|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Supplementary online Table 4. Study characteristics and quality assessment of randomized controlled trials investigating the effect of exercise on quality of life and physical function in patients with cancer.* | | | | | | | | | | | | | | | | | |
| ***Studies with incomplete reporting*** | | | | | | | | | | | | | | | | | |
| First author  Year | Country | Cancer type | Number of  participants | Mean age | Female (%) | Control group | Questionnaire | Intervention duration (weeks) | Timing of intervention | Delivery mode | Description of  intervention | Quality Assessment | | | | | |
| RS | AC | IO | IR | A | C |
| Campbell  2005 [47] | United Kingdom | Breast | 22 | 47 | 100 | Usual care | Results could not be included in meta-analysis | 12 | During | Supervised | F: 2 x per week  I: moderate  Type: AE+RE  Time: 20-30 min/session | + | ? | - | - | - | ? |
| Cheville  2010 [48] | United States | Mixed | 103 | 59 | 36 | Usual care | Results could not be included in meta-analysis | 4 | During | Supervised | F: 3x per week  I\*: moderate  Type: RE  Time: 30 min/session | ? | ? | - | - | + | ? |
| Cheville  2013 [49] | United States | Mixed | 66 | 64 | 47 | Usual care | Results could not be included in meta-analysis | 8 | During/post | Unsupervised | F: 4x per week  I\*: moderate  Type: AE+RE  Time: - | + | + | + | - | - | ? |
| Herrero  2006 [50] | Spain | Breast | 16 | 50 | 100 | Usual care | Results could not be included in meta-analysis | 8 | Post | Supervised | F: 3x per week  I: moderate/high  Type: AE+RE  Time: 90 min/session | ? | + | - | - | + | ? |
| Jacobsen  2013 [51] | United States | Mixed | 140 | 57 | 68 | Usual care | Results could not be included in meta-analysis | 12 | During | Unsupervised | F: 3-5x per week  I:moderate/high  Type: AE  Time: 20-30 min/session | + | ? | - | - | ? | + |
| Jones  2014 [52] | United States | Mixed | 90 | 66 | 26 | Usual care | Results could not be included in meta-analysis | 12 | Post | Supervised | F: 3x per week  I: high  Type: AE  Time: 20-45 min/session | + | + | + | - | - | ? |
| Ligibel  2012 [53] | United States | Mixed | 121 | 54 | 92 | Usual care | Results could not be included in meta-analysis | 16 | Post | Unsupervised | F: 3-5x per week  I\*: moderate  Type: AE+RE  Time: 60 min/session | ? | ? | - | - | - | + |
| Ligibel  2016 [63] | United States | Breast | 101 | 50 | 100 | Wait-list control | Results could not be included in meta-analysis | 16 | During | Supervised (weekly in the first month and monthly thereafter) | F: -  I: moderate  Type: AE  Time: 150 min/week | + | ? | - | - | ? | - |
| McKenzie  2003 [54] | Canada | Breast | 14 | 56 | 100 | Usual care | Results could not be included in meta-analysis | 8 | Post | Supervised | F: 3x per week  I: -  Type: AE+RE  Time: - | ? | ? | + | - | ? | ? |
|  | | | | | | | | | | | | | | | | | |
| *Supplementary online Table 4. Continued* | | | | | | | | | | | | | | | | | |
| ***Studies with incomplete reporting*** | | | | | | | | | | | | | | | | | |
| First author  Year | Country | Cancer type | Number of  participants | Mean age | Female (%) | Control group | Questionnaire | Intervention duration (weeks) | Timing of intervention | Delivery mode | Description of  intervention | Quality Assessment | | | | | |
| RS | AC | IO | IR | A | C |
| Mock  2001 [56] | United States | Breast | 52 | 48 | 100 | Usual care | Results could not be included in meta-analysis | 6-24 | During | Unsupervised | F: 5-6x per week  I\*: moderate  Type: AE  Time: 10-30 min/session | + | + | + | - | - | - |
| Mock  2005 [55] | United States | Breast | 119 | 51 | 100 | Usual care | Results could not be included in meta-analysis | 6 | During | Unsupervised | F: 5-6 x per week  I: moderate Type: AE  Time: 15-30 min/session | + | + | + | - | - | - |
| Saarto  2012 [57] | Finland | Breast | 573 | 52 | 100 | Usual care | Results could not be included in meta-analysis | 52 | Post | Supervised | F: 1x per week  I: high Type: AE  Time: 60 min/session | + | + | - | - | - | - |
| Samuel  2013 [58] | India | Head & Neck | 48 | 52 | 12 | Usual care | Results could not be included in meta-analysis | 6 | During | Supervised | F: 5x per week  I: AE: moderate, RE: low/moderate  Type: AE+RE  Time: - | + | - | ? | - | ? | ? |
| Segal  2001(1) [31] | Canada | Breast | 83 | 50 | 100 | Usual care | Results could not be included in meta-analysis | 26 | During | Supervised | F: 3x per week  I: moderate  Type: AE  Time: - | + | + | + | - | - | ? |
| Segal  2001(2) [31] | Canada | Breast | 81 | 50 | 100 | Usual care | Results could not be included in meta-analysis | 26 | During | Unsupervised | F: 5x per week  I: moderate  Type: AE  Time: - | + | + | + | - | - | ? |
| Stigt  2013 [59] | Netherlands | Lung | 57 | 63 | 19 | Usual care | Results could not be included in meta-analysis | 12 | During/post | Supervised | F: 2x per week  I: AE: moderate  Type: AE+RE  Time: - | + | ? | ? | - | - | ? |
| Streckmann  2014 [60] | Germany | Hematological | 61 | 46 | 25 | Usual care | Results could not be included in meta-analysis | 36 | During | Supervised | F: 2x per week  I: AE: moderate/high  Type: AE+RE  Time: - | ? | ? | + | - | ? | ? |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Supplementary online Table 4. Continued* | | | | | | | | | | | | | | | | | |
| ***Studies with incomplete reporting*** | | | | | | | | | | | | | | | | | |
| First author  Year | Country | Cancer type | Number of  participants | Mean age | Female (%) | Control group | Questionnaire | Intervention duration (weeks) | Timing of intervention | Delivery mode | Description of  intervention | Quality Assessment | | | | | |
| RS | AC | IO | IR | A | C |
| Yeo  2012 [61] | United States | Pancreatic | 110 | 66 | 44 | Usual care | Results could not be included in meta-analysis | 12 | During/post | Unsupervised | F: 3-5x per week  I\*: low/moderate  Type: AE  Time: - | + | + | + | - | ? | ? |
| Zhao  2016 [62] | United States | Head&Neck | 20 | 57 | 6 | Usual care | Results could not be included in meta-analysis | 7 | During | Supervised | F: 3x per week  I: moderate  Type: AE+RE  Time: 60 min/session | + | + | + | + | - | ? |

F = frequency, I = intensity, AE = aerobic exercise, RE = resistance exercise, RS = random sequence generation, AC = allocation concealment, IO = incomplete outcome data, IR = incomplete reporting, A = adherence, C = contamination

\*unclear whether prescribed exercise intensity was based on ACSM guidelines.