NKR smerter pico 2 superviseret træning

Characteristics of studies

Characteristics of included studies

Ang 2013

Methods	RCT. Motivational Interviewing (MI) og (education control/EC) telefonintervention over i MI over 12 uger, men 36 ugers exercise. Post-treatment, and 3- and 6-month follow-up.
Participants	All potential participants were referred from specialty or primary care clinics and met the following entry criteria: (a) American College of Rheumatology (ACR) classification criteria for FM(14); (b) average Brief Pain Inventory (BPI) pain severity score ≥ 4; (c) FIQ physical impairment score >/= 2: (d) on the stable doses of medications for FM >/=
Interventions	Intervention: The MI group received six telephone-delivered exercise-based MI sessions over a 12-week period Control:The EC group received an equal number of telephone contacts to control for time and therapist attention
Outcomes	Funktionsevne, smerter, Drop-out
Notes	USA. Funding: National Institute of Arthritis and Musculoskeletal and Skin Diseases Note: Dette er ikke et rent superviseret kontra ikke superviseret. Det omhandler at begge grupper for superviseret fysisk træning, men MI gruppen for motiverende telefonsamtaler relateret til træningen, mens den anden for undervisning. Usikkerheden er om man kan sige at EC er usual care og kan man sige at de ikke får superviseret træning. Follow up er rapporteret her efter 6 mdr, referencen har også lavet post intervention og 3 mdr follow up.

Risk of bias table

Bias	Authors' judgement	Support for judgement
Random sequence generation (selection bias)	Low risk	Allocation to treatment arm was carried out by a computer-generated randomization list with permuted block size of 3
Allocation concealment (selection bias)	Unclear risk	no information
Blinding of participants and personnel (performance bias)	High risk	personnel not blinded, no information about participant blinding (but possible)
Blinding of outcome assessment (detection bias)	High risk	personnel not blinded, no information about participant blinding (but possible)
Incomplete outcome data (attrition bias)	Low risk	202 out of 216 included in the analyses

Selective reporting (reporting bias)	Low risk	The outcomes match those described in the protocol: http://www.clinicaltrials.gov/ct2/show/record/NCT00573612
Other bias	Low risk	No other apparent biases

Gowan 2001

Methods	
Participants	
Interventions	
Outcomes	
Notes	

Risk of bias table

Bias	Authors' judgement	Support for judgement
Random sequence generation (selection bias)	Unclear risk	Subjects were stratified by sex and randomly assigned to a supervised exercise (EX) group or a control (CTL) group that continued ad libitum activity.
Allocation concealment (selection bias)	Unclear risk	Subjects were stratified by sex and randomly assigned to a supervised exercise (EX) group or a control (CTL) group that continued ad libitum activity.
Blinding of participants and personnel (performance bias)	High risk	Participants knew which group they were allokated to, and the majority of outcomes were questionaires
Blinding of outcome assessment (detection bias)	High risk	Participants knew which group they were allokated to, and the majority of outcomes were questionaires
Incomplete outcome data (attrition bias)	High risk	12 out of 27 in the intervention group and 7 out of 23 in the control group dropped out, which points to attrition bias. However the authors state "There were no differences on primary outcomes at entry between the 31 subjects who were included in the efficacy analyses'
Selective reporting (reporting bias)	High risk	Der mangler afrapportering på flere outcomes.
Other bias	Low risk	No other apparent biases

Hartvigsen 2010

Methods	
Participants	
Interventions	
Outcomes	
Notes	

Risk of bias table

Bias	Authors' judgement	Support for judgement
Random sequence generation (selection bias)	Unclear risk	Not described
Allocation concealment (selection bias)	Low risk	Randomization was carried out by a project secretary after collection of the baseline data. Participants drew a sealed opaque envelope containing information about treatment allocation.
Blinding of participants and personnel (performance bias)	High risk	Personnal is not blinded, and we are not informed if participants are blinded? Unlikely that participants can be blinded
Blinding of outcome assessment (detection bias)	High risk	Not described, blinding unlikely
Incomplete outcome data (attrition bias)	Low risk	Drop out rate: intervention 5/45, control control 4/46.
Selective reporting (reporting bias)	Unclear risk	Der rapporteres ingen data på secomdary outcomes, blot prosaangivelser af fund. Der angives ej heller specifikke data på de forskellige followup målinger, men blot en mean change fra baseline til 52 ugers follow up. No outcomes listed in protocol: http://clinicaltrials.gov/ct2/show/record/NCT00209820, therefore not possible to judge.
Other bias	Low risk	No other apparent sources of bias

Ramsey 2000

Methods	
Participants	
Interventions	
Outcomes	
Notes	

Risk of bias table

Bias	Authors' judgement	Support for judgement
Random sequence generation (selection bias)	Unclear risk	Not described
Allocation concealment (selection bias)	Unclear risk	Not described
Blinding of participants and personnel (performance bias)	High risk	not described, and unlikely that personal and patientes can be blinded

Blinding of outcome assessment (detection bias)	High risk	not described, and unlikely that personal and patientes can be blinded
Incomplete outcome data (attrition bias)	High risk	15/37 in the intervention group and 2/37 in the control group. No information on reasons for dropout.
Selective reporting (reporting bias)	Low risk	All data are provided
Other bias	Low risk	No other apparent biases

Footnotes

Characteristics of excluded studies

Footnotes

Characteristics of studies awaiting classification

Footnotes

Characteristics of ongoing studies

Footnotes

Summary of findings tables

Additional tables

References to studies

Included studies

Ang 2013

[Empty]

Gowan 2001

[Empty]

Hartvigsen 2010

[Empty]

Ramsey 2000

[Empty]

Excluded studies

Studies awaiting classification

Ongoing studies

Other references

Additional references

Other published versions of this review

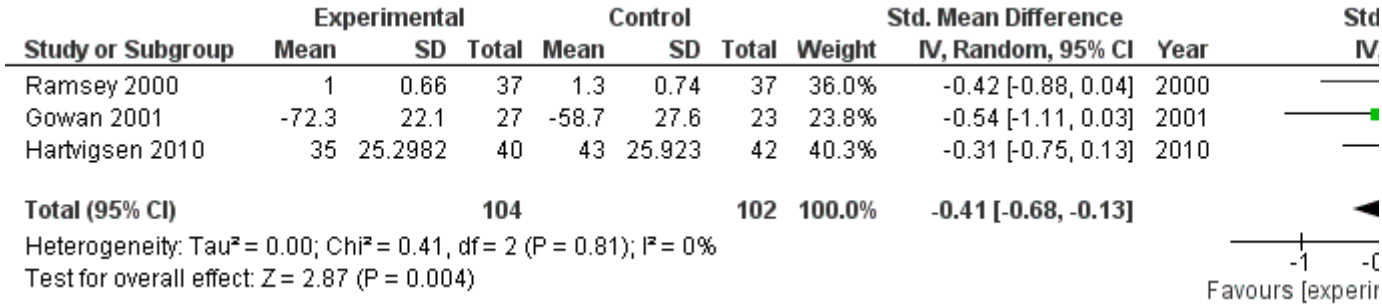
Data and analyses

1 Pico 2

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
1.1 Funktionsevne	3	206	Std. Mean Difference (IV, Random, 95% CI)	-0.41 [-0.68, -0.13]
1.2 Funktionsevne (FIQ-PI, change)	1	216	Mean Difference (IV, Fixed, 95% CI)	-0.30 [-0.85, 0.25]
1.3 Smerte	3	206	Std. Mean Difference (IV, Random, 95% CI)	-0.19 [-0.70, 0.33]
1.4 Smerte (BPI pain severity, change)	1	216	Mean Difference (IV, Fixed, 95% CI)	0.00 [-0.50, 0.50]
1.5 Andel der gik fra 'sick leave' til ikke at være på 'sick leave'	1	36	Odds Ratio (M-H, Fixed, 95% CI)	0.50 [0.13, 1.92]
1.6 Drop out	4	431	Odds Ratio (M-H, Random, 95% CI)	2.61 [0.71, 9.62]

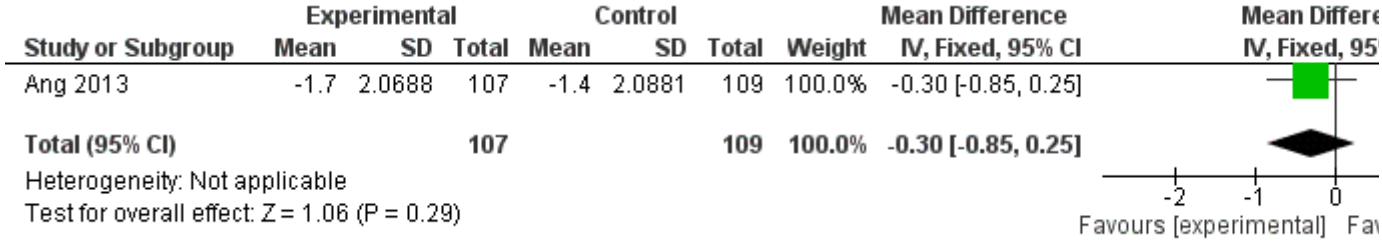
Figures

Figure 1 (Analysis 1.1)



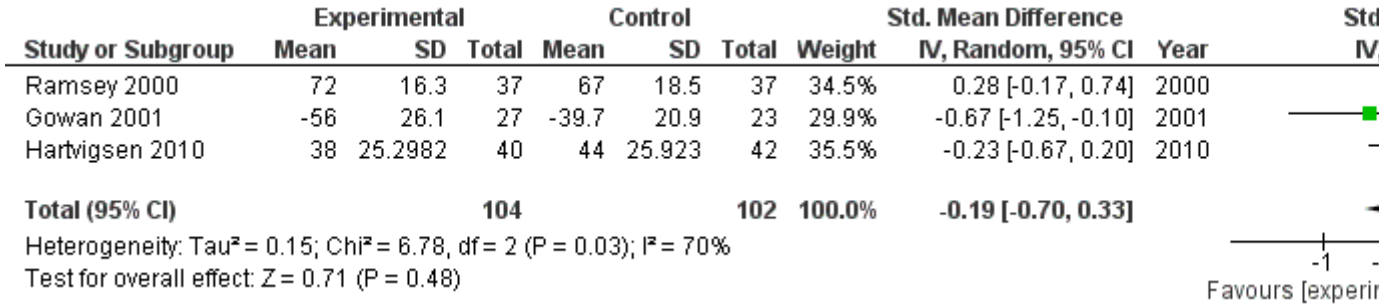
Forest plot of comparison: 1 Pico 2, outcome: 1.1 Funktionsevne.

Figure 2 (Analysis 1.2)



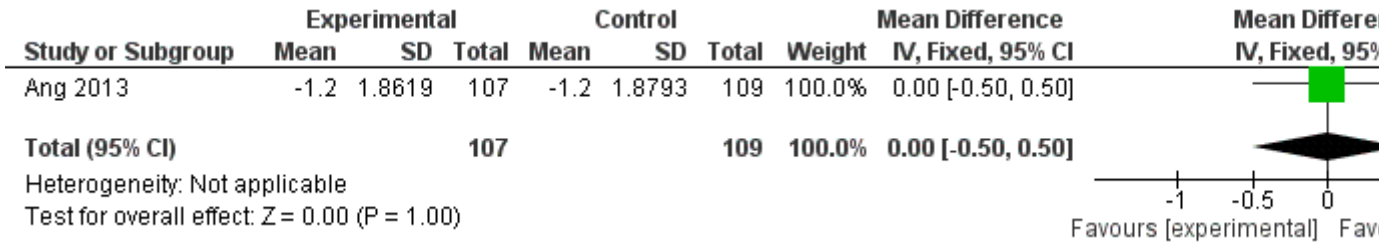
Forest plot of comparison: 1 Pico 2, outcome: 1.2 Funktionsevne (FIQ-PI, change).

Figure 3 (Analysis 1.3)



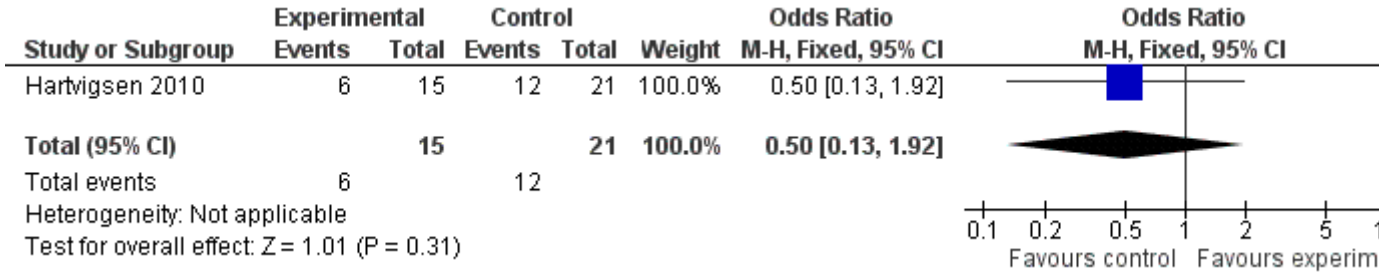
Forest plot of comparison: 1 Pico 2, outcome: 1.3 Smerte.

Figure 4 (Analysis 1.4)



Forest plot of comparison: 1 Pico 2, outcome: 1.4 Smerte (BPI pain severity, change).

Figure 5 (Analysis 1.5)

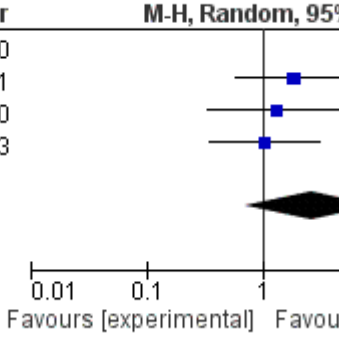


Forest plot of comparison: 1 Pico 2, outcome: 1.5 Andel der gik fra 'sick leave' til ikke at være på 'sick leave'.

Figure 6 (Analysis 1.6)

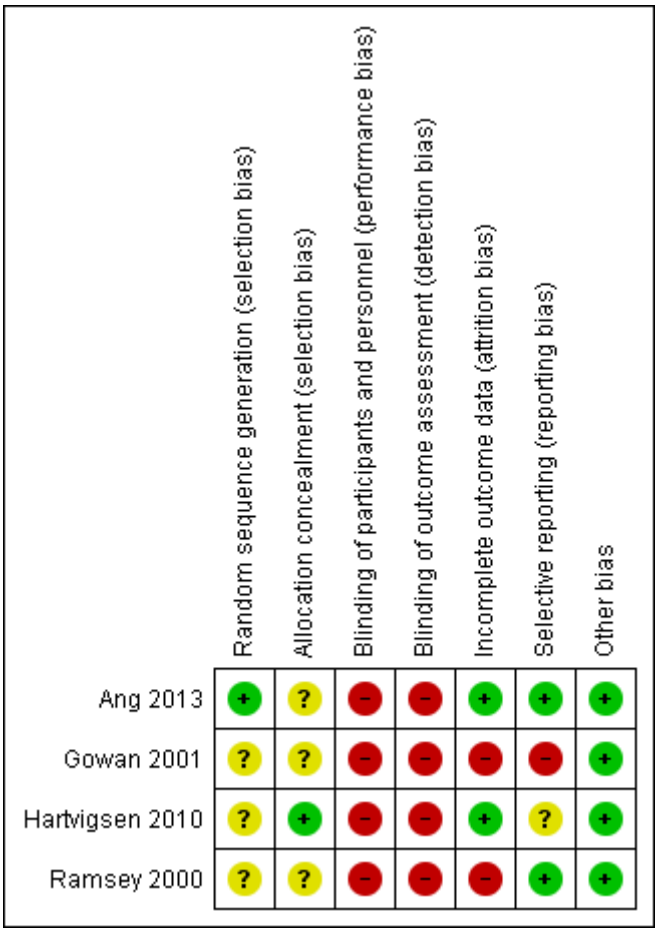
Study or Subgroup	Experimental Events	Experimental Total	Control Events	Control Total	Weight	Odds Ratio M-H, Random, 95% CI	Year	Odds Ratio M-H, Random, 95%
Ramsey 2000	22	37	2	37	22.5%	25.67 [5.35, 123.23]	2000	
Gowan 2001	12	27	7	23	26.3%	1.83 [0.57, 5.88]	2001	
Hartvigsen 2010	5	45	4	46	24.2%	1.31 [0.33, 5.24]	2010	
Ang 2013	7	107	7	109	27.1%	1.02 [0.35, 3.01]	2013	
Total (95% CI)		**216**		**215**	**100.0%**	**2.61 [0.71, 9.62]**		
Total events	46		20					

Heterogeneity: Tau² = 1.33; Chi² = 12.40, df = 3 (P = 0.006); I² = 76%
Test for overall effect: Z = 1.44 (P = 0.15)



Forest plot of comparison: 1 Pico 2, outcome: 1.6 Drop out.

Figure 7



Risk of bias summary: review authors' judgements about each risk of bias item for each included study.