

Supplementary Table 3. Covariates of interest among included studies

| Study | Country | Characteristics of the participants | Baseline BMI, kg/m ² | Medication |
|-------------------------------|-----------|-------------------------------------|--|---|
| Gordon et al. (2006) [45] | Spain | - | RE = 30.7 ± 1.6 CG = 3.5 ± 1.6 | → Insulin → HA |
| Brooks et al. (2006) [46] | Spain | - | RE = 30.9 ± 1.1 CG = 31.2 ± 1.0 | - |
| Jorge et al. (2011) [47] | Brazil | Overweight/obese | Range: 25–40 RE = 31.29 ± 4.08 CG = 30.3 ± 4.90 AE = 29.30 ± 2.09 RE+AE = 31.24 ± 3.88 | → Sulfonylurea, metformin, sulfonylurea+metformin, DPP-4 inhibitors, lipid-lowering drugs, antihypertensive drugs |
| Kadoglou et al. (2012) [48] | Greece | Overweight/obese | RE = 32.74 ± 4.05 CG = 31.58 ± 5.71 | → Antihypertensive drugs → Statins → Sulfonylurea, metformin, sulfonylurea+metformin, DPP-4 inhibitors |
| Swift et al. (2012) [49] | USA | - | 34.5 ± 5.9 RE = 34.1 ± 5.4 CG = 34.7 ± 6.4 AE = 33.9 ± 5.7 RE+AE = 35 ± 6.2 | → Biguanides; sulfonylureas; thiazolidinediones; incretins; insulin → Statins |
| Kadoglou et al. (2013) [50] | Greece | Overweight/obese | RE = 32.89 ± 3.26 CG = 32.1 ± 2.95 AE = 31.55 ± 3.11 RE+AE = 31.91 ± 2.93 | → Antihypertensive drugs → Sulfonylurea, metformin, DPP-4 inhibitors |
| Mavros et al. (2014) [51] | Australia | - | 31.3 ± 5.1 RE = 31.1 ± 4.8 CG = 31.4 ± 5.4 | - |
| Hsieh et al. (2018) [52] | Taiwan | Hypertension/dislipidemia | RE = 25.6 ± 2.6 CG = 25.4 ± 3.4 | - |
| Miller et al. (2017) [53] | Australia | Overweight/obese | RE+CD = 31.5 ± 10.9 CG+CD = 32.5 ± 3.8 | → HA |
| Dadrass et al. (2019) [54] | Iran | - | RE = 27.94 ± 4.43 RE+VitD = 29.00 ± 4.65 | - |
| Rech et al. (2019) [55] | Brazil | - | RE = 28.46 ± 3.2 CG = 28.3 ± 3.1 | - |
| Ranasinghe et al. (2021) [56] | Sri Lanka | Overweight | 26.4 ± 4 RE = 26.9 ± 4.7 CG = 25.8 ± 2.8 AE = 26.8 ± 4.4 | → Biguanides sulfonylurea; DPP-4 inhibitor → Angiotensin II receptor antagonists → Statins |
| Sabouri et al. (2021) [57] | Iran | - | RE = 28.69 ± 2.76 CG = 26.58 ± 2.58 | → Diuretic medication → ACE inhibitors → Statins → Sulfonylurea, metformin, DPP-4 inhibitors |

Values are presented as mean ± standard deviation.

BMI, body mass index; RE, resistance exercise; CG, control group; HA, hypoglycemic agents; AE, aerobic exercise; DPP-4, dipeptidyl peptidase-4; CD, control diet; VitD, vitamin D; ACE, angiotensin-converting enzyme.