

King's Fund

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Unlock the future of health and social care: Imagine a world where everyone can live a healthy life. That's the vision driving The King's Fund, an independent UK charity working to improve people's health. The King's Fund Database is supporting the delivery of this vision. It's a dynamic, ever-evolving collection of helpful resources, curated by a team of Knowledge and Information experts to support research, learning and development in health and social care policy.

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Find the evidence you need

- Official UK health policy: keep up to date with current strategies, guidance, research and statistics.
- 'Grey' literature: Access hard-to-find reports, planning documents and statistics from leading health and social care organizations.
- Handpicked academic insights: Explore selected articles, books and online publications that matter for health policy and service management.
- Curated content: The emphasis is firmly on UK health and social care policy, management and innovation, rather than clinical practice.

Date Coverage

1979–current

Geographic Coverage

United Kingdom

Publisher

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United Kingdom

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King's Fund

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TI Effect of e-Health exercise interventions on physical activity and number of steps in healthy older people :a network meta-analysis of randomised controlled trials.

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López-González, María; Priego-Jiménez, Susana; Lorenzo-García, Patricia; Rodríguez-Martín, Beatriz; Ruiz-Hermosa, Abel; et al. **Public Health** 247 : 105898 - 105898. (Oct 2025)

Highlighting: Off | Single | Multi

AB **Abstract (summary)** [Translate](#)

OBJECTIVES: e-Health physical activity interventions have been shown to promote positive changes in health behaviours that benefit both physical and mental health. The aim of this study was to determine which type of e-Health intervention was the most effective at increasing physical activity levels in older people. STUDY DESIGN: Systematic review and network meta-analysis. METHODS: A literature search was conducted up to July 2025. Randomised controlled trials reporting the effects of e-Health exercise programmes on increasing physical activity and the number of steps were included. Standard pairwise meta-analysis and network meta-analysis were performed for direct and indirect comparisons between interventions to calculate the effect size (ES) and 95 per cent confidence interval (CI). RESULTS: Sixteen studies with a total study population of 2296 participants were included in this network meta-analysis. The intervention that showed the highest ES for increasing daily physical activity was the computer phone-based intervention (ES = 0.47; 95 per cent CI: 0.11, 0.84; compared to the control group). This intervention consists of providing participants with a tablet computer preloaded with an application (app) that offers recommendations on healthy habits and physical activity. Regarding the number of daily steps, the highest ES was observed with the wearable physical activity intervention (ES = 1.06; 95 per cent CI: 0.20, 1.92; compared to the control group). This intervention combines the use of devices such as pedometers and accelerometers with motivational instructions aimed at achieving a daily step goal. CONCLUSIONS: Results showed that phone-based e-Health interventions and wearable physical activity training programmes were the most effective interventions for increasing daily physical activity and number of steps per day, respectively. [Abstract]

Indexing (details) [Cite](#)

SU

Subject [older people;](#)
[health behaviour;](#)
[digital health;](#)
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[physical activity;](#)
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TI

Title Effect of e-Health exercise interventions on physical activity and number of steps in healthy older people :a network meta-analysis of randomised controlled trials.

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Author [López-González, María;](#) [Priego-Jiménez, Susana;](#) [Lorenzo-García, Patricia;](#) [Rodríguez-Martín, Beatriz;](#) [Ruiz-Hermosa, Abel;](#) [Álvarez-Bueno, Celia](#)

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Database King's Fund (1979 - current)

Search fields

Field	Field Code	Example	Description and Notes
Abstract	AB	ab("educational intervention?")	Use adjacency and/or Boolean operators to narrow search results.
Accession number	AN	an(115288)	
All Fields	ALL	all("health insurance")	
Author ¹ Author First Name Author Last Name	AU AUFN AULN	au(ben robinson) aufn(ben) auln(robinson)	Includes all authors. Also searchable via the Look Up Citation tool.
First author	FAU	fau("ecclestone, kathryn")	First name listed in Author field. First author is included in Author browse, but its position cannot be specified in the Author browse.
Conference information	CF	cf("msd foundation symposium") cf(London)	Found in older records – rarely populated
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Document title	TI	ti("emotional restraint")	
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Edition	EN	en(second or 2nd)	Present in relatively few records
First available	FAV	fav(2010-11-15)	Indicates the first time a document was loaded in King's Fund. It will not change however many times the record is subsequently reloaded, as long as the accession number does not change.
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ISSN	ISSN	issn(0959-8154) issn(09598154)	
Issue	ISS	iss(7982) iss(s*)	
Journal title	JN	jn(BMJ)	
Monograph title	MT	mt(nhs nursing homes)	Volume title – present in relatively few records
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Publication yea	YR	yr(2014) yr(2012-2014) yr(>2008)	
Publisher	PB	pb("wiley blackwell") pb(oxford)	Name and/or location can be present. Department of Health usually abbreviated to "DoH"
Series title	SR	sr("understanding welfare") sr("bbc training videos")	Present in relatively few records
Source information	SRC	src(bmj AND "november 2014") src(may 2011)	Includes Publication Title, Issue, Volume, ISSN, Publication Date, and Pagination. Also searchable via the Look Up Citation tool
Subjects ¹	SU	su("patient outcome")	
Title	TI	See Document Title	
Updates	UD	ud(2014-12-05)	The date(s) the document was loaded as a result of an update provided by the supplier.
Volume	VO	vo(349)	

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