

Appendix 8 Table 6. Matrix of the treatment effect estimates of all comparisons according to indirect comparison meta-analysis; after cancer treatment, without studies with less than 25 patients per arm on average.

	Aerobic	CBT_PsychoSocial	Combined	CombinedCBT	Control	Dance	Massage	Relaxation	Resistance	TaiChi	Yoga
Aerobic	Aerobic	-0.07 (-0.34, 0.2)	-0.16 (-0.43, 0.1)	-0.06 (-0.4, 0.29)	0.31 (0.10, 0.51)	0.02 (-0.82, 0.87)	0.04 (-0.89, 0.96)	0.28 (-0.39, 0.96)	0.07 (-0.34, 0.49)	-0.08 (-0.56, 0.41)	-0.44 (-0.85, -0.02)
CBT_PsychoSocial	0.07 (-0.2, 0.34)	CBT_PsychoSocial	-0.09 (-0.35, 0.16)	0.01 (-0.33, 0.36)	0.38 (0.2, 0.56)	0.1 (-0.74, 0.93)	0.11 (-0.82, 1.02)	0.36 (-0.36, 1.06)	0.14 (-0.28, 0.57)	-0.01 (-0.48, 0.47)	-0.36 (-0.77, 0.04)
Combined	0.16 (-0.1, 0.43)	0.09 (-0.16, 0.35)	Combined	0.1 (-0.21, 0.42)	0.47 (0.29, 0.65)	0.19 (-0.65, 1.02)	0.2 (-0.73, 1.12)	0.45 (-0.26, 1.15)	0.23 (-0.19, 0.66)	0.08 (-0.39, 0.56)	-0.28 (-0.68, 0.13)
CombinedCBT	0.06 (-0.29, 0.4)	-0.01 (-0.36, 0.33)	-0.1 (-0.42, 0.21)	CombinedCBT	0.37 (0.07, 0.66)	0.08 (-0.79, 0.95)	0.09 (-0.86, 1.04)	0.34 (-0.4, 1.09)	0.13 (-0.35, 0.61)	-0.02 (-0.55, 0.51)	-0.38 (-0.84, 0.09)
Control	-0.31 (-0.51, -0.10)	-0.38 (-0.56, -0.2)	-0.47 (-0.65, -0.29)	-0.37 (-0.66, -0.07)	Control	-0.28 (-1.10, 0.53)	-0.27 (-1.18, 0.63)	-0.02 (-0.72, 0.66)	-0.24 (-0.62, 0.15)	-0.39 (-0.83, 0.05)	-0.74 (-1.1, -0.38)
Dance	-0.02 (-0.87, 0.82)	-0.1 (-0.93, 0.74)	-0.19 (-1.02, 0.65)	-0.08 (-0.95, 0.79)	0.28 (-0.53, 1.10)	Dance	0.01 (-1.21, 1.23)	0.26 (-0.81, 1.33)	0.05 (-0.85, 0.95)	-0.11 (-0.91, 0.7)	-0.46 (-1.35, 0.44)
Massage	-0.04 (-0.96, 0.89)	-0.11 (-1.02, 0.82)	-0.2 (-1.12, 0.73)	-0.09 (-1.04, 0.86)	0.27 (-0.63, 1.18)	-0.01 (-1.23, 1.21)	Massage	0.25 (-0.89, 1.38)	0.04 (-0.95, 1.02)	-0.12 (-1.12, 0.89)	-0.47 (-1.44, 0.5)
Relaxation	-0.28 (-0.96, 0.39)	-0.36 (-1.06, 0.36)	-0.45 (-1.15, 0.26)	-0.34 (-1.09, 0.4)	0.02 (-0.66, 0.72)	-0.26 (-1.33, 0.81)	-0.25 (-1.38, 0.89)	Relaxation	-0.21 (-0.9, 0.48)	-0.37 (-1.17, 0.46)	-0.72 (-1.49, 0.06)
Resistance	-0.07 (-0.49, 0.34)	-0.14 (-0.57, 0.28)	-0.23 (-0.66, 0.19)	-0.13 (-0.61, 0.35)	0.24 (-0.15, 0.62)	-0.05 (-0.95, 0.85)	-0.04 (-1.02, 0.95)	0.21 (-0.48, 0.9)	Resistance	-0.15 (-0.74, 0.43)	-0.51 (-1.04, 0.02)
TaiChi	0.08 (-0.41, 0.56)	0.01 (-0.47, 0.48)	-0.08 (-0.56, 0.39)	0.02 (-0.51, 0.55)	0.39 (-0.05, 0.83)	0.11 (-0.7, 0.91)	0.12 (-0.89, 1.12)	0.37 (-0.46, 1.17)	0.15 (-0.43, 0.74)	TaiChi	-0.35 (-0.93, 0.21)
Yoga	0.44 (0.02, 0.85)	0.36 (-0.04, 0.77)	0.28 (-0.13, 0.68)	0.38 (-0.09, 0.84)	0.74 (0.38, 1.1)	0.46 (-0.44, 1.35)	0.47 (-0.5, 1.44)	0.72 (-0.06, 1.49)	0.51 (-0.02, 1.04)	0.35 (-0.21, 0.93)	Yoga

Aerobic = endurance training; CBT_PsychoSocial = cognitive behavioural treatments or psychosocial interventions; Combined = combined endurance and resistance training; Control = usual care or waiting list; Relaxation = different interventions with the aim to relax, including meditation; Resistance = resistance training.

A negative value indicates a better effect for the treatment written above.