評価対象論文リスト(要因:身体活動、アウトカム:認知症・認知機能低下)

評価判定日:2023/8/31

①既存の系統的レビュー・メタ解析・統合解析

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②日本人集団の個別研究

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③有力な研究

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■メタ解析

Reference			Include study						Design	Category	Relative risk (95% CI or p)	Weight	**Magnitude of association**
Author	Title	Year	Ref No.	First author	Year	Study	Study	Event					
Stephen R	Physical Activity and Alzheimer's Disease: A Systematic Review	2017	38							Physically inactive	1.00 (ref)		
				Yoshitake	1995	1985-1992	Japan	Incidence	Cohort	Physically active	記載なし	記載なし	−
Guure CB	Impact of Physical Activity on Cognitive Decline, Dementia, and Its Subtypes: Meta-Analysis of Prospective Studies	2017	23							Inactive	1.00 (ref)		
				Kishimoto	2016	1988-2005	Japan	Incidence	Cohort	Active	-	記載なし	No association（関連なし）
Blondell SJ	Does physical activity prevent cognitive decline and dementia?: A systematic review and meta-analysis of longitudinal studies	2014	35							Physically inactive	1.00 (ref)		
				Yoshitake	1995	1985-1992	Japan	Incidence	Cohort	Physically active	0.20 (0.006–0.68)	1	Strong（強い）
Aarsland D	Is physical activity a potential	2010	記載なし							Physically inactive	1.00 (ref)		
				Yamada	2003	1992-1997	Japan	Incidence	Cohort	Physically active	記載なし	記載なし	−
			記載なし							Physically inactive	1.00 (ref)		
				Yoshitake	1995	1985-1992	Japan	Incidence	Cohort	Physically active	記載なし	記載なし	−
Xu W	Leisure time physical activity and dementia risk: a dose-response meta-analysis of prospective studies	2017	9							>2mile/d	1.00 (ref)		
										>1 to 2mile/d	1.33 (0.73-2.45)		No association（関連なし）
										>0.25 to 1mile/d	1.75 (1.03-2.99)		Moderate（中くらい）
				Abbott	2004	1994-1999	America	Incidence	Cohort	<0.25 mile/d	1.93 (1.11-3.34	記載なし	Moderate（中くらい）
			17							Physically inactive	1.00 (ref)		
				Miyachi	2015	記載なし	Japan	Incidence	Cohort	Physically active	−	記載なし	
Santos-Lozano A	Physical Activity and Alzheimer Disease: A Protective Association	2016	11							Physically inactive	1.00 (ref)		
				Gelber	2011	1965–1968	America	記載なし	Case–control	Physically active	−	記載なし	
			39							Physically inactive	1.00 (ref)		

Biazus-Sehn LF	Effects of physical exercise on cognitive function of older adults with mild cognitive impairment: A systematic review and meta-analysis	2020	40	Yoshitake	1995	1985-1992	Japan	Incidence	Cohort	Physically active Inactive	0.20 (0.06–0.68) 1.00 (ref)	記載なし	Strong（強い）
			55	Kishimoto	2016	1988-2005	Japan	Incidence	Cohort	Active Control	記載なし	記載なし	
			56	Suzuki	2012	記載なし	Japan	Incidence	RCT	Exercise Control	記載なし		
				Suzuki	2013	記載なし	Japan	Incidence	RCT	Exercise	記載なし		
Hamer M	Physical activity and risk of neurodegenerative disease: a systematic review of prospective evidence	2009	記載なし							Physically inactive	1.00 (ref)		
			記載なし	Yamada	2003	1992-1997	Japan	Incidence	Cohort	Physically active Physically inactive	記載なし 1.00 (ref)		
Frederiksen KS	Physical Activity as a Moderator of Alzheimer Pathology: A Systematic Review of Observational Studies	2019	65	Yoshitake	1995	1985-1992	Japan	Incidence	Cohort	Physically active Physically inactive	記載なし		
			67	Doi	2015	記載なし	Japan	記載なし	cross-sectional	Physically active Physically inactive	記載なし		
Morgan GS	Physical activity in middle-age and dementia in later life: findings from a prospective cohort of men in Caerphilly, South Wales and a meta-analysis	2012	66	Makizako	2015	記載なし	Japan	記載なし	cross-sectional	Physically active Physically inactive	記載なし 1.00 (ref)		
Brasure M	Physical Activity Interventions in Preventing Cognitive Decline and Alzheimer-Type Dementia: A Systematic Review	2018	40	Yoshitake	1995	1985-1992	Japan	Incidence	Cohort	Physically active Control	0.20 (0.06–0.68)	2.04	Strong（強い）
			44	Okumiya	1996	記載なし	Japan	Incidence	RCT	Exercise Control	記載なし		
				Satoh	2014	記載なし	Japan	Incidence	RCT	Ex ExM	記載なし 記載なし		

Beckett MW	A meta-analysis of prospective studies on the role of physical activity and the prevention of Alzheimer's disease in older adults	2015	17							Physically inactive	1.00 (ref)			
Öhman H	Effect of physical exercise on cognitive performance in older adults with mild cognitive impairment or dementia: a systematic review	2014	41	Yoshitake	1995	1985-1992	Japan	Incidence	Cohort	Physically active Control	-1.71 (-2.94–-0.49)	1.77	Strong（強い）	
			43	Suzuki	2013	記載なし	Japan	Incidence	RCT	Exercise BAT AT	記載なし 記載なし 記載なし			
				Nagamatsu	2013	記載なし	Japan	Incidence	RCT	RT	記載なし			
Sakaki K	Benefits of VR Physical Exercise on Cognition in Older Adults with and without Mild Cognitive Decline: A Systematic Review of Randomized Controlled Trials	2021	10							Control				
Gavelin HM	Combined physical and cognitive training for older adults with and without cognitive impairment: A systematic review and network meta-analysis of randomized controlled trials	2021	記載なし							Control				
			記載なし	Kitazawa	2015	記載なし	Japan	記載なし	Case contro	NSE Control	記載なし			
				Shimada	2017	記載なし	Japan	Incidence	RCT	combined activity group	記載なし			
Zhu Y	Effects of Aerobic Dance on Cognition in Older Adults with Mild Cognitive Impairment: A Systematic Review and Meta-Analysis	2020	36							Control				
				Doi	2017	記載なし	Japan	Incidence	RCT	Dance Music	記載なし 記載なし			
Law LL	Effects of combined cognitive and exercise interventions on cognition in older adults with and without cognitive impairment: a systematic review	2014	記載なし							Control				

			記載なし	Doi	2013	記載なし	Japan	Incidence	RCT	multicomponent exercise Control	記載なし	
										Cognitive function		記載なし
				Komai	2012	記載なし	Japan	Incidence	RCT	Physical function program		記載なし
			記載なし							Control		
				Suzuki	2012	記載なし	Japan	Incidence	RCT	Exercise		記載なし
Zhou XL	Effects of exercise interventions for specific cognitive domains in old adults with mild cognitive impairment: A meta-analysis and subgroup analysis of randomized controlled trials	2020	48									
				Suzuki	2013		Japan	Incidence	Cohort	Physically active	記載なし	
			39									
				Suzuki	2012		Japan	Incidence	Cohort	Physically active	記載なし	
Moniruzzaman M	Effects of physical activities on dementia-related biomarkers: A systematic review of randomized controlled trials	2021	30									
				Suzuki	2013		Japan	Incidence	Cohort	Physically active	記載なし	
			34									
				Yokoyama	2015		Japan	Incidence	Cohort	Dual task training	0.004(2.25～9.98)	
Kivimäki M	Physical inactivity, cardiometabolic disease, and risk of dementia: an individual-participant meta-analysis	2019	36								1.00 (ref)	
				Kishimoto	2016	1988-2005	Japan	Incidence	Cohort	Physically active	1.42 (0.79–2.56)	
Meng Q	The effect of combined cognitive intervention and physical exercise on cognitive function in older adults with mild cognitive impairment: a meta-analysis of randomized controlled trials	2022	17									
				Shimada	2018	2011-2012	Japan	Incidence	Cohort	Physically active	記載なし	
			28									
				Suzuki	2013		Japan	Incidence	Cohort	Physically active	記載なし	
Northey JM	Exercise interventions for cognitive function in adults older than 50: a systematic review with meta-analysis	2018	55									
				Kimura	2010	記載なし	Japan		Cohort	Physically active	記載なし	

Barha CK	Sex differences in exercise efficacy to improve cognition: a systematic review and meta-analysis of randomized controlled trials	2017	APAstyle							Physically inactive			
				Ijuin	2013		Japan	Incidence	Cohort	Physically active	記載なし		
Lee J	The Relationship Between Physical Activity and Dementia: A Systematic Review and Meta-Analysis of Prospective Cohort Studies	2018	APAstyle							Physically inactive	1.00 (ref)		
				Yoshitake	1995	1985-1992	Japan	Incidence	Cohort	Physically active	0.20 (0.006–0.68)	1	Strong（強い）
				Kishimoto	2016	1988-2005	Japan	Incidence	Cohort	Physically active	1.00 (ref) 1.42 (0.79–2.56)		
Gates N	The effect of exercise training on cognitive function in older adults with mild cognitive impairment: a meta-analysis of randomized controlled trials	2018	38										
				Kitazawa	2015	記載なし	Japan	Incidence	Cohort	Dual task training	記載なし		
			46							Physically inactive			
				Nishiguchi	2015	記載なし	Japan		Cohort	Physically active	記載なし		
			48										
				Sato	2015	2013.9～12	Japan		Cohort	water-based exercise	記載なし		
			52										
				Suzuki	2013		Japan	Incidence	Cohort	Physically active	記載なし		
Gates N	The effect of exercise training on cognitive function in older adults with mild cognitive impairment: a meta-analysis of randomized controlled trials	2013	33										
				Kimura	2010	記載なし	Japan		Cohort	Physically active	記載なし		
			35							Physically inactive			
				Maki	2012	2010.9～11	Japan		Cohort	Physically active	記載なし		
			36							resistance training			
				Nagamatsu	2012	記載なし	Japan		Cohort	aerobic training	記載なし		
Takasugi Y	日本の高齢者における生物・心理・社会的な認知症関連リスク要因に関するシステマティックレビュー	2020	22										

					Doi	2015	記載なし	Japan		Cohort	slow gait	記載なし
				28								1.00 (ref)
					Tomata	2017	2007～2012	Japan	Incidence	Cohort	Physically active	0.72(0.53～0.97)
				29								1.00 (ref)
					taniguchi	2017	2002～2014	Japan	Incidence	Cohort	Initial gait speed	3.46(1.88～6.40)
Olanrewaju O	Sedentary behaviours, cognitive function, and possible mechanisms in older adults: a systematic review	2020	25									1.00 (ref)
					Kurita	2018	記載なし	Japan	Incidence	Cohort	sitting time	OR 0.19(0.12-0.30)
Song D	The effectiveness of physical exercise on cognitive and psychological outcomes in individuals with mild cognitive impairment: A systematic review and meta-analysis	2018	APAstyle								resistance training	
					Nagamatsu	2012	記載なし	Japan		Cohort	aerobic training	記載なし
			APAstyle								resistance training	
					Nagamatsu	2013		記載なし		Cohort	aerobic training	記載なし
			APAstyle									
					Suzuki	2012		Japan	Incidence	Cohort	Physically active	記載なし
			APAstyle									
					Suzuki	2013		Japan	Incidence	Cohort	Physically active	記載なし
Yan S	Association between sedentary behavior and the risk of dementia: a systematic review and meta-analysis	2020	36									1.00 (ref)
					Kishimoto	2016	1988-2005	Japan	Incidence	Cohort	Physically active	1.42 (0.79–2.56)
Olanrewaju O	Sedentary behaviours, cognitive function, and possible mechanisms in older adults: a systematic review	2020	25									1.00 (ref)
					Kurita	2018	記載なし	Japan	Incidence	Cohort	sitting time	OR 0.19(0.12-0.30)