



Office for Health
Improvement
& Disparities

Physical activity for general health benefits in disabled children and disabled young people: evidence review: Appendix 1 – eligibility criteria

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Category	Inclusion criteria	Exclusion criteria	Justification
Study type	<p>Systematic reviews, meta-analyses, randomised controlled trials (RCTs), cohort studies, cross-sectional studies, and qualitative studies that reported and analysed data on physical activity and health related outcomes.</p> <p>(Systematic reviews and meta-analyses were initially screened for relevance and included for the purpose of hand-searching and data extraction for comparison of findings. These studies were excluded at the full-text screening stage.)</p>	<p>Conference abstracts, protocols, monographs, abstracts, opinion pieces, commentaries, posters or letters.</p>	<p>This is a nascent research agenda, thus the inclusion criteria enabled maximum coverage of research related to the topic of interest, and allowed for an overall assessment of the current evidence-base. Furthermore, the study type inclusion criteria are identical to those used in the 2019 review of physical activity for disabled adults, which allowed comparisons to be made. The inclusion of qualitative research in particular enabled the identification of implementation of physical activity for disabled children and disabled young people.</p>
Population	<p>Children and young people age <18 years, with one or more of the following disabilities or impairments: sensory impairments, cerebral palsy, educational and intellectual disabilities, mental impairments, physical disabilities.</p>	<p>Research that included only non-disabled people.</p> <p>Research that included both non-disabled and disabled people and whose findings could not be disaggregated in terms of differences between the two groups.</p> <p>Research that included people aged >17 years, unless presenting findings that also include people aged <18 years</p>	<p>The population age-range included those not covered by the 2019 review of physical activity for disabled adults.</p> <p>With the addition of mental impairments, classifiable as disabilities under the UK Equality Act 2010, the disabilities and impairments are the same of as for the 2019 review. We aimed to assess the benefits of physical activity for disabled children and disabled young people across a</p>

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		that can be disaggregated in terms of differences between the two groups.	broad range of impairments and disabilities, while maintaining feasibility of the rapid evidence review. Exclusion criteria protected the validity of the current review.
Intervention/domain studied	Research focused solely on physical activity, sport, exercise, fitness, disabled sport or equivalent, appropriate to the public health domain.	Research focused solely on clinical treatment, therapy and rehabilitation of injuries, disabilities and impairments (including physiotherapy).	Our objective was to assess the general health-related benefits of physical activity (in its broadest sense) for disabled children and disabled young people, with potential for public health impact. Specific clinical treatment and rehabilitation studies were excluded because this evidence-base informs dedicated, condition-specific guidance (e.g. NICE guidance).
Comparator/control	<p>No restrictions.</p> <p>There are various ways of assessing whether physical activity improves or maintains health among disabled children and disabled young people. Thus, we did not want to exclude valuable research on the basis that it had no comparator.</p>		
Relevance (outcome measures)	Cardiovascular-, muscular-, disease prevention-, psychological-, functional-skills-, (psycho)social-, cognitive-, behavioural-related health outcomes of physical activity for disabled children and disabled	Acceptability, cost-effectiveness or feasibility studies, whereby no relevant outcome data were also reported.	The measures were selected for breadth of physical activity-related health outcomes in the population of interest. The excluded outcomes did not reflect the objectives of the review.

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	young people as reported by the research authors.		
Timeframe	<p>No restrictions.</p> <p>We were interested in all study types that looked at health benefits from physical activity for disabled children and disabled young people, with particular emphasis on information related to the FITT principles (including different frequency and durations of activity). Long follow-up periods in physical activity research are uncommon. Various literature types can provide this information, thus rendering a timeframe criterion unnecessary.</p>		
Report characteristics	<p>Publication and index date: 1 January 2007 to 9 April 2021.</p> <p>Language: Publications in English.</p> <p>Publication type: peer-reviewed journal articles.</p>	<p>Publication and index date: Prior to 1 January 2007 or since 9 April 2021.</p> <p>Language: Publications not in English.</p> <p>Publication type: non-peer-reviewed journal articles.</p>	<p>The date range reflects that used during the 2019 review of physical activity for disabled adults, and includes the time period since the completion of that review to ensure maximum up-to-date coverage. Language of publication was selected due to a lack of translation support available for this rapid review. We prioritised peer-reviewed journal articles to incorporate the most relevant and high-quality evidence, while maintaining feasibility.</p>