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| *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 ofintervention | Quality Assessment |
| RS | AC | IO | IR | A | C |
| Campbell2005 [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+RETime: 20-30 min/session | + | ? | - | - | - | ? |
| Cheville2010 [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\*: moderateType: RETime: 30 min/session | ? | ? | - | - | + | ? |
| Cheville2013 [49] | United States | Mixed | 66 | 64 | 47 | Usual care | Results could not be included in meta-analysis | 8 | During/post | Unsupervised  | F: 4x per weekI\*: moderateType: AE+RETime: -  | + | + | + | - | - | ? |
| Herrero2006 [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/highType: AE+RETime: 90 min/session | ? | + | - | - | + | ? |
| Jacobsen2013 [51] | United States | Mixed | 140 | 57 | 68 | Usual care | Results could not be included in meta-analysis | 12 | During | Unsupervised  | F: 3-5x per weekI:moderate/highType: AETime: 20-30 min/session | + | ? | - | - | ? | + |
| Jones2014 [52] | United States | Mixed  | 90 | 66 | 26 | Usual care | Results could not be included in meta-analysis | 12 | Post | Supervised | F: 3x per weekI: highType: AETime: 20-45 min/session | + | + | + | - | - | ? |
| Ligibel2012 [53] | United States | Mixed | 121 | 54 | 92 | Usual care | Results could not be included in meta-analysis | 16 | Post | Unsupervised  | F: 3-5x per weekI\*: moderateType: AE+RETime: 60 min/session | ? | ? | - | - | - | + |
| Ligibel2016 [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: moderateType: AETime: 150 min/week | + | ? | - | - | ? | - |
| McKenzie2003 [54] | Canada | Breast | 14 | 56 | 100 | Usual care | Results could not be included in meta-analysis | 8 | Post | Supervised | F: 3x per weekI: -Type: AE+RETime: - | ? | ? | + | - | ? | ? |
|  |
| *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 ofintervention | Quality Assessment |
| RS | AC | IO | IR | A | C |
| Mock2001 [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 weekI\*: moderateType: AETime: 10-30 min/session | + | + | + | - | - | - |
| Mock2005 [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: moderateType: AETime: 15-30 min/session | + | + | + | - | - | - |
| Saarto2012 [57] | Finland | Breast | 573 | 52 | 100 | Usual care | Results could not be included in meta-analysis | 52 | Post | Supervised | F: 1x per week I: highType: AETime: 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 weekI: AE: moderate, RE: low/moderateType: AE+RETime: - | + | - | ? | - | ? | ? |
| Segal2001(1) [31] | Canada | Breast | 83 | 50 | 100 | Usual care | Results could not be included in meta-analysis | 26 | During | Supervised | F: 3x per weekI: moderateType: AETime: - | + | + | + | - | - | ? |
| Segal2001(2) [31] | Canada | Breast | 81 | 50 | 100 | Usual care | Results could not be included in meta-analysis | 26 | During | Unsupervised  | F: 5x per weekI: moderateType: AETime: - | + | + | + | - | - | ? |
| Stigt2013 [59]  | Netherlands | Lung | 57 | 63 | 19 | Usual care | Results could not be included in meta-analysis | 12 | During/post | Supervised | F: 2x per weekI: AE: moderateType: AE+RETime: - | + | ? | ? | - | - | ? |
| Streckmann2014 [60] | Germany | Hematological | 61 | 46 | 25 | Usual care | Results could not be included in meta-analysis | 36 | During | Supervised | F: 2x per weekI: AE: moderate/highType: AE+RETime: - | ? | ? | + | - | ? | ? |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  *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 ofintervention | Quality Assessment |
| RS | AC | IO | IR | A | C |
| Yeo2012 [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 weekI\*: low/moderateType: AETime: - | + | + | + | - | ? | ? |
| Zhao2016 [62] | United States | Head&Neck | 20 | 57 | 6 | Usual care | Results could not be included in meta-analysis  | 7 | During  | Supervised | F: 3x per weekI: moderateType: AE+RETime: 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.