



## A. PEDro update (4 July 2016)

PEDro contains 33,895 records. In the 4 July 2016 update you will find:

- 26,985 reports of randomised controlled trials (26,272 of these trials have confirmed ratings of methodological quality using the PEDro scale)
- 6,329 reports of systematic reviews, and
- 581 reports of evidence-based clinical practice guidelines

For latest guidelines, reviews and trials in physiotherapy visit [Evidence-in-your-inbox](#).

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## B. Systematic review found that exercise improves clinical symptoms, quality of life, function and depression in people with schizophrenia

In this review, the authors included 29 trials ( $n=1,109$  participants) which investigated the effect of any type of exercise (aerobic, strength, yoga) for clinical symptoms (total, positive, and negative), quality of life, global functioning, depression and cognition for people with schizophrenia. Exercise interventions reduced total symptom severity (Hedges'  $g=0.37$ ), positive symptoms (Hedges'  $g=0.32$ ) and negative symptoms (Hedges'  $g=0.49$ ) compared to control conditions. Effects were larger for exercise compared to passive controls than for exercise compared to active controls. For the secondary outcomes, exercise was superior to control conditions in improving quality of life, global functioning, and reducing depression with medium to large effect sizes. Only yoga improved cognition.

Dauwan M et al. Exercise improves clinical symptoms, quality of life, global functioning, and depression in schizophrenia: a systematic review and meta-analysis. *Schizophrenia Bulletin* 2016;42(3):588-599.

[Read more on PEDro.](#)

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### **C. Two new PEDro videos in Japanese**

We are pleased to announce that four of the PEDro “how to” videos are now available in Japanese. The videos are:

- [how to ask a clinical question in PICO format](#)
- [how to do an advanced search](#)

PEDro would like to thank Koya Mine who translated and recorded the videos into Japanese. Koya is from the Tokyo University of Technology.

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### **D. PEDro systematic review update in the BJSM**

A new PEDro systematic review update has been published in the British Journal of Sports Medicine:

- [Early weight-bearing and rehabilitation versus immobilisation following surgical Achilles tendon repair](#)

### **E. More support for TIDieR checklist from physiotherapy journals**

There has been more interest in the Template for Intervention Description and Replication (TIDieR) checklist to assess completeness of reporting of interventions in physiotherapy trials. Editorials have been published in 3 more physiotherapy journals: [International Journal of Physiotherapy and Research](#), [Physiotherapy Practice and Research](#), and the [European Journal of Physiotherapy](#).

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## F. Changes to PEDro search interface

A paper analysing 893,971 PEDro search commands has just been published. This revealed some common errors made by PEDro users which will make searching less effective:

- using Boolean operators (and, or, not) in text fields (these are not used in PEDro searches)
- using brackets to combine terms in text fields (these are not used in PEDro searches)
- using non-English letters in text fields (only English terms can be used in PEDro searches)

Read more at: [Stevens ML et al. What searches do users run on PEDro? An analysis of 893,971 search commands over a 6-month period. \*Methods Inf Med\* 2016 Jun 20;55\(4\):Epub ahead of print.](#)

PEDro have implemented a series of error messages which will alert users to these common errors. These error messages are explained in a [new PEDro video](#). PEDro would like to thank Matthew Stevens who wrote and recorded the video. Matthew is a PhD student at The George Institute for Global Health.

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## G. Canadian Physiotherapy Association, Order of Physiotherapists in Lebanon, Bangladesh Physiotherapy Association, Ghana Physiotherapy Association and Cambodian Physical Therapy Association are PEDro partners

We thank [Canadian Physiotherapy Association](#), [Order of Physiotherapists in Lebanon](#), [Bangladesh Physiotherapy Association](#), [Ghana Physiotherapy Association](#) and [Cambodian Physical Therapy Association](#) for renewing their partnerships with PEDro for another year.

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## H. Next PEDro update (August 2016)

Next PEDro update is on Monday 1 August 2016.

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