

Table II - Evidence quality evaluation using GRADE for the “sympathovagal balance”, “distance covered in the six-minute walk test”, “systolic blood pressure” and “heart rate” outcomes of patients with chronic non-communicable diseases using full body vibration protocols

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 non-exercise	With Whole vibration body		Risk with non-exercise	Risk difference with Whole vibration body	
Sympathovagal balance												
52 (4 RCTs)	serious	not serious	not serious	not serious	none	⊕⊕⊕○ Moderate	26	26	-	-	SMD 0.19 SD higher (0.17 lower to 0.54 higher)	
Six minute walk test												
164 (5 RCTs)	serious	not serious	not serious	not serious	none	⊕⊕⊕○ Moderate	66	98	-	The mean six-minute walk test was 0	MD 1.5 lower (3.1 lower to 0.1 higher)	
Systolic Blood Pressure												
137 (5 RCTs)	serious	not serious	not serious	not serious	none	⊕⊕⊕○ Moderate	55	82	-	The mean systolic Blood Pressure was 0	MD 6.74 lower (7.9 lower to 5.57 lower)	
Heart rate												
164 (6 RCTs)	serious	not serious	not serious	not serious	none	⊕⊕⊕○ Moderate	66	98	-	The mean heart rate was 0	MD 1.5 lower (3.1 lower to 0.1 higher)	