Appendix E1. Characteristics of studies included in the evidence synthesis

| **Study details** | **Population** | **Alex. Technique intervention arm(s)** | **Comparator arm(s)** | **Outcomes** (\* = selected for synthesis) |
| --- | --- | --- | --- | --- |
| **Gleeson 2015**  [AL005-S]  **Country:** Australia  **Setting (detail):**  community based  (Guide Dogs NSW/ACT)  **RCT design:** RCT | **No. randomised [eligible treatment arms] (age; sex):**  120 adults (ALT. 75 years, C. 75 [mean]; ALT. 72% female, C. 70%)  **Treatment goal:** prevent a condition among people with risk factors (older adults, low vision)  **Inclusion criteria:** Low vision or blindness; Orientation & Mobility training within Guide Dogs NSW/ACT previous 5 years  **Exclusion criteria:** dementia, not independently mobile (except for canes, walking frames, guide dogs), planned cataract surgery (<12 mnths)  **ICD code:** QF23 - Difficulty or need for assistance with mobility (vision-related) | **Name:** Alexander Technique  **What – procedure:**  Alexander technique lessons as per protocol based on everyday activities (sitting & standing; getting to & from floor; walking; climbing stairs; carrying everyday objects)  **When & how much:** 1 x 30-minute lesson per week for 12 weeks (6 hours total)  **Who administered (provider); training:** provider administered (Alexander Technique teacher); other training  **Co-intervention(s):** usual care as per comparator arm | **Name:** inactive - usual care  **What – procedure:**  usual care (access to orientation & mobility programs from Guide Dogs NSW/ACT)  **When & how much:** n/a  **Who administered (provider):**  n/a  **No. arms included in synthesis (treatment & control):** 2  **Ineligible arms:** none | **Eligible outcomes:**  *Emotional functioning/mental health:* depression symptoms (GDS-5)\*; mood (PANAS - positive affect subscale)  *HR-QoL:* emotional well-being (IVI emotional well-being scale)\*; participation (KAP)  *Function - mobility:* physical performance (SPPB -  standing balance test, chair stand test, gait speed (4m walk steps), summary performance score, total score\*; postural sway tests (Physiological Profile Assessment); maximal balance range)  *Function - disability:* (PVAS)\*  *Falls:* falls rate (falls per person-year)\*; falls per month), no. of falls, no. of fallers, no. injurious falls, falls efficacy (SFES-I)  **Ineligible outcomes:** n/a  **Timing of outcome measurement:**  3 months (end of intervention period)\* and 12 months [all other outcomes]  12 months\* [no. of falls, falls rates, no. of fallers] |
| **Hafezi 2022**  [AL006-S]  **Country:** Iran  **Setting (detail):**  hospital - outpatient  (orthopaedic clinic)  **RCT design:** RCT | **No. randomised [eligible treatment arms] (age; sex):**  80 adults (ALT. 43 years, C. 45 [mean]; ALT. 68% female, C. 70%)  **Treatment goal:** relieve symptoms of a condition (low back pain)  **Inclusion criteria:** Chronic low back pain ≥3 months (orthopedic specialist diagnosis); pain >3 on VAS  **Exclusion criteria:** Pathological cause of LBP, e.g. fracture, arthritis, infection, tumor; use of other complementary therapies; acute increase in LBP  **ICD code:** MG30.02 Chronic primary low back pain | **Name:** Alexander Technique  **What – procedure:**  combined spoken advice, demonstration and hands-on guidance during performance of everyday activities as per protocol [based on Little 2008], including home practice  **When & how much:** 3 x 60-minute sessions per week for 12 weeks (36 hours total)  **Who administered (provider); training:** provider administered (Alexander Technique teacher); certificate  **Co-intervention(s):** usual care as per comparator arm | **Name:** inactive - usual care  **What – procedure:**  usual care not described  **When & how much:** n/a  **Who administered (provider):**  n/a  **No. arms included in synthesis (treatment & control):** 2  **Ineligible arms:** none | **Eligible outcomes:**  *Pain:* pain intensity (VAS)\*  **Ineligible outcomes:** n/a  **Timing of outcome measurement:**  3 months (end of intervention period)\*, 4 months |
| **Little 2008.1**  [AL008-S]  **Country:** United Kingdom  **Setting (detail):**  primary care  (general practices)  **RCT design:** RCT | **No. randomised [eligible treatment arms] (age; sex):**  432 adults (ALT6. 45 years, ALT24. 45, C. 46; ALT6. 63% female, ALT24. 64%, C. 73%)  **Treatment goal:** relieve symptoms of a condition (low back pain)  **Inclusion criteria:** Low back pain commencing >3 months previously; current pain for ≥3 weeks; disability (>4 on Roland disability scale)  **Exclusion criteria:** Serious spinal disease; current nerve root pain; previous spinal surgery; pending litigation; perceived inability to walk 100m  **ICD code:** MG30.02 Chronic primary low back pain | **Name:** Alexander Technique 1  Alexander Technique 2  **What – procedure:**  AlexT1 and T2. Lessons involved personalised assessment of habitual musculoskeletal use when stationary and in movement, release of unwanted tension, improvement guided by verbal instruction and hand contact, with practise between lessons.  **When & how much:** AlexT1. 6 x 30-40 minute lessons over 4 weeks (2 per week for 2 weeks, then 1 per week)  Alex T2. 24 x 30-40 minute lessons over 9 months (2 per week for 6 weeks, then 1 per week for 6 weeks, 1 per fortnight for 8 weeks, and 1 at 7 and 9 months)  **Who administered (provider); training:** provider administered (Alexander Technique teacher); other training  **Co-intervention(s):** usual care as per comparator arm  n/a | **Name:** inactive - usual care  **What – procedure:**  usual care not described  **When & how much:**  n/a  **Who administered (provider):**  n/a  **No. arms included in synthesis (treatment & control):** 3  **Ineligible arms:** none | **Eligible outcomes:**  *Pain:* pain overall (GCPS - pain subscale\*, Deyo 1998 - pain symptoms); no. of days with pain in past 4 weeks; pain beliefs (FAB)  *Emotional functioning/mental health:* emotional well-being (SF-36 - emotional dimension)\*  *HR-QoL:* overall HR-QoL (SF-36 - physical dimension\*, SF-36 - emotional dimension); overall health improvement (study-specific measure)  *Function - disability:* disability (RMDQ\*, GCPS - disability subscale)  **Ineligible outcomes:** Pain & disability (GCPS - overall); overall improvement (Beurskens 1995)  **Timing of outcome measurement:**  3 months\* and 12 months (assuming 3 months after end of intervention period, although this is unclear) |
| **Little 2014.1**  [AL009-S]  **Country:** United Kingdom  **Setting (detail):**  community based  (general practices)  **RCT design:** RCT | **No. randomised [eligible treatment arms] (age; sex):**  34 adults (ALT. 50 years, C. 47 [mean]; ALT. 65% female, C. 47%)  **Treatment goal:** relieve symptoms of a condition (low back pain)  **Inclusion criteria:** Chronic or recurrent low back pain; pain for ≥3 weeks on presentation at clinic; Roland disability scale score ≥4  **Exclusion criteria:** Serious spinal disease; current nerve root pain; previous spinal surgery; pending litigation; perceived inability to walk 100m; pregnancy  **ICD code:** MG30.02 Chronic primary low back pain | **Name:** Alexander Technique  **What – procedure:**  assessed individual habitual patterns that may underlie condition, then guided improved musculoskeletal use with demonstration, verbal instruction and hand contact during performance of everyday activities; encouraged to practise at home  **When & how much:** 10 x 30-40 minute lessons over 8 weeks (2 x per week for 2 weeks, then 1 x per week for 6 weeks; 5-7 hours total) + advice to practice at home  (15-20 minutes per day)  **Who administered (provider); training:** provider administered (Alexander Technique teacher); other training  **Co-intervention(s):** n/a | **Name:** inactive - usual care  **What – procedure:** usual GP care per participant indication  **When & how much:**  n/a  **Who administered (provider):**  n/a  **No. arms included in synthesis (treatment & control):** 2  **Ineligible arms:** 12 x 1 hour physiotherapy exercise classes (delivered to groups) | **Eligible outcomes:**  *Pain:* pain overall (GCPS - pain subscale\*, Deyo 1998 - pain symptoms); no. of days with pain in past 4 weeks; pain beliefs (TSK-11); CBPQ [Aberdeen]  *HR-QoL:* overall HR-QoL (EQ-5D) [preferred measure but results NR]; overall health improvement (study-specific measure)\*  *Function - disability:* disability (RMDQ\*, ODI, GCPS - disability subscale, overall); overall improvement (Beurskens 1995)  **Ineligible outcomes:** *Biomechanical outcomes:* muscle thickness (USI), muscle onset (surface EMG), muscle tone (Myoton PRO), axial tone (trunk rotation test), proprioception, isometric flexion & extension strength (dynamometer), active straight leg raise w. pelvic compression  **Timing of outcome measurement:**  3 months\* and 6 months |
| **MacPherson 2015**  [AL010-S]  **Country:** United Kingdom  **Setting (detail):**  community based  (general practices)  **RCT design:** RCT | **No. randomised [eligible treatment arms] (age; sex):**  344 adults (ALT. 54 years, C. 54 years [mean]; ALT. 70% female, C. 69%)  **Treatment goal:** relieve symptoms of a condition (neck pain)  **Inclusion criteria:** Neck pain lasting at least 3 months; score of at least 28% on the Northwick Park Questionnaire (NPQ)  **Exclusion criteria:** Serious underlying pathology; rheumatoid arthritis, ankylosing spondylitis, osteoporosis, hemophilia, cancer, HIV or hepatitis; prior cervical spine surgery  **ICD code:** MG30.02 Chronic primary neck pain | **Name:** Alexander Technique  **What – procedure:**  lessons combined spoken advice, practical demonstration, hands-on implicit guidance, and feedback during the participant's performance of common everyday activities, and taught principles of intentional inhibition and direction, time lying semi-supine with advice on home practise  **When & how much:** 20 x 30 minute lessons over 5 months maximum (frequency varied, typically weekly but offered: 2 x per week initially, then every 2 weeks) (10 hours total)  **Who administered (provider); training:** provider administered (Alexander Technique teacher); other training  **Co-intervention(s):** usual care as per comparator arm | **Name:** inactive - usual care  **What – procedure:**  any general and neck pain-specific treatment routinely provided to primary care patients, such as prescribed medications and visits to physical therapists and other health care professionals  **When & how much:** n/a  **Who administered (provider):**  n/a  **No. arms included in synthesis (treatment & control):** 2  **Ineligible arms:** none | **Eligible outcomes:**  *Pain:* pain intensity (text message pain scores [monthly, 0-8 scale])\*  *Emotional functioning/mental health:* stress (PSS; SF-12v2 - mental dimension\*); pain beliefs (CPSS - pain management subscale)  *HR-QoL:* physical well-being (SF-12v2 - physical dimension\*, SF-12v2 - mental dimension, EQ-5D [EQ-5D results reported as utilities for economic analysis only])  *Function - disability:* physical function (NPQ)\*  **Ineligible outcomes:** *Other:* adverse effects, serious adverse effects, general flow index  **Timing of outcome measurement:**  3, 6 (end of 5-month intervention period)\* and 12 months |
| **Sedaghati 2018**  [AL012-S]  **Country:** Iran  **Setting (detail):**  hospital - outpatient  (medical hall of a hospital)  **RCT design:** RCT | **No. randomised [eligible treatment arms] (age; sex):**  26 adults (ALT. 65 years, C. 63 [mean]; ALT. 38% female, C. 54%)  **Treatment goal:** prevent a condition among people with risk factors (Parkinson disease)  **Inclusion criteria:** Idiopathic Parkinsons disease (Hoehn & Yahr stages II and III; MMSI score >24; kyphosis ≥42°, thoracolumbar flexion  with full resolution in supine position and alleviation by changing passive position  **Exclusion criteria:** Fixed postural deformities (ankylosing spondylitis, vertebral fractures, idiopathic or degenerative scoliosis), depression (according to DSM-V); severe comorbidities (cardiac, pulmonary, or orthopedic diseases)  **ICD code:** 8A00.0 Parkinson disease | **Name:** Alexander Technique  **What – procedure:**  postural realignment exercises, including walking in different directions, static/dynamic marching, tandem walking and activities of daily living as per participant indication and guidelines for intensity and progression of exercises  **When & how much:** 3 x 60-minute sessions per week for 8 weeks (24 hours total)  **Who administered (provider); training:** provider administered (NR); NR  **Co-intervention(s):** n/a | **Name:** inactive - no intervention  **What – procedure:**  n/a  **When & how much:** n/a  **Who administered (provider):**  n/a  **No. arms included in synthesis (treatment & control):** 2  **Ineligible arms:** none | **Eligible outcomes:**  *Function - mobility:* gait freeze (FOG)\*, balance (functional reach test)  *Emotional functioning/mental health:* fear of falling (FES-I\*, independently classified as fear of falling not falls efficacy)\*  **Ineligible outcomes:** *Biomechanical outcomes:* craniovertebral angle, thoracic kyphosis angle  **Timing of outcome measurement:**  week 8 (end of intervention period)\* |
| **Stallibrass 2002**  [AL013-S]  **Country:** United Kingdom  **Setting (detail):**  hospital - outpatient  (university-based polyclinic)  **RCT design:** RCT | **No. randomised [eligible treatment arms] (age; sex):**  59 adults (ALT. 64 years, C. 65 [mean]; ALT. 34% female, C. 30%)  **Treatment goal:** relieve symptoms of a condition (Parkinsons disease)  **Inclusion criteria:** Idiopathic Parkinsons disease (diagnosis by consultant neurologist); able to climb 20 stairs and get from floor unassisted by another person  **Exclusion criteria:** Taking medication for another serious neurological illness; hospitalized for depression in last 10 years; receiving a non-pharmacological therapy in the last six months  **ICD code:** 8A00.0 Parkinson disease | **Name:** Alexander Technique  **What – procedure:**  Alexander Technique lessons  (moving from sitting to standing/standing to sitting, walking inhibiting/directing tension, daily practise at home lying in semi-supine position)  **When & how much:** 2 x 40-minute lessons per week for 12 weeks (16 hours total)  **Who administered (provider); training:** provider administered (Alexander Technique teacher); other training  **Co-intervention(s):** n/a | **Name:** inactive - usual care  **What – procedure:**  usual medications for Parkinson's disease (committed to keeping these unchanged)  **When & how much:** n/a  **Who administered (provider):**  n/a  **No. arms included in synthesis (treatment & control):** 2  **Ineligible arms:** Active - massage (2 x per wk over12 wks), advice and encouragement to perform mobility exercises | **Eligible outcomes:**  *Emotional functioning/mental health:* depressions symptoms (BDI)\*, attitudes to self (15-items, modified from Body Concept Scale, Jahanshahi 1990)  *Function - disability:* disability (SPDDS - at worst\*, SPDDS - at best); changes in disability (study-specific questionnaire)  **Ineligible outcomes:** n/a  **Timing of outcome measurement:**  week 12 (end of intervention period)\*, 6 months after end of intervention period |