8 (2.5)

17. Certainty of evidence (GRADE).

Yes | Page 4 (1.5)

Results

18. Study selection (flow diagram, Figure 1).

Yes | Page 4 (2.1) | Figure 1

19. Study characteristics (Table 1).

Yes | Page 5 | Table 1

20. Risk of bias within studies (Figure 2, 3).

Yes | Page 6 (2.3)

21. Results of individual studies (forest plots).

Yes | Figures 4–12

22. Synthesis of results (meta-analysis, subgroup/sensitivity).

Yes | Page 6–9 (2.4)

23. Bias across studies (Egger's test result).

Yes | Page 8 (2.5)

24. Certainty of evidence summary.

Yes | Page 4 (1.5)

Discussion

25. Summary of evidence (key findings).

Yes | Page 9 (3.1)

26. Limitations of review.

Yes | Page 11 (4)

27. Conclusions (interpretation & implications).

Yes | Page 11 (5)

Other

28. Funding sources declared.

Yes | Page 12