|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Supplementary online table 3. Study characteristics and quality assessment of randomized controlled trials investigating the effects of exercise on self-reported quality of life (QoL) and physical function (PF) in patients with cancer.* | | | | | | | | | | | | | | | | | | | | |
| First author  Year | | Country | Cancer type | Number of  participants | Mean age | Female (%) | Recruitment/  dropout (%) | Control group | Questionnaire | Intervention duration (weeks) | Timing of intervention | Delivery mode | Description of  intervention | Quality Assessment | | | | | | |
|  |  |  | RS | AC | IO | IR | | A | C |
| Adamsen  2009 101 | | Denmark | Mixed | 269 | 47 | 73 | 53/13 | Usual care | QoL: QLQ-C30 global health  PF: QLQ-C30 physical functioning | 6 | During | Supervised | F: 3x per week  I: high  Type: AE+RE  Time: 60 min/session | + | + | - | + | | - | + |
| Al-Majid  2015 78 | | United States | Breast | 14 | 50 | 100 | 46/14 | Usual care | QoL: FACT-B  PF: FACT physical well-being | 9-12 | During | Supervised | F: 2-3x per week  I: moderate/high  Type: AE  Time: 20-40 min/session | ? | ? | - | + | | + | ? |
| Alibhai  2014 38 | | Canada | Hematological | 40 | 56 | 55 | 38/10 | Wait-list control | QoL: QLQ-C30 global health  PF: QLQ-C30 physical functioning | 12 | Post | Unsupervised | F: 3-5x per week  I: moderate  Type: AE+RE  Time: 30 min/session | + | + | + | - | | - | + |
| Alibhai,  2015 44 | | Canada | Hematological | 81 | 57 | 46 | 56/25 | Usual care | QoL: QLQ-C30 global health  PF: QLQ-C30 physical functioning | 4-6 | During | supervised | F: 4-5x per week  I: low/moderate  Type: AE+RE  Time: 30-60 min/session | + | + | - | - | | - | - |
| Arbane  2011 47 | | United Kingdom | Lung | 53 | 64 | 47 | 79/17 | Usual care | QoL: QLQ-C30 global health  PF: QLQ-C30 physical functioning | 12 | Post | Unsupervised | F: -  I: AE: moderate  Type: AE+RE  Time: - | + | + | - | + | | ? | ? |
| Arbane  2014 89 | | United Kingdom | Lung | 131 | 67 | 45 | 83/18 | Usual care | QoL: SF-36 general health  PF: SF-36 physical functioning | 4 | Post | Unsupervised | F: 7x per week  I: moderate/high  Type: AE  Time: 30 min/session | + | + | + | + | | ? | ? |
| Backman  2014 102 | | Sweden | Mixed | 77 | 54 | 90 | 48/23 | Usual care | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 10 | During | Supervised | F: 1x per week  I\*: moderate  Type: AE  Time: 60 min/session | ? | ? | - | + | | + | ? |
| Bennett  2007 103 | | New Zealand | Mixed | 56 | 57 | 89 | 75/16 | Usual care | PF: SF-36 PCS | 24 | Post | Unsupervised | F: most days of the week  I\*: moderate  Type: AE  Time: 30 min/session | + | + | + | + | | ? | ? |
| Broderick  2013 104 | | Ireland | Mixed | 43 | 51 | 86 | 81/7 | Usual care | QoL: FACT-G total  PF: FACT physical well-being | 8 | Post | Supervised | F: 2x per week  I: low/moderate  Type: AE  Time: 21-39 min/session | + | + | + | + | | - | + |
|  |  | | | | | | | | | | | | | | | | | | | |
|  |  | | | | | | | | | | | | | | | | | | | |
| *Supplementary online table 3. Continued* | | | | | | | | | | | | | | | | | | | | |
| First author  Year | | Country | Cancer type | Number of  participants | Mean age | Female (%) | Recruitment/  dropout (%) | Control group | Questionnaire | Intervention duration (weeks) | Timing of intervention | Delivery mode | Description of  intervention | Quality Assessment | | | | | | |
|  | RS | AC | IO | IR | | A | C |
| Burnham  2002 105 | | United States | Mixed | 18 | 53 | 83 | Unknown/ unknown | Usual care | QoL: Quality of life index | 10 | Post | Supervised | F: 3x per week  I: low/moderate  Type: AE  Time: 14-32 min/session | ? | ? | - | + | | + | ? |
| Cadmus  2009 67 | | United States | Breast | 50 | 54 | 100 | Unknown/10 | Usual care | QoL: FACT-G total  PF: FACT physical well-being | 26 | During | Unsupervised | F: 5 x per week  I: moderate  Type: AE  Time: 30 min/session | + | + | + | + | | - | ? |
| Capozzi  2016 109 | | Canada | Head&Neck | 60 | 56 | 18 | 56/30 | Wait-list control | QoL: FACT-An | 12 | During | Supervised | F: 2x per week  I: moderate  Type: RE  Time: - | + | ? | + | + | | - | ? |
| Cormie  2015 81 | | Australia | Prostate | 63 | 68 | 0 | 86/13 | Usual care | QoL: SF-36 general health  PF: SF-36 physical functioning | 12 | During | Supervised | F: 2x per week  I: moderate/high  Type: AE+RE  Time: 60 min/session | + | + | + | + | | ? | ? |
| Cornette  2016 48 | | France | Breast | 44 | - | 100 | 49/32 | Usual care | QoL: QLQ-C30 global health | 27 | During | Unsupervised | F: 3x per week (AE: 2x, RE: 1x)  I: low/moderate/high¹  Type: AE+RE  Time: AE: 20-40 min/session | ? | ? | + | + | | + | ? |
| Courneya  2003a 93 | | Canada | Colorectal | 102 | 60 | 42 | 35/9 | Wait-list control | QoL: FACT-G total  PF: FACT physical well-being | 16 | During/post | Unsupervised | F: 3-5x per week  I\*: moderate  Type: AE  Time: 20-30 min/session | + | ? | + | + | | - | - |
| Courneya  2003b 3 | | Canada | Breast | 53 | 59 | 100 | 14/2 | Wait-list control | QoL: FACT-G total  PF: FACT physical well-being | 15 | Post | Supervised | F: 3x per week  I: moderate/high  Type: AE  Time: 15-35 min/session | + | + | + | + | | + | + |
| Courneya  2007(1) 12 | | Canada | Breast | 160 | 49 | 100 | 33/9 | Usual care | QoL: FACT-G total  PF: FACT physical well-being | 17 | During | Supervised | F: 3x per week  I: moderate/high  Type: AE  Time: 15-45 min/session | + | + | + | + | | - | + |
| Courneya  2007(2) 12 | | Canada | Breast | 164 | 49 | 100 | 33/9 | Usual care | QoL: FACT-G total  PF: FACT physical well-being | 17 | During | Supervised | F: 3x per week  I: moderate/high  Type: RE  Time: 15-45 min/session | + | + | + | + | | - | + |
|  |  | | | | | | | | | | | | | | | | | | | |
|  |  | | | | | | | | | | | | | | | | | | | |
| *Supplementary online table 3. Continued* | | | | | | | | | | | | | | | | | | | | |
| First author  Year | | Country | Cancer type | Number of  participants | Mean age | Female (%) | Recruitment/  dropout (%) | Control group | Questionnaire | Intervention duration (weeks) | Timing of intervention | Delivery mode | Description of  intervention | Quality Assessment | | | | | | |
|  | RS | AC | IO | IR | | A | C |
| Courneya  2009 49 | | Canada | Hematological | 122 | 53 | 41 | 26/4 | Usual care | QoL: FACT-G total  PF: FACT physical well-being | 12 | During/post | Supervised | F: 3x per week  I: moderate/high  Type: AE  Time: 15-45 min/session | + | + | + | + | | + | - |
| Culos-Reed  2010 82 | | Canada | Prostate | 100 | 67 | 0 | Unknown/34 | Wait-list control | QoL: FACT-G total | 16 | During | Supervised | F: 1x per week  I\*: AE: moderate, RE: low  Type: AE+RE  Time: 60 min/session | ? | ? | + | + | | - | ? |
| Daley  2007 68¹ | | United Kingdom | Breast | 72 | 51 | 100 | 29/14 | Usual care | QoL: FACT-G total  PF: FACT physical well-being | 8 | Post | Supervised | F: 3x per week  I: moderate/high  Type: AE  Time: 50 min/session | + | + | + | + | | - | - |
| Donnelly  2011 98 | | United Kingdom | Gynaecological | 33 | 53 | 100 | 25/3 | Contact control | QoL: FACT-G total | 12 | During/post | Unsupervised | F: 5x per week  I: moderate  Type: AE+RE  Time: 30 min/session | + | + | + | + | | - | ? |
| Duijts  2012 69 | | Netherlands | Breast | 207 | 47 | 100 | 70/15 | Wait-list control | QoL: FACT-ES  PF: SF-36 physical functioning | 12 | Post | Unsupervised | F: -  I: high  Type: AE  Time: -  V: 2,5-3 h/week | + | + | - | + | | - | ? |
| Edvardsen  2015 90 | | Norway | Lung | 61 | 65 | 54 | 82/15 | Usual care | PF: SF-36 physical functioning | 20 | During/post | Supervised | F: 3x per week  I: high  Type: AE+RE  Time: 60 min/session | + | + | + | + | | + | ? |
| Ergun  2013(1) 31 | | Turkey | Breast | 40 | 50 | 100 | Unknown/0 | Usual care | QoL: QLQ-C30 global health | 12 | Post | Supervised | F: 6x per week  I\*: moderate  Type: AE+RE  Time: 45 min/session | + | ? | + | + | | ? | ? |
| Ergun  2013(2) 31 | | Turkey | Breast | 40 | 52 | 100 | Unknown/3 | Usual care | QoL: QLQ-C30 global health | 12 | Post | Unsupervised | F: 3x per week  I\*: moderate  Type: AE  Time:30 min/session | + | ? | + | + | | ? | ? |
|  |  | | | | | | | | | | | | | | | | | | | |
| *Supplementary online table 3. Continued* | | | | | | | | | | | | | | | | | | | | |
| First author  Year | | Country | Cancer type | Number of  participants | Mean age | Female (%) | Recruitment/  dropout (%) | Control group | Questionnaire | Intervention duration (weeks) | Timing of intervention | Delivery mode | Description of  intervention | Quality Assessment | | | | | | |
|  | RS | AC | IO | IR | | A | C |
| Furzer  2016 111 | | Australia | Hematological | 44 | 48 | - | 49/14 | Wait-list control | QoL: FACT-G total  PF: SF-36 PCS | 12 | Post | Supervised (initial two sessions and two sessions at week 6) | F: 3x per week  I: low/moderate  Type: AE+RE  Time: 30 min/session | + | ? | + | + | | + | ? |
| Galvão  2010 83 | | Australia | Prostate | 57 | 69 | 0 | 85/4 | Usual care | QoL: QLQ-C30 global health  PF: SF-36 physical functioning | 12 | During | Supervised | F: 2x per week  I: AE: moderate  Type: AE+RE  Time: 60 min/session | + | + | + | + | | ? | ? |
| Galvão  2014 84 | | Australia | Prostate | 100 | 71 | 0 | 54/23 | Usual care with brochure on PA | QoL: SF-36 general health  PF: SF-36 physical functioning | 26 | Post | Supervised | F: 2x per week  I: AE: moderate/high  Type: AE+RE  Time: 60 min/session | + | + | + | + | | - | ? |
| Goedendorp  2010 39 | | Netherlands | Mixed | 158 | 57 | 63 | 39/9 | Usual care | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 26 | During | Unsupervised | F: 5x per week  I: -  Type: AE  Time: 60 min/session | + | + | + | - | | ? | ? |
| Griffith  2009 40 | | United States | Mixed | 126 | 60 | 61 | 22/9 | Usual care | QoL: SF-36 general health  PF: SF-36 physical functioning | 13 | During | Unsupervised | F: 5x per week  I: low/moderate  Type: AE  Time: 25-35 min/session | ? | ? | + | - | | - | - |
| Hayes  2013(1) 32 | | Australia | Breast | 127 | 52 | 100 | 65/7 | Usual care | QoL: FACT-G total  PF: FACT physical well-being | 32 | During/post | Unsupervised ² | F: 4x per week  I\*: low/moderate/high  Type: AE+RE  Time: 20-45 min/session | + | + | + | + | | + | - |
| Hayes  2013(2) 32 | | Australia | Breast | 127 | 53 | 100 | 65/7 | Usual care | QoL: FACT-G total  PF: FACT physical well-being | 32 | During/post | Unsupervised ³ | F: 4x per week  I\*: low/moderate/high  Type: AE+RE  Time: 20-45 min/session | + | + | + | + | | + | - |
| Henke  2014 91 | | Germany | Lung | 46 | - | - | 65/35 | Usual care | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 9-12⁴ | During | Supervised | F: 5x per week  I: moderate  Type: AE+RE  Time: - | + | ? | - | + | | ? | ? |
|  |  | | | | | | | | | | | | | | | | | | | |
|  |  | | | | | | | | | | | | | | | | | | | |
| *Supplementary online table 3. Continued* | | | | | | | | | | | | | | | | | | | | |
| First author  Year | | Country | Cancer type | Number of  participants | Mean age | Female (%) | Recruitment/  dropout (%) | Control group | Questionnaire | Intervention duration (weeks) | Timing of intervention | Delivery mode | Description of  intervention | Quality Assessment | | | | | | |
|  | RS | AC | IO | IR | | A | C |
| Hornsby  2014 79 | | United States | Breast | 20 | 48 | 100 | 73/5 | Usual care | QoL: FACT-G total  PF: FACT physical well-being | 12 | During | Supervised | F: 2x per week  I: high  Type: AE  Time: 15-45 min/session | + | + | + | + | | - | + |
| Irwin  2009 70 | | United States | Breast | 75 | 56 | 100 | 23/9 | Usual care | QoL: FACT-G total  PF: FACT physical well-being | 26 | Post | Supervised | F: 3x per week  I: moderate  Type: AE  Time: 15-30 min/session | + | ? | - | + | | - | + |
| Kampshoff  2015(1) 4 | | Netherlands | Mixed | 182 | 54 | 79 | 37/7 | Wait-list control | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 12 | Post | Supervised | F: 2x per week  I: high  Type: AE+RE  Time: 60 min/session | + | + | + | + | | - | + |
| Kampshoff  2015(2) 4 | | Netherlands | Mixed | 186 | 54 | 80 | 37/12 | Wait-list control | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 12 | Post | Supervised | F: 2x per week  I: moderate  Type: AE+RE  Time: 60 minutes | + | + | + | + | | - | + |
| Knols  2011 110 | | Switzerland | Hematological | 131 | 46 | 41 | 57/13 | Usual care | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 12 | Post | Supervised | F: 2x per week  I: moderate  Type: AE+RE  Time: 20 min/session | + | + | - | + | | - | ? |
| Korstjens  2008 106 | | Netherlands | Mixed | 133 | 50 | 85 | 87/5 | Wait-list control | QoL: RAND-36 general health  PF: RAND-36 physical functioning | 12 | Post | Supervised | F: 2x per week  I: AE: moderate/high,  RE: low/moderate Type: AE+RE  Time: 120 min/session | + | ? | + | + | | + | ? |
| McNeely  2004 99 | | Canada | Head&Neck | 20 | 61 | 18 | 80/40 | Usual care | QoL: FACT-G total  PF: FACT physical well-being | 12 | During/post | Supervised | F: 3x per week  I\*: low/moderate Type: RE  Time: 45 min/session | + | ? | - | + | | + | ? |
| McNeely  2008 100 | | Canada | Head&Neck | 52 | 52 | 29 | 33/8 | Attention control | QoL: FACT-G total | 12 | Post | Supervised | F: 2-3x per week  I: low/moderate Type: RE  Time: - | + | + | + | + | | + | ? |
|  |  | | | | | | | | | | | | | | | | | | | |
|  |  | | | | | | | | | | | | | | | | | | | |
|  |  | | | | | | | | | | | | | | | | | | | |
| *Supplementary online table 3. Continued* | | | | | | | | | | | | | | | | | | | | |
| First author  Year | | Country | Cancer type | Number of  participants | Mean age | Female (%) | Recruitment/  dropout (%) | Control group | Questionnaire | Intervention duration (weeks) | Timing of intervention | Delivery mode | Description of  intervention | Quality Assessment | | | | | | |
|  | RS | AC | IO | IR | | A | C |
| Mehnert  2011 41 | | Germany | Breast | 63 | 51 | 100 | Unknown/8 | Wait-list control | QoL: SF-36 general health  PF: SF-36 physical functioning | 10 | Post | Supervised | F:2x per week  I: moderate  Type: AE  Time: 90 min/session | ? | + | + | - | | + | ? |
| Milne  2008 71 | | Canada | Breast | 58 | 55 | 100 | 44/0 | Wait-list control | QoL: FACT-G total  PF: FACT physical well-being | 12 | Post | Supervised | F: 3x per week  I: -  Type: AE+RE  Time: - | + | + | + | + | | - | ? |
| Monga  2007 85 | | United States | Prostate | 21 | 69 | 0 | Unknown/ unknown | Usual care | QoL: FACT-P  PF: FACT physical well-being | 8 | During | Supervised | F: 3x per week  I: moderate  Type: AE  Time: 45-50 min/session | ? | ? | + | + | | ? | ? |
| Murtezani  2014 77 | | Kosovo | Breast | 62 | 52 | 100 | 30/7 | Usual care | QoL: FACT-G total  PF: FACT physical well-being | 10 | Post | Supervised | F: 3x per week  I: moderate  Type: AE  Time: 15-35 min/session | + | ? | - | + | | + | ? |
| Mustian  2009 107 | | United States | Mixed | 38 | 60 | 71 | Unknown/5 | Usual care | QoL: FACIT | 4 | During | Unsupervised | F: 7x per week  I: AE: moderate, RE: low/moderate  Type: AE+RE  Time: - | + | + | + | + | | - | + |
| Mutrie  2007 72 | | United Kingdom | Breast | 203 | 51 | 100 | 75/14 | Usual care | QoL: FACT-G total  PF: FACT physical well-being | 12 | During | Supervised | F: 2x per week  I: AE: low/moderate  Type: AE+RE  Time: 45 min/session | + | + | + | + | | ? | ? |
| Nilsen  2015 88 | | Norway | Prostate | 58 | 66 | 0 | 49/15 | Usual care | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 16 | During | Supervised | F: 3x per week  I: moderate  Type: RE  Time: - | + | + | + | + | | + | + |
| Oechsle  2014 96 | | Germany | Hematological | 48 | 52 | 29 | Unknown/17 | Usual care | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 3 | During | Supervised | F: 5x per week  I: RE: low  Type: AE+RE  Time: 30-40 min/session | ? | ? | - | + | | ? | ? |
| Ohira  2006 73 | | United States | Breast | 86 | 53 | 100 | 65/8 | Wait-list control | QoL: CARES-SF  PF: CARES physical subscale | 26 (of which 13 wk supervised) | Post | Supervised | F: 2x per week  I: -  Type: RE  Time: - | + | ? | + | + | | ? | ? |
|  |  | | | | | | | | | | | | | | | | | | | |
|  |  | | | | | | | | | | | | | | | | | | | |
| *Supplementary online table 3. Continued* | | | | | | | | | | | | | | | | | | | | |
| First author  Year | | Country | Cancer type | Number of  participants | Mean age | Female (%) | Recruitment/  dropout (%) | Control group | Questionnaire | Intervention duration (weeks) | Timing of intervention | Delivery mode | Description of  intervention | Quality Assessment | | | | | | |
|  | RS | AC | IO | IR | | A | C |
| Pinto  2013 94 | | United States | Colorectal | 46 | 57 | 57 | 70/9 | Attention control | QoL: FACT-C  PF: FACT physical well-being | 12 | Post | Unsupervised | F: 2-5x per week  I: moderate  Type: AE  Time: 10-30 min/session | ? | ? | + | + | | ? | ? |
| Porserud  2014 45 | | Sweden | Bladder | 18 | 72 | - | 36/18 | Usual care | QoL: SF-36 general health  PF: SF-36 physical functioning | 12 | Post | Supervised | F: 2x per week  I: -  Type: AE+RE  Time: 45 min/session | + | + | - | - | | - | ? |
| Salhi  2015 92 | | Belgium | Lung | 48 | - | 25 | Unknown/15 | Usual care | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 12 | Post | Supervised | F: 3x per week  I: moderate  Type: AE+RE  Time: - | + | + | + | + | | - | ? |
| Schmidt  2015a(1) 37 | | Germany | Breast | 46 | 54 | 100 | Unknown/ unknown | Usual care | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 12 | During | Supervised | F: 2x per week  I: moderate  Type: AE  Time: 60 min/session | + | + | - | + | | ? | ? |
| Schmidt  2015a(2) 37 | | Germany | Breast | 47 | 53 | 100 | Unknown/ unknown | Usual care | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 12 | During | Supervised | F: 2x per week  I: high  Type: RE  Time: 60 min/session | + | + | - | + | | ? | ? |
| Schmidt  2015b 80 | | Germany | Breast | 101 | 52 | 100 | Unknown/4 | Attention control | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 12 | During | Supervised | F: 2x per week  I: moderate/high  Type: RE  Time: 60 min/session | + | + | + | + | | - | ? |
| Segal  2003 86 | | Canada | Prostate | 155 | 68 | 0 | 31/13 | Wait-list control | QoL: FACT-P | 12 | During | Supervised | F: 3x per week  I: moderate  Type: RE  Time: - | + | + | + | + | | - | ? |
| Segal  2009(1) 10 | | Canada | Prostate | 81 | 65 | 0 | 37/7 | Usual care | QoL: FACT-G total | 24 | During | Supervised | F: 3x per week  I: high  Type: AE  Time: 15-45 min/session | + | + | + | + | | + | + |
| Segal  2009(2) 10 | | Canada | Prostate | 81 | 65 | 0 | 37/7 | Usual care | QoL: FACT-G total | 24 | During | Supervised | F: 3x per week  I: moderate  Type: RE  Time: 15-45 min/session | + | + | + | + | | + | + |
|  |  | | | | | | | | | | | | | | | | | | | |
|  |  | | | | | | | | | | | | | | | | | | | |
|  |  | | | | | | | | | | | | | | | | | | | |
| *Supplementary online table 3. Continued* | | | | | | | | | | | | | | | | | | | | |
| First author  Year | | Country | Cancer type | Number of  participants | Mean age | Female (%) | Recruitment/  dropout (%) | Control group | Questionnaire | Intervention duration (weeks) | Timing of intervention | Delivery mode | Description of  intervention | Quality Assessment | | | | | | |
|  | RS | AC | IO | IR | | A | C |
| Short  2014(1) 36 | | Australia | Breast | 220 | 56 | 100 | 31/3 | Usual care | QoL: FACT-G total  PF: FACT physical well-being | 16 | Post | Unsupervised | F: AE: 5x per week, RE 1-3x per week  I\*: moderate  Type: AE+RE  Time: 30 min/session | + | + | + | + | | + | ? |
| Short  2014(2) 36 | | Australia | Breast | 221 | 55 | 100 | 31/3 | Usual care | QoL: FACT-G total  PF: FACT physical well-being | 16 | Post | Unsupervised | F: AE: 5x per week, RE 1-3x per week  I\*: moderate  Type: AE+RE  Time:30 min/session | + | + | + | + | | + | ? |
| Speck  2010 46 | | United States | Breast | 295 | 57 | 100 | 23/21 | Wait-list control | QoL: SF-36 general health  PF: SF-36 physical functioning | 52 (of which 13 wk supervised) | Post | Supervised | F: 2x per week  I: -  Type: RE  Time: 90 min/session | + | + | - | + | | + | ? |
| Steindorf  2014 74 | | Germany | Breast | 160 | 55 | 100 | 53/2 | Attention control | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 12 | During | Supervised | F: 2x per week  I: moderate/high  Type: RE  Time: 60 min/session | + | + | + | + | | - | ? |
| Tang  2010 108 | | Taiwan | Mixed | 72 | 51 | 76 | Unknown/19 | Usual care | PF: SF-36 PCS | 8 | During/post | Unsupervised | F: 3x per week  I\*: moderate  Type: AE  Time: 30 min/session | + | ? | + | + | | - | ? |
| Thorsen  200542 | | Norway | Mixed | 158 | 39 | 68 | 63/20 | Usual care | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 14 | Post | Unsupervised | F: 2x per week  I: AE: moderate/high  Type: AE+RE  Time: 30 min/session | + | + | + | - | | + | - |
| Travier  2015 75 | | Netherlands | Breast | 204 | 49 | 100 | 54/11 | Usual care | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 18 | During | Supervised | F: 2x per week  I: moderate/high  Type: AE+RE  Time: 60 min/session | + | + | + | + | | + | ? |
| Van Vulpen 2016 95 | | Netherlands | Colorectal | 33 | 58 | 36 | 50/9 | Usual care | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 18 | During | Supervised | F: 2x per week  I: moderate/high  Type: AE+RE  Time: 60 min/session | + | + | + | + | | + | ? |
|  |  | | | | | | | | | | | | | | | | | | | |
| *Supplementary online table 3. Continued* | | | | | | | | | | | | | | | | | | | | |
| First author  Year | | Country | Cancer type | Number of  participants | Mean age | Female (%) | Recruitment/  dropout (%) | Control group | Questionnaire | Intervention duration (weeks) | Timing of intervention | Delivery mode | Description of  intervention | Quality Assessment | | | | | | |
|  | RS | AC | IO | IR | A | | C |
| van Waart  2015(1) 35 | | Netherlands | Mixed | 154 | 50 | 100 | 44/12 | Usual care | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 18-24 | During | Unsupervised | F: 5x per week  I: moderate  Type: AE  Time: 30 min/session | + | + | + | + | | - | ? |
| van Waart  2015(2) 35 | | Netherlands | Mixed | 153 | 50 | 99 | 44/10 | Usual care | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 18-24 | During | Supervised | F: 2x per week  I: AE: moderate/high,  RE: high  Type: AE+RE  Time: 60 min/session | + | + | + | + | | - | ? |
| Winters-Stone  2012 76 | | United States | Breast | 106 | 62 | 100 | 48/37 | Attention control | QoL: SF-36 general health  PF: SF-36 physical functioning | 52 | Post | Supervised | F: 2x per week  I: moderate/high  Type: RE + impact  Time: 60 min/session | + | + | + | + | | + | + |
| Winters-Stone 2013 43 | | United States | Breast | 71 | 46 | 100 | 55/33 | Attention control | QoL: SF-36 general health  PF: SF-36 physical functioning | 52 | Post | Supervised | F: 2x per week  I: moderate  Type: RE + impact  Time: 60 min/session | ? | + | + | - | | - | + |
| Winters-Stone 2015 87 | | United States | Prostate | 51 | 70 | 0 | 37/16 | Attention control | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 52 | During | Supervised | F: 2x per week  I: moderate  Type: RE + impact  Time: 60 min/session | ? | ? | + | + | | + | + |
| Wiskemann  2011 97 | | Germany | Hematological | 112 | 48 | 33 | 74/29 | Attention control | QoL :QLQ-C30 global health  PF: QLQ-C30 physical functioning | 16 | Pre/during/  post | Supervised | F: 5x per week  I: AE: moderate, RE: high  Type: AE+RE  Time: 20-40 min/session | + | + | - | + | | + | ? |

QoL = quality of life, PF = physical function, QLQ-C30 = European Organisation for Research and Treatment of Cancer (EORTC) QLQ=C30 questionnaire, SF-36 = generic Short Form 36, FACT = Functional Assessment of Cancer Therapy questionnaire, F = frequency, I = intensity, AE = aerobic exercise, RE = resistance exercise, RS = random sequence generation, AC = allocation concealment, IO = incomplete outcome data, IR = incomplete reporting (if IR ‘–‘, data was obtained after personal communication with Principal Investigator) , A = adherence, C = contamination

\*unclear whether prescribed exercise intensity was based on ACSM guidelines, ¹Attention control group excluded from analyses, ²Face-to-face contact, ³Telephone contact, ⁴Three cycles of chemotherapy