

Supplementary material B: Characteristics of the 108 included trials

First author, year	Sample size at randomisation	Trial location	Age	Gender (% women)	Falls risk at enrolment ^a	Inclusion criteria related to falls	Good adherence ^b
Almeida, 2013 ¹⁸	119	Brazil	79	83 ^c	1	Previous falls	NR
Ansai, 2015 ¹⁹	69	Brazil	82	68	1	All > 80 years	N
Arantes, 2015 ²⁰	30	Brazil	73	100	1	Previous falls	Y
Arkkukangas, 2015 ²¹	45	Sweden	83	71	0	-	NR
Ballard, 2004 ²²	40	USA	73	100	1	Previous falls	Y
Barker, 2016 ²³	53	Australia	69	88	1	Other assessment	Y
Barnett, 2003 ²⁴	163	Australia	75	67	1	Poor balance or lower limb weakness or slow reaction time	Y
Beyer, 2007 ²⁵	65	Denmark	78	100	1	All > 80 years or previous falls	Y
Boongird, 2017 ²⁶	439	Thailand	74	83	1	Poor balance	Y
Brown, 2002 ²⁷	99	Australia	84 ^d	79	0	-	Y
Buchner, 1997 ²⁸	105	USA	75	51	1	Lower limb weakness or impaired gait	Y
Bunout, 2005 ²⁹	298	Chile	75	71	0	-	N
Campbell, 1997 ³⁰	233	New Zealand	84	100	1	All > 80 years	NR
Carter, 2002 ³¹	93	Canada	69	100	0	-	Y
Cerny, 1998 ³²	28	USA	71	NR	0	-	NR
Clegg, 2014 ³³	84	UK	79	71	1	Recent rehabilitation	N
Clemson, 2010 ³⁴	34	Australia	82	47	1	Previous falls	NR
Clemson, 2012 ³⁵	317	Australia	83	58	1	Previous falls	Y
Cornillon, 2002 ³⁶	303	France	71	83	0	-	Y
Dadgari, 2016 ³⁷	551	Iran	71	49	1	Previous falls	NR
Dangour, 2011 ³⁸	984	Chile	66	68	0	-	N
Davis, 2011 ¹⁰	155	Canada	70	100	0	-	NR
Day, 2002 ³⁹	272	Australia	76	60	0	-	Y
Day, 2015 ⁴⁰	503	Australia	70	70	1	Poor mobility	Y
Duque, 2013 ⁴¹	60	Australia	77	62	1	Previous falls or poor balance	Y
Ebrahim, 1997 ⁴²	165	UK	67	100	0	-	Y
El-Khoury, 2015 ⁴³	706	France	80	100	1	Poor balance	N
Fiatarone, 1997 ⁴⁴	34	USA	82	94	1	Functional limitation	NR
Freiberger, 2007 ⁴⁵	134	Germany	76	44	1	Previous falls or fear of falling	Y
Gill, 2016 ⁴⁶	1635	USA	79	67	1	Functional limitation	Y

Grahn Kronhed, 2009 ⁴⁷	65	Sweden	71	100	0	-	Y
Gschwind, 2015 ⁴⁸	153	Australia + Spain + Germany	75	61	0	-	Y
Haines, 2009 ⁴⁹	53	Australia	81	60	1	Recent hospitalisation or use mobility aids	N
Halvarsson, 2013 ⁵⁰	59	Sweden	77	71	1	Previous falls or fear of falling	Y
Halvarsson, 2016 ⁵¹	96	Sweden	76	98	1	Previous falls or fear of falling	Y
Hamrick, 2017 ⁵²	43	USA	70	79	0	-	Y
Hauer, 2001 ⁵³	57	Germany	82	100	1	Recent rehabilitation	Y
Helbostad, 2004 ⁵⁴	77	Norway	81	81	1	Previous falls or use mobility aids	Y
Hirase, 2015 ⁵⁵	93	Japan	82	70	1	Other assessment	Y
Huang, 2010 ⁵⁶	115	Taiwan	72 ^c	30 ^c	0	-	NR
Hwang, 2016 ⁵⁷	456	Taiwan	72	67	1	Previous falls	Y
Iliffe, 2015 ⁵⁸	1254	UK	73	62	0	-	N
Irez, 2011 ⁵⁹	60	Turkey	75	100	0	-	Y
Iwamoto, 2009 ⁶⁰	68	Japan	76	90	0	-	Y
Kamide, 2009 ⁶¹	57	Japan	71	100	0	-	Y
Karinkanta, 2007 ⁶²	149	Finland	72	100	0	-	Y
Kemmler, 2010 ⁶³	246	Germany	69	100	0	-	Y
Kerse, 2010 ⁶⁴	193	New Zealand	81	59	0	-	Y
Kim, 2014 ⁶⁵	105	Japan	78	100	1	Previous falls	Y
Korpelainen, 2006 ⁶⁶	160	Finland	73	100	0	-	Y
Kovacs, 2013 ⁶⁷	76	Hungary	68	100	0	-	Y
Kwok, 2016 ⁶⁸	80	Singapore	80	85	1	Functional limitation	Y
Kyrdalen, 2014 ⁶⁹	125	Norway	83	73	1	Previous falls	Y
LaStayo 2017 ⁷⁰	134	USA	76	65	1	Previous falls	Y
Latham, 2003 ⁷¹	243	Australia + New Zealand	79	53	1	Recent hospitalisation	Y
Lehtola, 2000 ⁷²	131	Finland	72	80	0	-	Y
Li, 2005 ⁷³	256	USA	77	70	0	-	Y
Lin, 2007 ⁷⁴	100	Taiwan	77	51	1	Previous falls	NR
Liston, 2014 ⁷⁵	21	UK	78	85	1	Previous falls	NR
Liu-Ambrose, 2004 ⁷⁶	104	Canada	79	100	0	-	Y
Liu-Ambrose, 2008 ⁷⁷	74	Canada	82	70	1	Previous falls	Y

Logghe, 2009 ⁷⁸	269	Netherlands	77	71	1	Previous falls or poor balance or poor mobility or dizziness or diuretics use	Y
Lord, 1995 ⁷⁹	197	Australia	72	100	0	-	Y
Lord, 2003 ⁸⁰	551	Australia	80	86	0	-	N
Lurie, 2013 ⁸¹	64	USA	80	58	1	Other assessment	NR
Luukinen, 2007 ⁸²	486	Finland	88	79	1	Previous falls	NR
Madureira, 2007 ⁸³	66	Brazil	74	100	0	-	Y
McMurdo, 1997 ⁸⁴	118	UK	65	100	0	-	Y
Means, 2005 ⁸⁵	338	USA	74	57	0	-	Y
Merom, 2016 ⁸⁶	530	Australia	78	85	0	-	Y
Miko, 2016 ⁸⁷	100	Hungary	79	100	0	-	NR
		Belgium + Israel + Italy + Netherlands +				Previous falls	
Mirelman, 2016 ⁸⁸	152	UK	83	35	1		Y
Morgan, 2004 ⁸⁹	294	USA	81	71	1	Prolong bed rest	Y
Morone, 2016 ⁹⁰	38	Italy	69	100	1	Poor balance	NR
Morrison, 2018 ⁹¹	65	USA	67	48	0	-	NR
Ng, 2015 ⁹²	98	Singapore	70	61	1	Frail	Y
Nitz, 2004 ⁹³	73	Australia	76	92	1	Previous falls	NR
Okubo, 2016 ⁹⁴	105	Japan	70	63	0	-	Y
Park 2008 ⁹⁵	50	Korea	69	100	0	-	NR
Reinsch, 1992 ⁹⁶	230	USA	74	80	0	-	Y
Resnick, 2002 ⁹⁷	20	USA	88	100	0	-	Y
Robertson, 2001 ⁹⁸	240	New Zealand	81	68	0	-	Y
Rubenstein, 2000 ⁹⁹	59	USA	74	0	1	Previous falls or lower limb weakness or poor balance	Y
Sakamoto, 2013 ¹⁰⁰	1365	Japan	81	82	1	Poor balance	NR
Sales 2017 ¹⁰¹	66	Australia	73	69	1	Previous falls or fear of falling	Y
Sherrington, 2014 ¹⁰²	340	Australia	81	74	1	Recent hospitalisation	Y
Shigematsu, 2008 ¹⁰³	68	Japan	69	63	0	-	Y
Siegrist, 2016 ¹⁰⁴	378	Germany	78	74	1	Poor balance or fear of falling	Y
Skelton, 2005 ¹⁰⁵	81	UK	73	100	1	Previous falls	Y
Smulders, 2010 ¹⁰⁶	96	Netherlands	71	94	1	Previous falls	Y
Steadman, 2003 ¹⁰⁷	199	UK	83	82	1	Poor balance	Y

Suzuki, 2004 ¹⁰⁸	52	Japan	78	100	0	-	Y
Taylor, 2012 ¹⁰⁹	684	New Zealand	75	73	1	Previous falls	Y
Trombetti, 2011 ¹¹⁰	134	Switzerland	76	96	1	Previous falls or poor balance	Y
Uusi-Rasi, 2015 ¹¹¹	205	Finland	74	100	1	Previous falls	Y
Verrusio, 2017 ¹¹²	150	Italy	65	53	1	Poor balance	NR
Vogler, 2009 ¹¹³	180	Australia	80	83	1	Recent hospitalisation	Y
Voukelatos, 2007 ¹¹⁴	702	Australia	69	84	0	-	Y
Voukelatos, 2015 ¹¹⁵	386	Australia	73	74	0	-	NR
Weerdesteyn, 2006 ¹¹⁶	58	Netherlands	74	77	1	Previous falls	Y
Wolf, 1996 ¹¹⁷	200	USA	76	81	0	-	Y
Wolf, 2003 ¹¹⁸	311	USA	81	94	1	Previous falls	Y
Woo, 2007 ¹¹⁹	180	China	69	50	0	-	Y
Wu, 2010 ¹²⁰	64	USA	76	84	1	Previous falls	Y
Yamada, 2010 ¹²³	60	Japan	NR	NR	0	-	Y
Yamada, 2012 ¹²¹	157	Japan	86	81	0	-	Y
Yamada, 2013 ¹²²	264	Japan	77	57	0	-	Y
Yang, 2012 ¹²⁴	165	Australia	81	44	1	Poor balance	N

^a Presence of a particular risk factor for falls was used as inclusion criteria of the trial (0= No specific risk; 1= Previous falls, poor balance, recent hospitalisation, reduced lower strength, poor mobility, use mobility aids, frail, prolong bed rest, recent rehabilitation, functional limitation, all participants greater than age 80); ^b Attendance rate exceeded 50% and/or 75% or more of the participants attended 50% or more sessions; ^c In people lost to follow-up;

^d Determined using numbers in each age group; N=No, Y=Yes, NR = not reported