

Table 12. Nutritional status

Study	Measure	Timing of measurement	Comparison	Intervention group				Control group				Comparison between groups	CR
				N	Baseline Mean (SD)	Follow-up Mean (SD)	Difference Mean (MD) (95%CI)	N	Baseline Mean (SD)	Follow-up Mean (SD)	Difference Mean (MD) (95%CI)	Change Mean (95% CI)	
Van den Berg, 2016	NFIS-HN-F*	Baseline-3 months	Exercise vs. usual care	57	5.5 (0.9)	5.2 (0.9)	NR	57	5.6 (0.6)	5.6 (1.1)	Nr	0.0 (-0.4; 0.3)	No
		Baseline-6 months	Exercise vs. usual care	57	5.6 (0.6)	5.6 (0.7)	NR	57	5.6 (0.6)	5.3 (0.7)	Nr	0.2 (-0.2; 0.7)	No

CI, confidence intervals; CR, clinically relevant; MD, mean difference; N, number of patients; NFIS-HN-F, Normalcy of Food Intake Scale-Head and Neck-Dietetic part (score 1 to 6, a higher score is better); nr, not reported; SD, standard deviation