

Table 11. HRQOL measured by HRQOL questionnaires

Study	Measure	Timing of measurement	Comparison	Intervention group				Control group				Comparison between groups	CR
				N	Baseline Mean (SD)	Follow-up Mean (SD)	Absolute difference	N	Baseline Mean (SD)	Follow-up Mean (SD)	Absolute difference	Change Mean (95% CI)	
Fredslund Hadju, 2021	EORTC QLQ-C30 global QoL	End-of-treatment (6 weeks)	Exercise vs. usual care	98	nr	nr	nr	105	nr	nr	nr	Difference in scores; 4.89 (-1.35 to 11.13)	No
		2 month follow-up	Exercise vs. usual care	97	nr	nr	nr	97	nr	nr	nr	Difference in scores; 1.92 (-4.31 to 8.16)	No
		6 month follow-up	Exercise vs. usual care	85	nr	nr	nr	80	nr	nr	nr	Difference in scores; 0.87 (-6.11 to 7.85)	No
		12 month follow-up	Exercise vs. usual care	90	nr	nr	nr	89	nr	nr	nr	Difference in scores; 1.00 (-6.15 to 8.14)	No
Messing, 2017	EORTC QLQ-H&HN35	Baseline-3 months post CRT	Exercise vs. no exercise/usual care	30	15.1(9.0)	23.2(14.0)	-8.1	30	23.1(16.7)	27.1(10.5)	-4	MD -3.90 (-10.16 to 2.36)	No
		Baseline-6 months post CRT	Exercise vs. no exercise/usual care	30	15.1(9.0)	17.8(11.3)	-2.7	30	23.1(16.7)	22.6(12.0)	0.5	MD -4.80 (-10.70 to 1.10)	No

CI, confidence intervals; CR, clinically relevant; MD, mean difference; N, number of patients; nr, not reported; SD, standard deviation; EORTC QLQ-C30 global QoL, The European Organization for Research and Treatment of Cancer Head and Neck Cancer Quality of Life Questionnaire Core-30; QLQ-H&HN35, The European Organization for Research and Treatment of Cancer Head and Neck Cancer Quality of Life module