

Weekend warrior physical activity engagement and the risk of mental health conditions: A systematic review and narrative synthesis

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Author, year	Study type	Outcome	WW (Effect size, 95% CI)	RPA WW (Effect size, 95% CI)
Hamer et al., 2017	Cross-sectional	Common mental disorder	COR: 0.63 (0.59-0.67) AOR: 0.68 (0.63-0.73)	COR: 0.62 (0.59, 0.65) AOR: 0.68 (0.64, 0.72)
Chen et al., 2023	Cross-sectional	Depression	COR: 0.29 (95% CI: NR) AOR: 0.43 (0.25-0.74)	COR: 0.31 (95% CI: NR) AOR: 0.46 (0.39-0.54)
Liang et al., 2023	Cross-sectional	Depression	COR: 0.74 (0.60-0.91) AOR: 0.79 (0.63-0.98)	COR: 0.71 (0.62, 0.80) AOR: 0.76 (0.67, 0.84)
Li et al., 2024	Cross-sectional	Depression	COR: 0.37 (0.16-0.88) AOR: 0.65 (0.25-1.72) *	COR: 0.36 (0.21-0.60) AOR: 0.55 (0.31-0.99)
Min et al., 2024	Prospective cohort	Depression	CHR: 0.60 (0.53-0.67) AHR: 0.74 (0.65-0.84)	COR: 0.64 (0.56-0.72) AOR: 0.77 (0.68-0.88)
Seol et al. 2024	Cross-sectional	Depression	COR: 0.67 (0.50-0.88) AOR: 0.69 (0.52-0.91)	COR: 0.70 (0.60, 0.81) AOR: 0.76 (0.65, 0.88)
Yang et al., 2024	Prospective cohort	Depression	CHR: 0.56 (0.50-0.64) AHR: 0.75 (0.66-0.85)	CHR: 0.65 (0.56-0.75) AHR: 0.85 (0.73-0.99)
Andersen et al., 2025	Prospective cohort	Depression	CHR: NR AHR: 0.72 (0.66-0.79)	CHR: NR AHR: 0.75 (0.68-0.82)
de Victo et al., 2025	Cross-sectional	Depression	COR: 0.96 (0.77-1.20) * AOR: 1.03 (0.82-1.29) *	COR: 0.56 (0.52-0.61) AOR: 0.68 (0.62-0.75)
Liu et al., 2025	Prospective cohort	Depression	CHR: 0.58 (0.53-0.64) AHR: 0.72 (0.65-0.80)	CHR: 0.60 (0.54-0.68) AHR: 0.74 (0.66-0.84)
Xu et al. 2025	Cross-sectional	Depression	COR: 0.39 (0.25-0.62) AOR: 0.40 (0.24-0.68)	COR: 0.31 (0.20, 0.48) AOR: 0.29 (0.17, 0.48)
Min et al., 2024	Prospective cohort	Anxiety	CHR: 0.63 (0.57-0.71) AHR: 0.73 (0.65-0.83)	CHR: 0.72 (0.65-0.81) AHR: 0.82 (0.72-0.92)
Yang et al., 2024	Prospective cohort	Anxiety	CHR: 0.62 (0.56-0.69) AHR: 0.74 (0.66-0.83)	CHR: 0.67 (0.59-0.77) AHR: 0.78 (0.68-0.89)
Chen et al., 2025	Cross-sectional	Anxiety	COR: 0.62 (0.46-0.83) AOR: 0.65 (0.48-0.90)	COR: 0.71 (0.62-0.81) AOR: 0.75 (0.65-0.87)
Liu et al., 2025	Prospective cohort	Anxiety	COR: 0.59 (0.54-0.64) AOR: 0.72 (0.66-0.79)	COR: 0.64 (0.58-0.71) AOR: 0.77 (0.69-0.86)
Notes: *: Not significant; AHR: Adjusted Hazard Ratio, AOR: Adjusted odds ratio, CHR: Crude Hazard Ratio, COR: Crude Odds ratio				