

a)

Meta-regression	Number of obs =	9
REML estimate of between-study variance	tau2 =	.2305
% residual variation due to heterogeneity	I-squared_res =	87.52%
Proportion of between-study variance explained	Adj R-squared =	-9.28%
With Knapp-Hartung modification		

_ES	Coef.	Std. Err.	t	P> t	[95% Conf. Interval]	
interventionduration	.2949685	.4049563	0.73	0.490	-.6626009	1.252538
_cons	-.654107	.5321852	-1.23	0.259	-1.912525	.604311

b)

Meta-regression	Number of obs =	5
REML estimate of between-study variance	tau2 =	.2654
% residual variation due to heterogeneity	I-squared_res =	83.64%
Proportion of between-study variance explained	Adj R-squared =	-9.78%
With Knapp-Hartung modification		

_ES	Coef.	Std. Err.	t	P> t	[95% Conf. Interval]	
interventionduration	.4605461	.5116995	0.90	0.434	-1.16791	2.089002
_cons	-1.230529	.7723954	-1.59	0.209	-3.688636	1.227578

c)

Meta-regression	Number of obs =	5
REML estimate of between-study variance	tau2 =	.1193
% residual variation due to heterogeneity	I-squared_res =	72.88%
Proportion of between-study variance explained	Adj R-squared =	-23.59%
With Knapp-Hartung modification		

_ES	Coef.	Std. Err.	t	P> t	[95% Conf. Interval]	
interventionduration	.3001929	.3654692	0.82	0.472	-.8628933	1.463279
_cons	-.9196711	.5586804	-1.65	0.198	-2.697641	.8582994

Fig. S3. Meta-regression of glucose metabolism parameters. a) Fasting blood glucose; b) Insulin concentration; c) Homeostasis model assessment of insulin resistance (HOMA-IR).