

Diagnostic Category: Cerebral Palsy Discipline: Health education

Reference	N	Intervention (n)	Telerehabilitation programs:	Platform & clinician's involvement	Outcomes
Country Study Design Quality (for RCTs)	Sample description (dx specifics, age, gender)	vs. Comparison (n) Frequency & duration	I. Focus II. Nature III. Target IV. Receiving client		Child-related outcomes Parent-related outcomes (+) significant between-group differences for RCTs or within group improvements for non-RCTs (-) no significant between-group differences for RCTs or within group improvements for non-RCTs
Maher et al., 2010 USA RCT PEDro score: 8/10 High quality	N=41 Adolescents with CP Mean age: 13.6± 1.7 yrs Age range: 11-17 yrs 26M:15F	Get Set Internet-intervention (n=20) vs. Usual care (n=21) 20 weeks	I. Physical Activity II. Get Set is an eight-module, interactive internet-based program based on social cognitive theory, incorporating education, quizzes, goal setting, self-reflection, and positive-role-modelling. Control: Participants in the comparison group were advised that the purpose of the assessments was to monitor their health. They were encouraged to continue with their usual activities and received no contact from the investigators throughout the intervention period.	Passive web	At 10 weeks (mid-treatment) and at 20 weeks (post-treatment): (-) <i>Exercise knowledge</i> : Purpose-designed scale (-) <i>Exercise attitudes</i> : Lifestyle Education for Activity Program II scale (-) <i>Exercise self-efficacy</i> : LEAP II scale (-) <i>Physical activity</i> : recording of daily step counts and daily distance for up to 7 days (-) <i>Self reported physical activity behaviour</i> : Multimedia Activity Recall for Children and Adolescents

			<p>All participants continued to receive 'usual therapy care' throughout the study period.</p> <p>III. Youth</p> <p>IV. Youth Alone</p>		
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