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A mesh meta-analysis of therapeutic effects of exercise intervention in drug dependence patients

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ADMINISTRATIVE INFORMATION

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Review Stage at time of this submission - Data analysis.

Conflicts of interest - None declared.

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Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 07 January 2024 and was last updated on 07 January 2024.

INTRODUCTION

Review question / Objective The therapeutic effect of exercise on drug-dependent patients is still controversial. In this regard, we conducted a meta-analysis to evaluate the therapeutic effect of exercise intervention on drug-dependent patients by analyzing the relevant literature.

Condition being studied Exercise and routine randomized controlled trials were conducted to investigate the effect of exercise on drug dependent patients.

METHODS

Participant or population Drug dependent.

Intervention Exercise.

Comparator Routine intervention.

Study designs to be included Randomized controlled trial of exercise and routine intervention.

Eligibility criteria The subject dropped out of the experiment or requested to stop treatment due to discomfort and failed to complete the course of treatment; (2) The drug addicts leave the compulsory drug rehabilitation center because they have reached the time for drug rehabilitation treatment.

Information sources PubMed, Ebsco, Embase, The Cochrane Library, Web of Science, CBMdisc, WanFang data, CNKI.

Main outcome(s) Craving.

Quality assessment / Risk of bias analysis The overall methodological quality of the included literature was good.

Strategy of data synthesis By making forest map, sensitivity analysis.

Subgroup analysis Subgroup analysis of craving and subgroup analysis of depression index.

Sensitivity analysis Sensitivity analysis was performed on vital capacity, anxiety index, VO2 Max, depression index, balance, heart rate and systolic blood pressure.

Country(ies) involved China.

Keywords Drug addicts; Exercise; Intervene; meta-analysis.

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