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## **Effectiveness of physical activity interventions in achieving behaviour change maintenance in young and middle aged adults: a systematic review and meta-analysis**

Murray, J. M., Brennan, S. F., French, D. P., Patterson, C. C., Kee, F., & Hunter, R. F. (2017). Effectiveness of physical activity interventions in achieving behaviour change maintenance in young and middle aged adults: a systematic review and meta-analysis. *Social Science & Medicine*, 192, 125-133.  
<https://doi.org/10.1016/j.socscimed.2017.09.021>

**Published in:**  
Social Science & Medicine

**Queen's University Belfast - Research Portal:**  
[Link to publication record in Queen's University Belfast Research Portal](#)

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Supplementary file 5: Risk of bias in included studies

	Random sequence generation (selection bias)	Allocation concealment (selection bias)	Blinding of participants and personnel (performance bias): Objective physical activity measures	Blinding of participants and personnel (performance bias): Self-report physical activity measures	Blinding of outcome assessment (detection bias): Objective physical activity measures	Blinding of outcome assessment (detection bias): Self-report physical activity measures	Incomplete outcome data (attrition bias): Objective physical activity measures	Incomplete outcome data (attrition bias): Self-report physical activity measures	Selective reporting (reporting bias)	Other bias
Aittasalo 2004	?	?	-	-	?	?	+	+	?	?
Albright 2005	?	?		?		?		+	?	+
Andersen 2012	+	?	-		?		?		+	+
Bennett 2008	+	?		?		?		+	?	+
Brown 2006	-	-		-		?		?	?	-
Brownson 2004	-	-		-		?		?	?	+
Brownson 2005	-	-		-		?		?	?	+
Bryan 2013	+	+		?		?		+	+	+
Bull 1998	-	-		?		?		+	?	+
Buman 2011	?	?	?	?	?	?	+	+	?	+
Calfas 2000	-	-		?		?		?	?	+
Carroll 2010	+	?		-		?		+	+	+
Castro 2011	+	?	?	?	+	+	+	+	?	+
Chen 1998	?	?	-	-	-	-	+	+	?	+
De Cocker 2007	-	-	?	?	?	?	+	+	?	-
Elley 2003	+	+		-		?		?	?	+
Estabrooks 2011	?	?		?		+		+	?	+
Goyder 2014	+	+	+	-	+	-	+	+	+	+
Graham-Clarke 1994	?	?		?		?		?	?	-
Grandes 2009	+	-		?		+		+	+	+
Green 2002	+	?		?		+		?	+	+
Hallam 2004	-	?		?		?		?	?	?
Hansen 2012	?	?		-		+		?	+	+

Heesch 2003	?	?		?		+		+	?	?
Hertogh 2010	?	?		?		?		+	+	+
Hillsdon 2002	?	?		-		?		?	?	-
Hunter 2013	+	+	-	-	+	+	?	?	?	+
Isaacs 2007	+	+		-		-		?	?	+
Kamada 2013	+	+		?		-		?	+	-
King 2007	+	?	?	?	+	+	+	+	?	-
Kinmonth 2008	+	+	?	?	+	+	+	+	+	+
Kriska 1986	?	?	?	?	?	?	?	?	?	+
Lawton 2008	+	-		-		-		?	+	-
Lewis 2013	+	+		-		+		+	?	+
Lilienthal 2014	?	?		?		?		+	?	+
Mailey 2014	+	?	?	?	?	?	+	+	+	+
Marcus, Lewis 2007	+	?		-		?		+	+	-
Marcus, Napolitano 2007	?	?	?	?	+	+	+	+	+	+
Marcus 1998	?	?		?		?		?	?	-
Marcus 2013	+	?	?	?	?	?	+	+	+	-
Marshall 2003	+	?		?		+		?	?	+
Martinson 2008	+	+		-		+		+	+	?
McTiernan 2004	+	?		?		?		+	?	+
Mutrie 2002	+	+		-		-		+	?	-
Napolitano 2006	?	?		?		+		+	?	?
Naylor 1999	-	-		+		?		?	+	?
Norris 2000	?	?		-		?		?	?	-
Okazaki 2014	?	?		?		?		+	?	+
Opdenacker 2008	?	?	-	-	?	?	+	+	?	+
Pinto 2002	?	?		?		?	+	+	?	+
Plotnikoff 2007	?	?		?		?		?	?	-
Reger-Nash 2005	-	-		-		?		+	?	+
Sheeran 2013	+	?		+		+		?	?	?
Slootmaker 2009	?	?		-		?		+	+	-
Solomon 2014	+	?		?		?		?	+	?
Sriramatr 2014	+	?	?	?	?	?	+	+	?	+
van Stralen 2009	?	?		?		?		+	?	+
Wadsworth 2010	?	?		?		?		?	?	?
Wanner 2009	+	?	+	+	+	+	?	?	?	+
Wilcox 2007	?	?		?		+		?	?	?
Williams 2011	+	?		?		-		+	?	-
Wilson 2015	+	?	?	?	?	?	+	+	?	?

	Low Risk of bias
	Unclear risk of bias
	High risk of bias
	Not applicable for study