



# Strengthening the Evidence in Exercise Sciences Initiative (SEES Initiative)

## Assessment Report for Individual Study

### Study title

Effects of Physical Exercise Training in the Workplace on Physical Fitness: A Systematic Review and Meta-analysis

### PMID

31494864

### Journal

Sports Med

### Type of Publication and Period of assessment

Systematic Review with Meta-Analysis, SEES Pack 9

Component	Item	SEES assessment
Transparency	Registration: Is the review registered in a public database?	No
Transparency	Protocol: Is there referral of a publicly available methodological protocol? (Note: if so, you must also use the protocol to consult information about the review)	No
Completeness	Title: Is the study identified as a systematic review, meta-analysis, or both?	Yes
Completeness	Abstract: Does the abstract list the data sources used in the review? (Note: if more than five databases were used, simplified or partial referral should be considered as "Yes")	Yes
Completeness	Abstract: Does the abstract inform key eligibility criteria for study selection?	Yes
Participants	Abstract: Is there a description regarding the population (participants) or main condition(s) addressed in the review?	Yes
Intervention / Exposure	Abstract: Is there a description regarding the interventions/exposures (or, broadly, independent variables) addressed in the review?	Yes
Completeness	Abstract: Is there a description of the number of included studies?	Yes
Outcome	Abstract: Is there a result description for the main outcome of interest?	Yes
Completeness	Introduction: Is there a description for the research question (with PICOS elements) or precisely stated objectives (with PICOS) ?	Yes
Transparency	Methods: Is there at least one search query fully available? (Note: a full search query should allow complete replication)	Yes
Methodological rigor	Methods: Did the search strategy include non-published evidence? ("grey literature")	No
Methodological rigor	Methods: If the search is restricted for evidence generated after 1980, is there an indirect or direct justification related to the time range?	No
Methodological rigor	Methods: How many languages were considered for study eligibility?	2
Completeness	Methods: Is there a detailed explanation of eligibility criteria for PICOS elements? (Note: detailed explanation should allow complete replication)	Yes
Methodological rigor	Methods: Was the study selection carried out in duplicate?	Yes
Methodological rigor	Methods: Was the data extraction carried out in duplicate?	No
Methodological rigor	Methods: Is there a description of the assessment of risk of biases?	Yes
Methodological rigor	Methods: Was the assessment of risk of biases carried out in duplicate?	No
Outcome	Methods: Is there a description of the statistical combination (meta-analysis) regarding the effect measure (e.g., relative risk or mean difference), statistical method (e.g., inverse variance), and effects approach (fixed or random)?	Yes
Outcome	Methods: Is there a description regarding the assessment of statistical heterogeneity?	Yes
Completeness	Results: Is there a full description regarding the numbers of references (retrieval, eligibility, synthesis)?	Yes
Completeness	Results: Is there a description about the sample sizes of individual studies?	Yes
Participants, Intervention / Exposure	Results: Is there a full description of characteristics? (Note: the available PICOS elements should be considered)	Yes
Completeness	Results: Is there a description of study duration (follow-up lengths)?	Yes

Outcome	Results: Is there a minimally recommended description of meta-analytic summary estimates? (Note: binary outcomes as frequencies with and without the event (or as proportions such as 12/45); continuous outcomes as the mean, standard deviation, and sample size for each group)	No
Outcome	Results: Is there a full description of individual results for studies composing the meta-analysis? (Note: effects size, imprecision measure and percentage weight should be considered)	Yes
Critical appraisal	Results: Is there a description of risk of bias within studies? (Note: your assessment should be based on the characteristic of the RoB tool)	Yes (FULL description)
Critical appraisal	Results: Is there a description for non-planned modifications to the synthesis during the course of the review? (e.g.: change in eligibility criteria or RoB tools; please, what was changed and its justification [why] should be considered).	Unclear
Critical appraisal	Discussion: Is there a potential spin bias based on a specific reporting strategy to highlight that the experimental treatment (or condition of interest) leads to the hypothesized result?	No
Critical appraisal	Discussion: Are the results discussed in light of the risk of biases in individual studies?	Yes
Critical appraisal	Discussion: Are limitations discussed at the study/outcome and/or at the review level?	Yes, BOTH for study and review levels
Transparency	Is there a statement regarding the data availability (data sharing plan)?	Yes
Completeness	Is there a statement regarding the sources of funding? (Note: funding for the review itself)	Yes
Completeness	Did the review authors declare whether they had any conflicts of interest (COI)?	Yes, authors declare non-financial COIs