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| Table 1: List of meta-analysis and systematic reviews conduced in the area of Virtual Reality and Older Adult Populations – Academic Search Complete, CINAHL, MEDLINE, PsycArticles & PsychInfo | | |
| **Year** | **Title** | **Area** |
| 2020 | Can exergames contribute to improving walking capacity in older adults? A systematic review and meta-analysis | Exergames + Walking |
| 2017 | Do virtual reality games improve mobility skills and balance measurements in community-dwelling older adults? Systematic review and meta-analysis | Mobility |
| 2014 | Does a Wii-based exercise program enhance balance control of independently functioning older adults? A systematic review | Balance |
| 2014 | Effectiveness and feasibility of virtual reality and gaming system use at home by older adults for enabling physical activity to improve health-related domains: A systematic review | Health Related Domains |
| 2019 | Effect of exergaming on health-related quality of life in older adults: A systematic review | Exergaming + Health-related quality of life |
| 2020 | Effects of exergaming on balance of healthy older adults: A systematic review and meta-analysis of randomized controlled trials | Exergaming, Balance |
| 2016 | Effects of virtual reality training (exergaming) compared to alternative exercise training and passive control on standing balance and functional mobility in healthy community-dwelling seniors: A meta-analytical review | Exergaming + Standing Balance + Functional Mobility |
| 2015 | Exergaming as a viable therapeutic tool to improve static and dynamic balance among older adults and people with idiopathic Parkinson-disease: A systematic review and meta-analysis | Exergaming, Static and Dynamic Balance  Parkinson’s Disease |
| 2017 | Nintendo Wii training on postural balance and mobility rehabilitation of adults with Parkinson’s disease: A systematic review | Balance, Mobility Rehabilitation, Parkinson’s Disease |
| 2019 | Non-immersive virtual reality for rehabilitation of the older people: A systematic review into efficacy and effectiveness | Rehabilitation |
| 2017 | The contribution of virtual reality to the diagnosis of spatial navigation disorders and to the study of the role of navigational aids: A systematic literature review | Diagnosis, Spatial navigation Disorders |
| 2020 | The benefits of emotion regulation interventions in virtual reality for the improved wellbeing in adults and older adults: A systematic review | Emotion Regulation + Wellbeing |
| 2020 | The effect of virtual reality on the ability to perform activities of daily living, balance during gait and motor function in Parkinson’s Disease patients: A systematic review and meta-analysis | Activities of Daily Living, Balance during Gait and Motor Function  Parkinson’s Disease |
| 2020 | Usability issues of clinical and research applications of virtual reality in older people: A systematic Review | Usability |
| 2020 | Use of immersive virtual reality in the assessment and treatment of Alzheimer’s disease: A systematic review | Assessment + Treatment of Alzheimer’s |
| 2015 | Using the Wii to improve balance in older adults: A systematic review | Balance |
| 2016 | Virtual reality for improving balance in patients after stroke: A systematic review and meta-analysis | Balance, Stroke |
| 2018 | Virtual reality therapy for rehabilitation of balance in the elderly: A systematic review and meta-analysis | Balance |
| 2014 | Virtual reality using games for improving physical functioning in older adults: A systematic review | Physical Functioning |