

## Aquatic high intensity interval exercise compared to control, land based high intensity interval or aquatic moderate continuous intensity training for increasing exercise capacity for people with chronic conditions?

### Bibliography:

Certainty assessment							Summary of findings				
Participants (studies) Follow-up	Risk of bias	Inconsistency	Indirectness	Imprecision	Publication bias	Overall certainty of evidence	Study event rates (%)		Relative effect (95% CI)	Anticipated absolute effects	
							With control, land based high intensity interval or aquatic moderate continuous intensity training	With Aquatic high intensity interval exercise		Risk with control, land based high intensity interval or aquatic moderate continuous intensity training	Risk difference with Aquatic high intensity interval exercise

### AHIIT vs control (follow-up: mean 12 weeks; assessed with: Exercise capacity)

427 (10 RCTs)	not serious	serious <sup>a</sup>	not serious	not serious	none	⊕⊕⊕○ Moderate	213	214	-	-	SMD <b>0.78 SD higher</b> (0.48 higher to 1.08 higher)
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### AHIIT vs LBHIIT (follow-up: mean 12 weeks; assessed with: Exercise capacity)

156 (4 RCTs)	not serious	not serious	not serious	serious <sup>b</sup>	none	⊕⊕⊕○ Moderate	75	81	-	-	SMD <b>0.28 SD higher</b> (0.04 lower to 0.6 higher)
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### AHIIT vs MICT (follow-up: mean 12; assessed with: Exercise capacity)

131 (4 RCTs)	not serious	not serious	not serious	serious <sup>c</sup>	none	⊕⊕⊕○ Moderate	65	66	-	-	SMD <b>0.45 SD higher</b> (0.1 higher to 0.8 higher)
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CI: confidence interval; SMD: standardised mean difference

### Explanations

- a. High I2 + high Chi2 + sign p-values (p=0.03). The effect sizes varies and there is limited overlap of confidence intervals. May be explained in subgroups of 6MWT and VO2peak.  
 b. Cross line of no effect. Few participants/observations (less than 300-400).  
 c. Small effect size. Do not cross line of no effect, but there are few observations/participants (less than 300-400)