

PREFERABLE-EFFECT study: mean and SD of all QLQ-C30 and -FA12 subscales at baseline, 3-, 6-, and 9-months

For meta-analysis purposes

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| | | Baseline EX=178, CG=179 | 3 months EX=157, CG=147 | 6 months EX=151, CG=134 | 9 months EX=142, CG=129 |
|------------------------------------|----|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| EORTC QLQ-C30 | | | | | |
| Summary score | EX | 74.1 (15.5) | 77.8 (15.5) | 78.6 (14.6) | 78.6 (16.1) |
| | CG | 74.6 (13.1) | 75.4 (14.9) | 75.4 (14.0) | 75.2 (13.5) |
| Global QoL | EX | 63.5 (17.3) | 65.3 (20.0) | 66.6 (19.3) | 66.1 (21.8) |
| | CG | 63.6 (18.2) | 63.5 (18.4) | 63.2 (19.6) | 62.1 (16.9) |
| Physical functioning | EX | 78.4 (16.8) | 81.7 (17.6) | 82.6 (16.6) | 81.7 (18.5) |
| | CG | 78.2 (16.4) | 79.0 (18.2) | 77.2 (19.4) | 76.3 (18.6) |
| Emotional functioning | EX | 65.0 (24.2) | 69.2 (24.3) | 71.0 (21.7) | 71.0 (23.2) |
| | CG | 64.8 (23.0) | 70.5 (22.2) | 70.9 (18.7) | 70.4 (18.9) |
| Role functioning | EX | 71.3 (27.4) | 74.2 (28.1) | 74.9 (27.3) | 73.2 (28.9) |
| | CG | 72.4 (24.9) | 70.2 (27.5) | 68.5 (25.8) | 67.6 (26.6) |
| Social functioning | EX | 68.3 (28.5) | 74.3 (26.7) | 74.1 (25.9) | 78.4 (25.7) |
| | CG | 66.5 (26.9) | 70.9 (25.7) | 69.5 (27.0) | 69.0 (26.1) |
| Cognitive functioning | EX | 72.4 (27.0) | 78.2 (22.0) | 77.9 (24.0) | 78.2 (23.9) |
| | CG | 74.1 (21.9) | 76.4 (21.4) | 76.6 (21.3) | 77.3 (19.0) |
| Fatigue | EX | 42.8 (25.8) | 36.6 (25.3) | 35.5 (23.9) | 35.5 (27.2) |
| | CG | 44.6 (23.6) | 41.2 (22.8) | 43.0 (24.0) | 43.0 (22.0) |
| Pain | EX | 31.1 (25.6) | 28.1 (25.8) | 27.6 (22.8) | 27.5 (26.6) |
| | CG | 31.7 (24.7) | 32.9 (27.1) | 34.0 (27.7) | 33.9 (25.6) |
| Nausea and vomiting | EX | 7.6 (14.3) | 7.0 (13.0) | 6.0 (12.1) | 6.7 (14.7) |
| | CG | 6.8 (12.7) | 7.1 (12.3) | 8.2 (14.4) | 9.0 (17.9) |
| Dyspnea | EX | 26.2 (26.7) | 20.6 (24.9) | 17.7 (24.0) | 17.8 (24.0) |
| | CG | 25.0 (26.6) | 22.2 (25.4) | 22.1 (24.8) | 19.1 (24.2) |
| Insomnia | EX | 40.4 (31.3) | 34.0 (28.4) | 32.9 (27.8) | 34.3 (28.9) |
| | CG | 35.6 (28.8) | 36.7 (28.6) | 33.8 (28.9) | 36.2 (29.2) |
| Appetite loss | EX | 14.8 (24.3) | 13.2 (23.5) | 10.6 (19.8) | 11.3 (21.3) |
| | CG | 12.8 (22.1) | 13.6 (25.8) | 13.2 (23.1) | 13.4 (23.4) |
| Constipation | EX | 15.0 (25.3) | 12.1 (23.3) | 14.3 (25.7) | 13.4 (24.8) |
| | CG | 15.5 (26.5) | 17.0 (24.5) | 14.2 (23.6) | 13.7 (23.4) |
| Diarrhea | EX | 14.7 (25.2) | 14.6 (23.4) | 14.3 (22.3) | 14.3 (21.9) |
| | CG | 14.0 (26.9) | 16.1 (26.3) | 13.9 (23.9) | 15.2 (24.7) |
| Financial difficulties | EX | 19.3 (28.9) | 16.8 (26.0) | 16.1 (28.0) | 14.6 (23.3) |
| | CG | 19.0 (27.6) | 16.6 (25.7) | 16.7 (26.7) | 16.0 (22.9) |
| EORTC QLQ-FA12 | | | | | |
| Physical fatigue | EX | 39.3 (24.9) | 33.2 (26.1) | 33.3 (24.8) | 32.9 (27.7) |
| | CG | 41.2 (23.5) | 36.2 (22.5) | 38.7 (24.5) | 39.5 (22.5) |
| Emotional fatigue | EX | 27.5 (24.4) | 25.2 (26.7) | 23.4 (25.6) | 24.8 (24.9) |
| | CG | 28.6 (25.7) | 22.8 (21.0) | 26.3 (23.7) | 26.1 (23.8) |
| Cognitive fatigue | EX | 15.7 (21.2) | 12.7 (19.3) | 12.8 (17.5) | 11.3 (17.8) |
| | CG | 15.3 (19.7) | 12.8 (17.7) | 14.1 (18.4) | 12.0 (15.6) |
| Interference with daily activities | EX | 34.3 (26.6) | 31.8 (30.0) | 30.7 (29.4) | 28.9 (29.0) |
| | CG | 38.2 (27.2) | 34.7 (27.6) | 38.6 (29.7) | 37.7 (27.1) |
| Social sequelae | EX | 13.9 (25.0) | 11.9 (23.0) | 11.3 (20.7) | 10.3 (20.7) |
| | CG | 13.6 (22.5) | 13.9 (23.7) | 12.9 (22.0) | 14.7 (23.5) |

EX exercise group; **CG** control group

Note, that in our publication (Hiensch *et al.* *Nature Medicine*) we report model-based between-group differences taking all available data into account. In the current table, the mean values (\pm SD) of patients who filled in the questionnaire at a certain time point are provided.