



VICTORIA UNIVERSITY
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Interventions to improve physical activity during pregnancy: a systematic review on issues of internal and external validity using the RE-AIM framework

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Table 1: Percentage Reporting 21-item RE-AIM Indicators: Total and By Study Design

	Total (N = 38)	%	RCT (n = 33)	%	Non- RCT (n = 5)	%
Reach						
Method to identify target population	36	94.7	31	93.9	5	100.0
Inclusion Criteria	35	92.1	33	100.0	2	40.0
Exclusion Criteria	32	84.2	28	84.8	4	80.0
Participation Rate	25	65.8	22	66.7	3	60.0
Characteristics of both participation and non-participation (representativeness)	9	23.7	8	24.2	1	20.0
Efficacy/effectiveness						
Measures/results for at least one follow-up	38	100.0	33	100.0	5	100.0
Intent to treat analysis	22	57.9	21	63.6	1	20.0
Quality of life measure or measure of unintended consequences	23	60.5	22	66.7	1	20.0
Percent attrition	26	68.4	21	63.6	5	100.0
Adoption (setting and staff)						
Description of intervention location	12	31.6	10	30.3	2	40
Description of staff who delivered the intervention	2	5.3	2	6.1	0	0
Method to identify staff who delivered intervention	0	0.0	0	0.0	0	0.0
Level of expertise of delivery agent	35	92.1	30	90.9	5	100.0
Inclusion/exclusion criteria of delivery agent or setting	2	5.3	0	0	2	40.0
Rate of adoption at the setting or delivery agent level	2	5.3	1	3.0	1	20
Implementation						
Intervention intensity (timing, duration and frequency)	27	71.1	23	69.7	4	80.0
Extent protocol delivered as intended	4	10.5	3	9.1	1	20.0
Measures of cost of implementation	2	5.3	2	6.1	0	0.0
Maintenance: individual and organisational level						
Was individual behaviour assessed at some duration following the completion of the intervention? (give duration of follow-up)	N/A					
Is the program still in place?	0	0	0	0.0	0	0
Measures of cost of maintenance	0	0.0	0	0.0	0	0.0

