



UNIVERSIDADE  
FEDERAL DO CEARÁ

# Tutorial Metanálise

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Dez 2018

# TUTORIAL METANÁLISE NO REVIEW MANAGER 5.4.1 (REV MAN)

- Para dados contínuos selecionar os dados:
  - Autor, ano
  - Desfecho e instrumento de medida
  - Média, SD, N para intervenção e comparação
- Para dados categóricos selecionar os dados:
  - Autor, ano
  - Desfecho
  - Frequência absoluta de eventos ocorridos, total de eventos

Nos dados categóricos, a interpretação é quantos do total desenvolveram o desfecho.





**New Review Wizard** [Close]

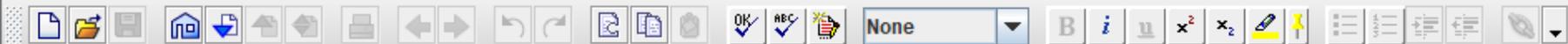
**New Review Wizard** [Help]

Which type of review do you want to create?

Type of Review:

- I**ntervention review
- D**iagnostics test accuracy review
- M**ethodology review
- O**verview of reviews
- F**lexible review

Sub Type:



**New Review Wizard** [X]

**New Review Wizard** [?]

What is the title of the review?

**Title:**

[Intervention] for [health problem]

[Intervention A] versus [intervention B] for [health problem]

[Intervention] for [health problem] in [participant group/location]

[Use if title does not fit any of the formats above]



**New Review Wizard** [Close]

**New Review Wizard** [Help]

What is the title of the review?

**Title:**

[Intervention] for [health problem]

Acupuncture Plus Exercise versus Sham Acupuncture Plus Exercise for Chronic musculoskeletal pain

[Intervention] for [health problem] in [participant group/location]

[Use if title does not fit any of the formats above]



**New Review Wizard** [Close]

**New Review Wizard** [Help]

Which stage should the review start in?

**Stage:**

- Title only
- Protocol
- Full review

- Intervention review
  - Title
  - Review information
  - Main text
    - Abstract
    - Plain language summary
    - Background
      - Objectives
      - Methods
      - Results
      - Discussion
      - Authors' conclusions
      - Acknowledgements
      - Contributions of authors
      - Declarations of interest
      - Differences between protocol and review
      - Published notes
  - Tables
  - Studies and references
  - Data and analyses
  - Figures
  - Sources of support
  - Feedback
  - Appendices

# Acupuncture Plus Exercise versus Sham Acupuncture Plus Exercise for Chronic musculoskeletal pain

## Review information

**Authors**

[Empty name]<sup>1</sup>

<sup>1</sup>[Empty affiliation]

Citation example: [Empty name]. Acupuncture Plus Exercise versus Sham Acupuncture Plus Exercise for Chronic musculoskeletal pain. Cochrane Database of Systematic Reviews [Year], Issue [Issue].

**Contact person**

[Empty name]

**Dates**

Date of Search:	<input type="text"/>
Protocol First Published:	Not specified
Review First Published:	Not specified

Click in a section to see relevant guidance. Not every section has specific guidance listed here - see the Help menu for the available general resources.

Acupuncture Plus Exercise versus Placebo/Sham for Chronic Low Back Pain

Text of Review

- Intervention review
  - Title
  - Review information
  - Main text
    - Abstract
    - Plain language summary
    - Background
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    - Differences between protocol and review
    - Published notes
  - Tables
  - Studies and references
    - References to studies
      - Included studies
      - Excluded studies
      - Studies awaiting classification
      - Ongoing studies
    - Other references
  - Data and analyses
  - Figures

References to studies

- Included studies
- Excluded studies
- Studies awaiting classification
- Ongoing studies
- Other references
- Additional references
- Other published versions of this review
- Classification pending references
- Data and analyses
- Figures
- Sources of support
  - No sources of support provided
- External sources

Context menu:

- Add Study
- Paste
- Notes...
- Print...
- Help

Clica com a direita em cima da palavra “included” para abrir a caixa

The screenshot shows a software interface for writing a review. On the left is a table of contents for an 'Intervention review', including sections like Title, Review information, Main text (with sub-sections like Abstract, Background, Methods, Results, Discussion, etc.), Tables, Studies and references, and Data and analyses. The 'Data and analyses' section is currently selected. The main area on the right, titled 'Text of Review', displays a list of sections: Studies awaiting classification, Ongoing studies, Other references, Additional references, Other published versions of this review, Classification pending references, Data and analyses, Figures, Sources of support, Internal sources, External sources, Feedback, and Appendices. A context menu is open over the 'Sources of support' section, showing options: Add Comparison, Paste, 1-2 Renumber Comparisons, Notes..., Print..., and Help. The 'Internal sources' section below it shows a bullet point: 'No sources of support provided'.

Text of Review



- Intervention review
  - Title
  - Review information
  - Main text
    - Abstract
    - Plain language summary
    - Background
      - Objectives
    - Methods
    - Results
    - Discussion
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      - Excluded studies
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      - Ongoing studies
    - Other references
  - Data and analyses
  - Figures

- ▣ **Studies awaiting classification**
- ▣ **Ongoing studies**
- ▣ **Other references**
- ▣ **Additional references**
- ▣ **Other published versions of this review**
- ▣ **Classification pending references**
- ▣ **Data and analyses**
- ▣ **Figures**
- ▣ **Sources of support**
  - No sources of support provided
- ▣ **Internal sources**
  - No sources of support provided
- ▣ **External sources**
  - No sources of support provided
- ▣ **Feedback**
- ▣ **Appendices**

- + Add Comparison
- Paste
- 1-2 Renumber Comparisons
- Notes...
- Print...
- Help

Acupuncture Plus Exercise versus Placebo/Sham for Chronic Low Back Pain

Text of Review 1.1 Pain

**Data and analyses**

**1 Placebo / Sham**

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
1.1 Pain	0	0	Mean Difference (IV, Fixed, 95% CI)	Not estimable
1.1.1 Back Pain	0	0	Mean Difference (IV, Fixed, 95% CI)	Not estimable

**Figures**

**Sources**

**Internal sources**

- No sources

**External sources**

- No sources

**Feedback**

**Appendices**

- Add Study Data
- Edit Subgroup
- Delete Subgroup
- Rename Subgroup
- Cut
- Copy
- Paste
- Move Up
- Move Down
- Properties...
- Notes...
- Print...
- Help

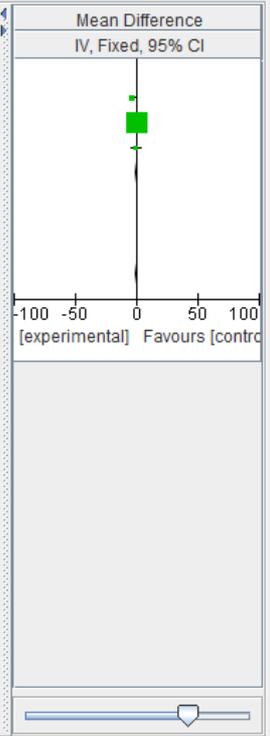
Lançar os dados de cada estudo

- Review information
  - Main text
    - Abstract
    - Plain language summary
    - Background
    - Objectives
    - Methods
    - Results
    - Discussion
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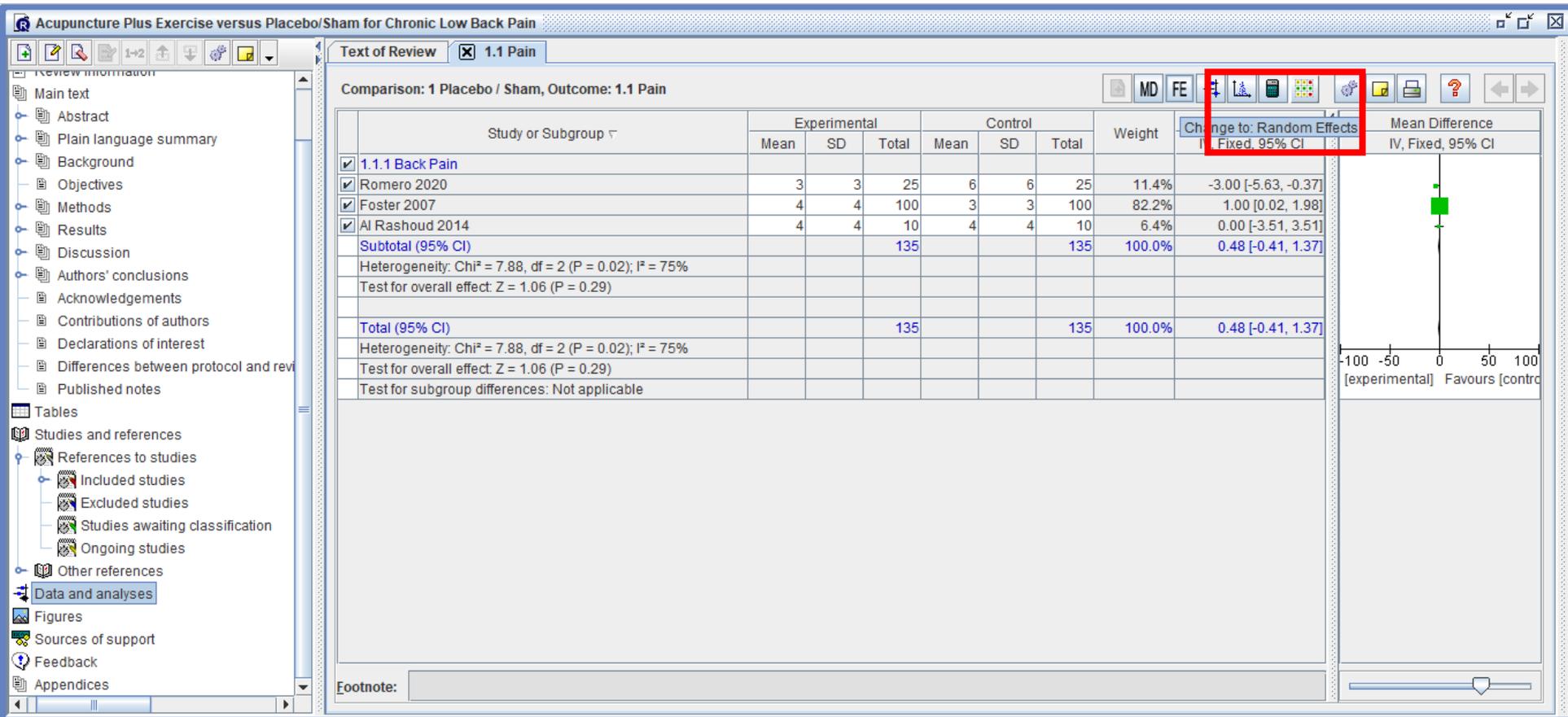
Text of Review **1.1 Pain**

Comparison: 1 Placebo / Sham, Outcome: 1.1 Pain

Study or Subgroup	Experimental			Control			Weight	Mean Difference IV, Fixed, 95% CI
	Mean	SD	Total	Mean	SD	Total		
<input checked="" type="checkbox"/> 1.1.1 Back Pain								
<input checked="" type="checkbox"/> Romero 2020	3	3	25	6	6	25	11.4%	-3.00 [-5.63, -0.37]
<input checked="" type="checkbox"/> Foster 2007	4	4	100	3	3	100	82.2%	1.00 [0.02, 1.98]
<input checked="" type="checkbox"/> Al Rashoud 2014	4	4	10	4	4	10	6.4%	0.00 [-3.51, 3.51]
<b>Subtotal (95% CI)</b>			<b>135</b>			<b>135</b>	<b>100.0%</b>	<b>0.48 [-0.41, 1.37]</b>
Heterogeneity: Chi <sup>2</sup> = 7.88, df = 2 (P = 0.02); I <sup>2</sup> = 75%								
Test for overall effect: Z = 1.06 (P = 0.29)								
<b>Total (95% CI)</b>			<b>135</b>			<b>135</b>	<b>100.0%</b>	<b>0.48 [-0.41, 1.37]</b>
Heterogeneity: Chi <sup>2</sup> = 7.88, df = 2 (P = 0.02); I <sup>2</sup> = 75%								
Test for overall effect: Z = 1.06 (P = 0.29)								
Test for subgroup differences: Not applicable								



Footnote:



Heterogeneidade baixa = fixed effects  
 Heterogeneidade alta = random effects

Quando a Heterogeneidade é baixa tanto faz utilizar efeitos fixos ou aleatórios. O convencional é sempre utilizar efeitos aleatórios.

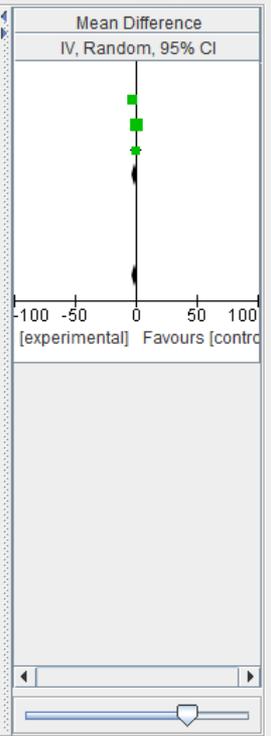
- Review information
- Main text
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Text of Review **1.1 Pain**

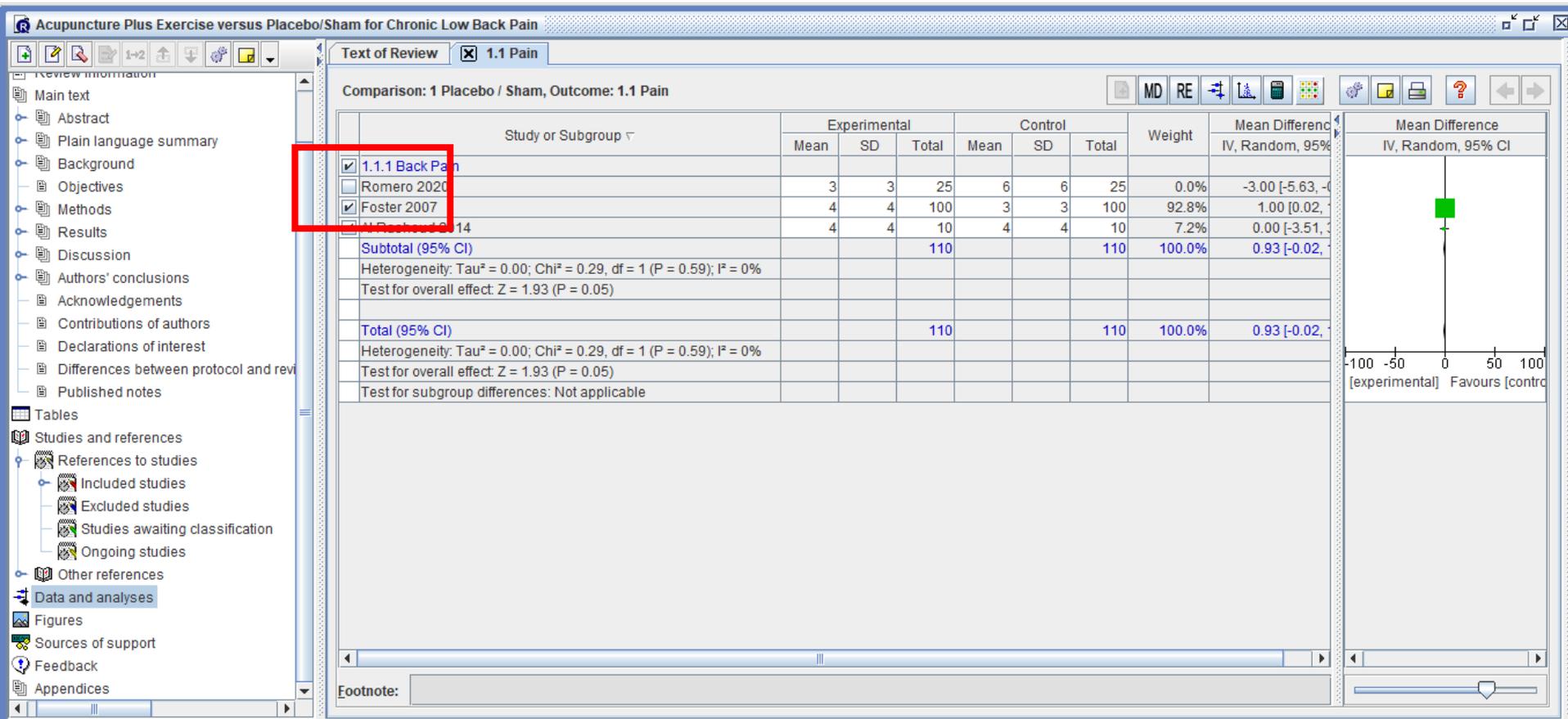
Comparison: 1 Placebo / Sham, Outcome: 1.1 Pain

Study or Subgroup	Experimental			Control			Weight	Mean Difference IV, Random, 95%
	Mean	SD	Total	Mean	SD	Total		
<input checked="" type="checkbox"/> 1.1.1 Back Pain								
<input checked="" type="checkbox"/> Romero 2020	3	3	25	6	6	25	31.5%	-3.00 [-5.63, -0.37]
<input checked="" type="checkbox"/> Foster 2007	4	4	100	3	3	100	43.2%	1.00 [0.02, 1.98]
<input checked="" type="checkbox"/> Al Rashoud 2014	4	4	10	4	4	10	25.3%	0.00 [-3.51, 3.51]
<b>Subtotal (95% CI)</b>			<b>135</b>			<b>135</b>	<b>100.0%</b>	<b>-0.51 [-3.15, 2.13]</b>
Heterogeneity: Tau <sup>2</sup> = 3.93; Chi <sup>2</sup> = 7.88, df = 2 (P = 0.02); I <sup>2</sup> = 75%								
Test for overall effect: Z = 0.38 (P = 0.70)								
<b>Total (95% CI)</b>			<b>135</b>			<b>135</b>	<b>100.0%</b>	<b>-0.51 [-3.15, 2.13]</b>
Heterogeneity: Tau <sup>2</sup> = 3.93; Chi <sup>2</sup> = 7.88, df = 2 (P = 0.02); I <sup>2</sup> = 75%								
Test for overall effect: Z = 0.38 (P = 0.70)								
Test for subgroup differences: Not applicable								

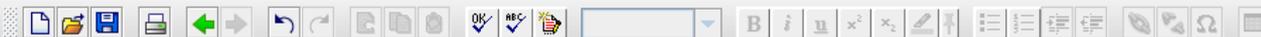
Heterogeneity: Tau<sup>2</sup> = 3.93; Chi<sup>2</sup> = 7.88, df = 2 (P = 0.02); I<sup>2</sup> = 75%



Footnote:



Para realizar a análise de sensibilidade deve-se clicar na caixa do estudo e tirar a seleção. Após, olhar o valor da heterogeneidade.



## Acupuncture Plus Exercise versus Placebo/Sham for Chronic Low Back Pain

Text of Review 1.1 Pain

Comparison: 1 Placebo / Sham, Outcome: 1.1 Pain

Study or Subgroup	Experimental			Control			Weight	Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total		
<input checked="" type="checkbox"/> 1.1.1 Back Pain								
<input type="checkbox"/> Romero 2020	3	3	25	6	6	25	0.0%	-3.00 [-5.63, -0.37]
<input checked="" type="checkbox"/> Foster 2007	4	4	100	3	3	100	92.8%	1.00 [0.02, 1.98]
<input checked="" type="checkbox"/> Al Rashoud 2014	4	4	10	4	4	10	7.2%	0.00 [-3.51, 3.51]
<b>Subtotal (95% CI)</b>			<b>110</b>			<b>110</b>	<b>100.0%</b>	<b>0.93 [-0.02, 1.89]</b>
Heterogeneity: Tau <sup>2</sup> = 0.00; Chi <sup>2</sup> = 0.29, df = 1 (P = 0.59); I <sup>2</sup> = 0%								
Test for overall effect: Z = 1.93 (P = 0.05)								
<b>Total (95% CI)</b>								
Heterogeneity: Tau <sup>2</sup> = 0.00; Chi <sup>2</sup> = 0.29, df = 1 (P = 0.59); I <sup>2</sup> = 0%								
Test for overall effect: Z = 1.93 (P = 0.05)								
Test for subgroup differences: Not applicable								

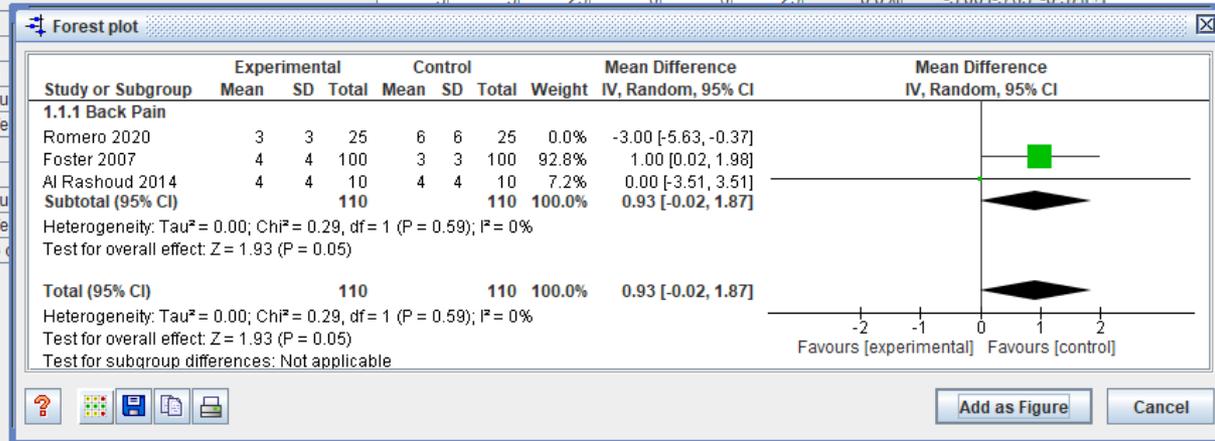
Mean Difference IV, Random, 95% CI

[experimental] Favours [control]

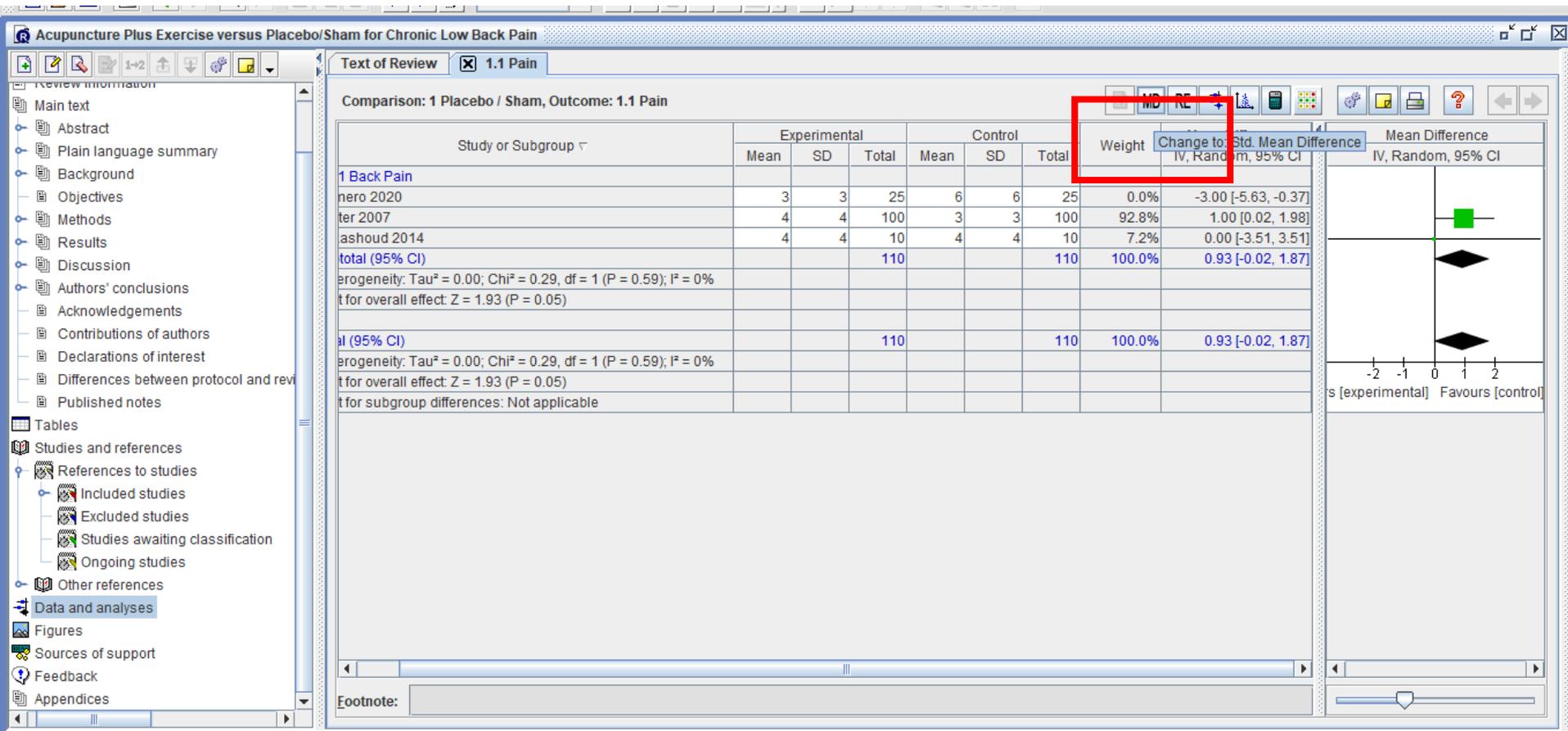
Footnote:

Para ajustar a escala do gráfico clica na escala abaixo

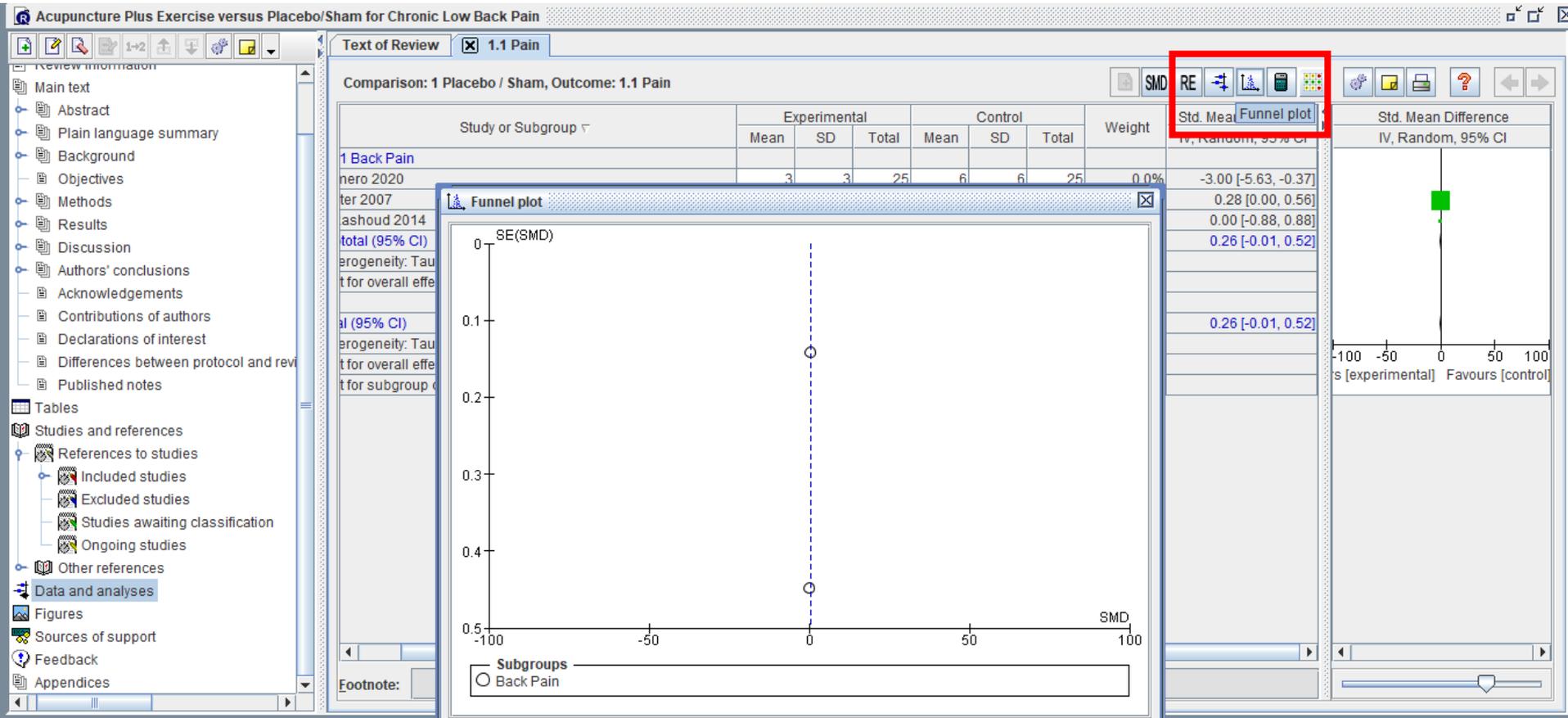
Study or Subgroup	Experimental			Control			Weight	Mean Difference IV, Random, 95% CI	Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total			
1 Back Pain									
Romero 2020	3	3	25	6	6	25	0.0%	-3.00 [-5.63, -0.37]	
Foster 2007	4	4	100	3	3	100	92.8%	1.00 [0.02, 1.98]	
Al Rashoud 2014	4	4	10	4	4	10	7.2%	0.00 [-3.51, 3.51]	
<b>total (95% CI)</b>			<b>110</b>			<b>110</b>	<b>100.0%</b>	<b>0.93 [-0.02, 1.87]</b>	



Clicar no Florest Plot para gerar o gráfico de metanálise



Modificar a estimativa do efeito para SMD quando o desfecho for avaliado por instrumentos de medida diferentes.



Funnel plot: gráfico gerado para quando se tem 10 estudos para medir viés de publicação. Os pontos precisam estar dispersos no funnel plot.

Acupuncture Plus Exercise versus Placebo/Sham for Chronic Low Back Pain

Text of Review 1.1 Pain

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
1.1 Pain	2	220	Std. Mean Difference (IV, Random, 95% CI)	0.26 [-0.01, 0.52]
1.1.1 Back Pain	2	220	Std. Mean Difference (IV, Random, 95% CI)	0.26 [-0.01, 0.52]

**Figures**

1.1.1 Back Pain

Study or Subgroup	Total		Control		Weight	Std. Mean Difference	
	Total	Mean	SD	Total		IV, Random, 95% CI	IV, Random, 95% CI
Romero 2007	25	6	6	25	0.0%	-3.00 [-5.63, -0.37]	
Foster 2007	100	3	3	100	90.8%	0.28 [0.00, 0.56]	
Al Rashid 2007	10	4	4	10	9.2%	0.00 [-0.88, 0.88]	
<b>Subtotal (95% CI)</b>	<b>110</b>			<b>110</b>	<b>100.0%</b>	<b>0.26 [-0.01, 0.52]</b>	

Heterogeneity: Tau<sup>2</sup> = 0.00; Chi<sup>2</sup> = 0.36, df = 1 (P = 0.55); I<sup>2</sup> = 0%  
 Test for overall effect: Z = 1.89 (P = 0.06)

**Total (95% CI)**

<b>Total (95% CI)</b>	<b>110</b>			<b>110</b>	<b>100.0%</b>	<b>0.26 [-0.01, 0.52]</b>	
-----------------------	------------	--	--	------------	---------------	---------------------------	--

Heterogeneity: Tau<sup>2</sup> = 0.00; Chi<sup>2</sup> = 0.36, df = 1 (P = 0.55); I<sup>2</sup> = 0%  
 Test for overall effect: Z = 1.89 (P = 0.06)  
 Test for subgroup differences: Not applicable

**Caption**

Forest plot of comparison: 1 Placebo / Sham, outcome: 1.1 Pain.

**Sources of support**

Adicionar a figura

Review Manager 5.4.1

File Edit Format View Tools Table Window Help

Acupuncture Plus Exercise versus Placebo/Sham for Chronic Low Back Pain

Text of Review 1.1 Pain 1.2 Disability Figure 1 (Analysis 1.1)

Review information

- Main text
  - Abstract
  - Plain language summary
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  - Acknowledgements
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**Data and analyses**

**1 Placebo / Sham**

Outcome or Subgroup	Studies	Participants	Statistical Method	Effect Estimate
1.1 Pain	3	490	Std. Mean Difference (IV, Random, 95% CI)	0.12 [-0.25, 0.49]
1.1.1 Back Pain		220	Std. Mean Difference (IV, Random, 95% CI)	0.26 [-0.01, 0.52]
1.1.2 Knee pain		270	Std. Mean Difference (IV, Random, 95% CI)	0.09 [-0.53, 0.71]
1.2 Disability		490	Mean Difference (IV, Fixed, 95% CI)	0.00 [-0.56, 0.56]
1.2.1 Back pain		270	Mean Difference (IV, Fixed, 95% CI)	0.00 [-0.79, 0.79]
1.2.2 Knee pain		220	Mean Difference (IV, Fixed, 95% CI)	0.00 [-0.81, 0.81]

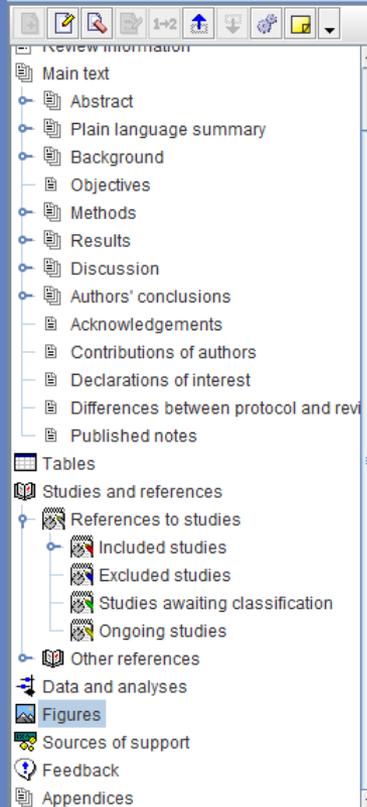
**Figures**

**Figure 1 (Analysis 1.1)**

Study or Subgroup	Meas	Total	Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% CI
1.1.1 Back Pain					
Romero 2020		25	0.0%	-3.00 [-5.63, -0.37]	
Foster 2007		100	28.9%	0.28 [0.00, 0.56]	
Al Rashoud 2014		10	11.7%	0.00 [-0.88, 0.88]	
<b>Subtotal (95% CI)</b>		<b>110</b>	<b>40.5%</b>	<b>0.26 [-0.01, 0.52]</b>	

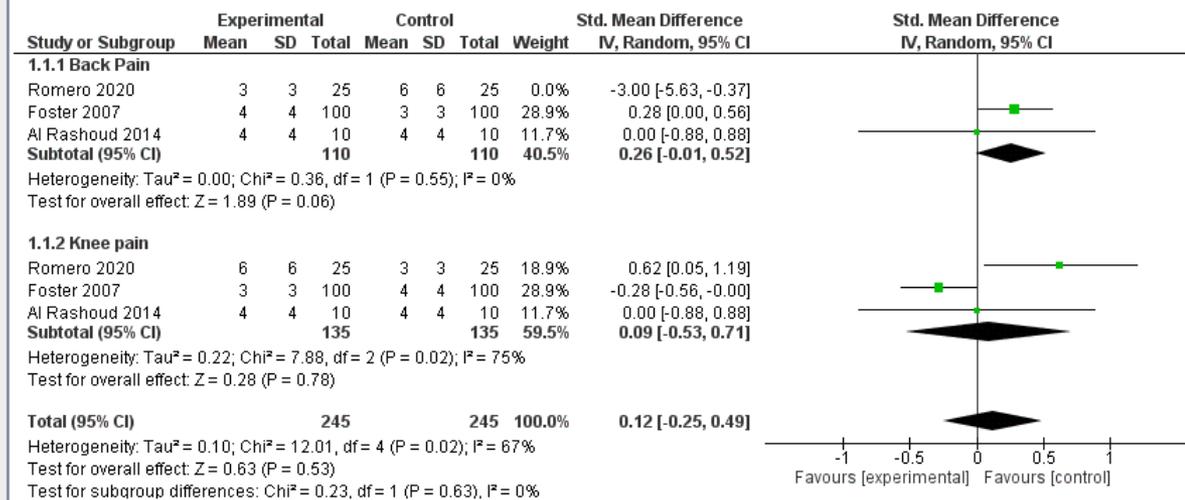
Heterogeneity: Tau<sup>2</sup> = 0.00; Chi<sup>2</sup> = 0.36, df = 1 (P = 0.55); I<sup>2</sup> = 0%

Para incluir subgrupos dentro de um desfecho



## Figures

### Figure 1 (Analysis 1.1)



#### Caption

Forest plot of comparison: 1 Placebo / Sham, outcome: 1.1 Pain.

### Figure 2 (Analysis 1.2)



Prof. Bernardo Diniz Coutinho



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FACULDADE DE MEDICINA  
Departamento de Fisioterapia



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**GAIPA**  
Grupo de Atenção Integral e Pesquisa em  
Acupuntura e Medicina Tradicional Chinesa



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