

Effect of Exercise Training on Quality of Life after Colorectal and Lung Cancer Surgery: A Meta-Analysis

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Mental HRQoL (Lung Cancer)

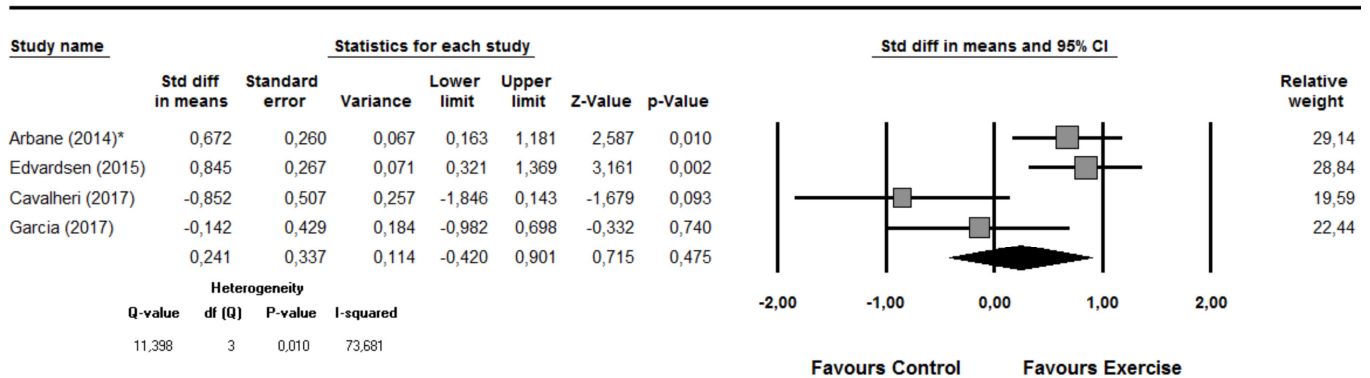
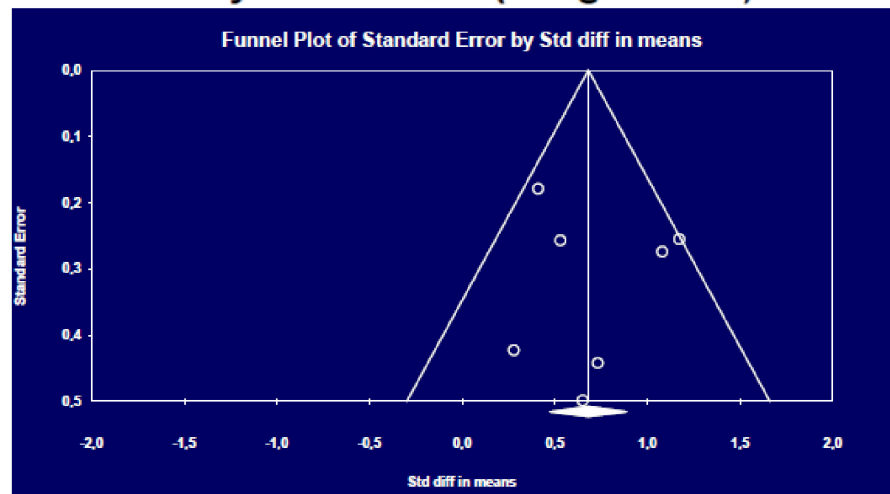


Figure S1. Sensitive analysis mental domain of health-related quality of life (Lung Cancer).

Physical HRQoL (Lung Cancer)

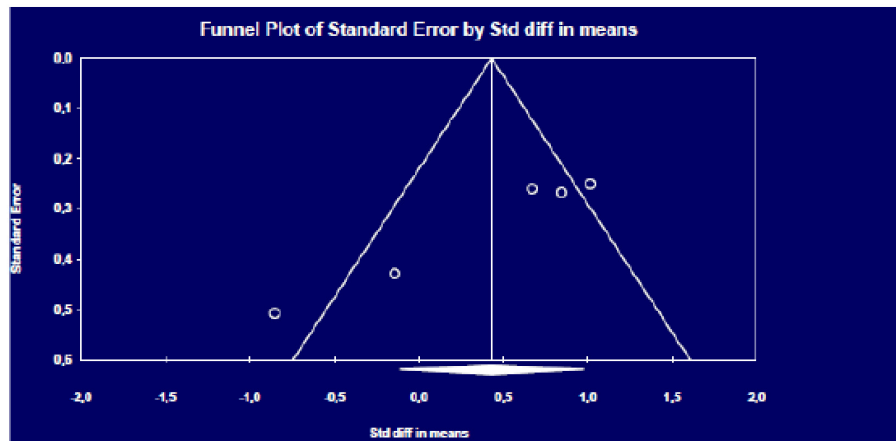


Egger's regression intercept

Intercept	0,51020
Standard error	1,56108
95% lower limit (2-tailed)	-3,50269
95% upper limit (2-tailed)	4,52309
t-value	0,32683
df	5,00000
P-value (1-tailed)	0,37852
P-value (2-tailed)	0,75704

(a)

Mental HRQoL (Lung Cancer)

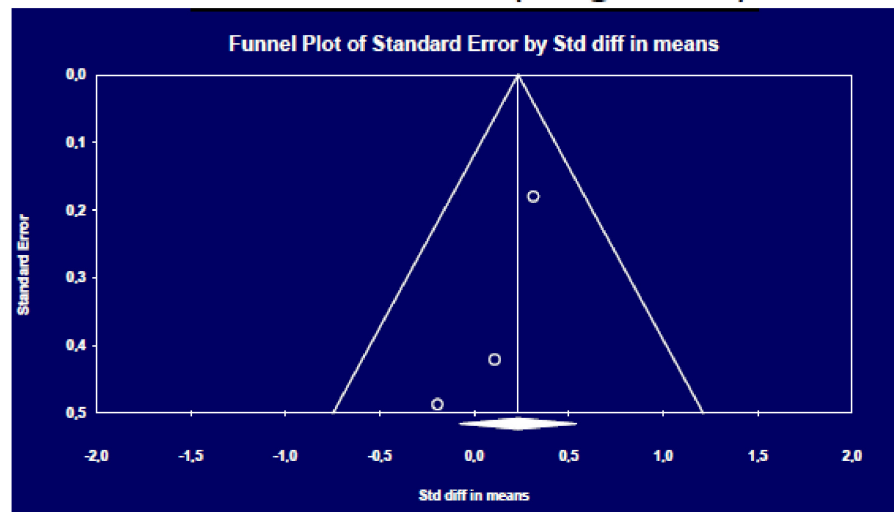


Egger's regression intercept

Intercept	-6,49384
Standard error	0,87572
95% lower limit (2-tailed)	-9,28078
95% upper limit (2-tailed)	-3,70690
t-value	7,41542
df	3,00000
P-value (1-tailed)	0,00254
P-value (2-tailed)	0,00507

(b)

Emotional HRQoL (Lung Cancer)

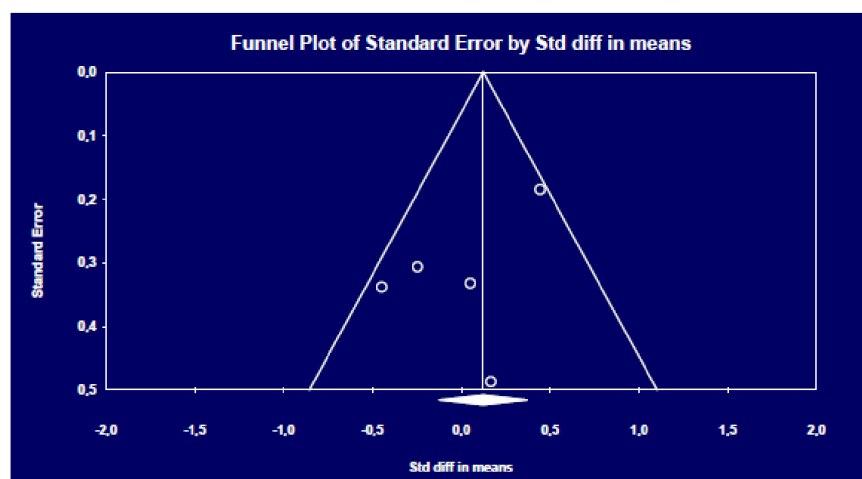


Egger's regression intercept

Intercept	-2,46441
Standard error	1,88421
95% lower limit (2-tailed)	-7,30792
95% upper limit (2-tailed)	2,37911
t-value	1,30793
df	5,00000
P-value (1-tailed)	0,12390
P-value (2-tailed)	0,24780

(c)

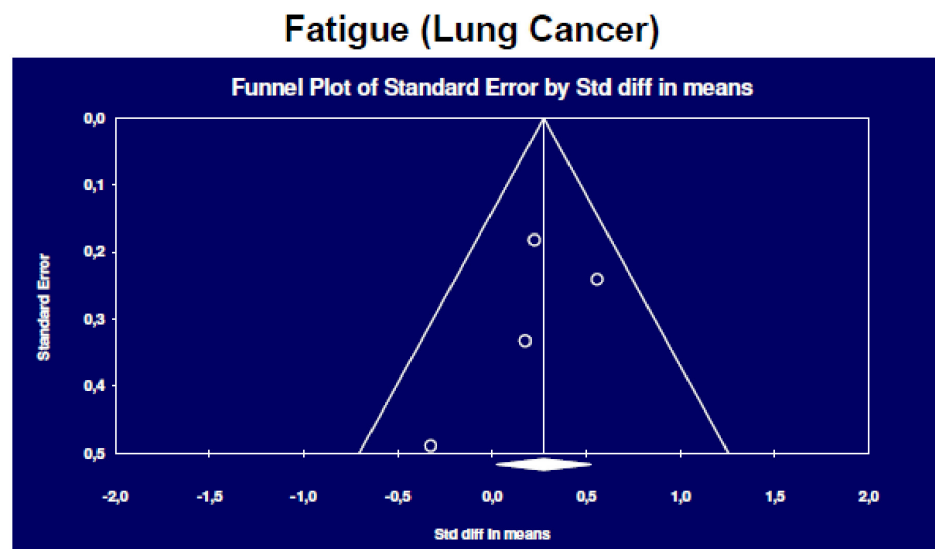
Global HRQoL (Lung Cancer)



Egger's regression intercept

Intercept	-2,79816
Standard error	1,68906
95% lower limit (2-tailed)	-8,17350
95% upper limit (2-tailed)	2,57718
t-value	1,65664
df	3,00000
P-value (1-tailed)	0,09808
P-value (2-tailed)	0,19617

(d)



Egger's regression intercept

Intercept	-1,40275
Standard error	1,58155
95% lower limit (2-tailed)	-8,20759
95% upper limit (2-tailed)	5,40209
t-value	0,88695
df	2,00000
P-value (1-tailed)	0,23434
P-value (2-tailed)	0,46868

(e)

Figure S2. Publication Bias (Lung Cancer): (a) Physical domain; (b) Mental domain; (c) Emotional domain; (d) Global health -related quality of life; (e) Fatigue .

Table S1. Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) checklist

Section and Topic	Item #	Checklist Item	Location Where Item is Reported
TITLE			
Title	1	Identify the report as a systematic review.	1
ABSTRACT			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	1
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	1–3
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	3
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	3–4
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	4
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Supplementary File: Table S2

Section and Topic	Item #	Checklist Item	Location Where Item is Reported
Selection process	8	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	4
Data collection process	9	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	4,5
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	4
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	4,5
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	5
Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	5
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item #5)).	5
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data conversions.	5
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	5
	13d	Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	5
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	5
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	5
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	5
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	-
RESULTS			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	5,6, Figure 1
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	6
Study characteristics	17	Cite each included study and present its characteristics.	6,7
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	18, Table 3
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	18,23 Figures 2–4
Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	18, Table 3

Section and Topic	Item #	Checklist Item	Location Where Item is Reported
	20b	Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.	18,23 Figures 2–4
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	18
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	18, Supplementary File: Figure S1
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	23 Supplementary Files: Figures S2
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	-
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	25,26
	23b	Discuss any limitations of the evidence included in the review.	25,26
	23c	Discuss any limitations of the review processes used.	27
	23d	Discuss implications of the results for practice, policy, and future research.	27
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	3
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	3
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	-
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	27
Competing interests	26	Declare any competing interests of review authors.	27
Availability of data, code and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	27

Table S2. Database search strategy.

Electronic search details in PubMed database:

1. "Colorectal Neoplasms"[Majr] OR "Lung Neoplasms"[Mesh]
2. (Surgery OR Surgical OR Resection OR Postsurgical OR Presurgical OR operable OR postoperative OR preoperative OR perioperative) [Title/Abstract]
3. (Rehabilitation OR exercise OR prehabilitation OR resistance OR aerobic OR "Interval training" OR "HIIT" OR "inspiratory muscle training" OR walking) [Title/Abstract]
4. ("quality of life" OR "health-related quality of life" OR "cancer-related fatigue" OR fatigue) [All fields]

Combination: 1 AND 2 AND 3 AND 4

Filters applied: Randomized Controlled Trial

Electronic search details in Web of Knowledge:

1. ("Colorectal Tumor" OR "Colorectal Neoplasm" OR "Colorectal Cancer" OR "Colorectal Carcinoma" OR "Rectal Neoplasm" OR "Rectal Cancer" OR "Colon Neoplasm" OR "Colon Cancer" OR "Lung cancer" OR "Lung Tumor" OR "Lung Neoplasm" OR "Non-small cell lung cancer" OR "Small cell lung cancer"): TOPIC
2. (Surgery OR Surgical OR Resection OR Postsurgical OR Presurgical OR operable OR postoperative OR preoperative OR perioperative): TOPIC
3. (Rehabilitation OR exercise OR prehabilitation OR resistance OR strength OR aerobic OR "Interval training" OR "HIIT" OR "inspiratory muscle training" OR walking): TOPIC
4. ("quality of life" OR "health-related quality of life" OR "cancer-related fatigue" OR fatigue): ALL FIELDS

Combination: 1 AND 2 AND 3 AND 4

Filters applied: DOCUMENT TYPES: (ARTICLE)

Electronic search details in PEDro database:

Abstract and title: ("lung cancer" AND exercise) OR ("lung cancer" AND prehabilitation) OR ("lung cancer" and rehabilitation" OR ("colorectal cancer" AND exercise) OR ("colorectal cancer" AND prehabilitation) OR ("colorectal cancer" AND rehabilitation) OR ("colon cancer" AND exercise) OR ("colon cancer" AND prehabilitation) OR ("colon cancer" AND rehabilitation) OR ("rectal cancer" AND exercise) OR ("rectal cancer" AND prehabilitation) OR ("rectal cancer" AND rehabilitation)

Filters applied: Subdiscipline (Oncology); Method (Clinical trial)

Electronic search details in Scopus:

1. ("Colorectal Tumor" OR "Colorectal Neoplasm" OR "Colorectal Cancer" OR "Colorectal Carcinoma" OR "Rectal Neoplasm" OR "Rectal Cancer" OR "Colon Neoplasm" OR "Colon Cancer" OR "Lung cancer" OR "Lung Tumor" OR "Lung Neoplasm" OR "Non-small cell lung cancer" OR "Small cell lung cancer"): TITLE-ABS-KEY
2. (Surgery OR Surgical OR Resection OR Postsurgical OR Presurgical OR operable OR postoperative OR preoperative OR perioperative): TITLE-ABS-KEY
3. (Rehabilitation OR exercise OR prehabilitation OR resistance OR strength OR aerobic OR "Interval training" OR "HIIT" OR "inspiratory muscle training" OR walking): TITLE-ABS-KEY
4. ("quality of life" OR "health-related quality of life" OR "cancer-related fatigue" OR fatigue): ALL FIELDS

Combination: 1 AND 2 AND 3 AND 4

Electronic search details in SPORTdiscus

1. ("Colorectal Tumor" OR "Colorectal Neoplasm" OR "Colorectal Cancer" OR "Colorectal Carcinoma" OR "Rectal Neoplasm" OR "Rectal Cancer" OR "Colon Neoplasm" OR "Colon Cancer" OR "Lung cancer" OR "Lung Tumor" OR "Lung Neoplasm" OR "Non-small cell lung cancer" OR "Small cell lung cancer") TX All Text
2. (Surgery OR Surgical OR Resection OR Postsurgical OR Presurgical" OR "operable" OR postoperative OR preoperative OR perioperative) TX All Text
3. (Rehabilitation OR exercise OR prehabilitation OR resistance OR "strength training" OR aerobic OR "Interval training" OR "HIIT" OR "inspiratory muscle training" OR walking) TX All Text
4. TX ("quality of life" OR "health-related quality of life" OR "cancer-related fatigue" OR fatigue) TX All Text

Combination: 1 AND 2 AND 3 AND 4

Filter applied: English