

Table 15. Swallowing function measured by PROMs

				Intervention group				Control group				Comparison between groups	
Study	Measure	Timing of measurement	Comparison	N	Baseline Mean (SD)	Follow-up Mean (SD)	Difference Mean (MD) (95%CI)/ Absolute difference (AD)	N	Baseline Mean (SD)	Follow-up Mean (SD)	Difference Mean (MD) (95%CI)/ Absolute difference (AD)	Change Mean (95% CI)/ AD	CR
Petersson, 2023	MDADI (total)	Baseline (6–36 months after completion of (chemo)radiotherapy) - 8 weeks follow-up	Exercise vs. usual care	25	71.4 (17.9)	79.8 (16.3)	7.0 (1.7; 12.5)	27	73.2 (17.7)	77.7 (15.7)	4.5 (1.7; 7.2)	2.6 (– 3.3; 8.3)	No
		Baseline-12 months follow-up	Exercise vs. usual care	19	71.4 (17.9)	77.4 (19.1)	3.1 (– 0.8; 7.1)	24	73.2 (17.7)	82.2 (14.9)	7.7 (2.9; 12.6)	– 4.6 (– 11.0; 1.5)	No
Dotevall, 2022	EAT-10	Baseline (6 months post therapy) - 2 months after completing the exercise intervention	Exercise vs. usual care	23	14.2 (10.3)	10.1 (8.1)	MD –4.1 (–6.9; –1.3)	24	14.0 (9.6)	12.5 (9.9)	MD – 1.5 (– 3.4; 0.6)	2.6 (–0.7; 6.0)	No
Jansen, 2020	SWAL-QOL	Baseline (immediately after the intervention) - 3 months after completing the exercise intervention	Exercise vs. usual care	37	29.2 (16.9)	28.4 (16.2)	0.8 (–6.74; 8.34)	44	32.7 (16.3)	31.4 (17.6)	1.30 (–5.79; 8.39)	–0.5	No
		Baseline (immediately after the intervention) - 6 months after completing the exercise intervention	Exercise vs. usual care	36	29.2 (16.9)	25.8 (17.1)	3.40 (–4.45; 11.25)	42	32.7 (16.3)	35.0 (17.9)	–2.30 (–9.62; 5.02)	–5.7	No
Chen, 2018a	SSQ	Baseline-1 month	Exercise vs. usual care	38	585.00 (266.42)	543.68 (248.36)	AD 41.32	38	705.26 (246.67)	679.47 (220.66)	AD 25.79	15.53	No
		Baseline-2 months	Exercise vs. usual care	38	585.00 (266.42)	587.89 (268.48)	AD –2.89	38	705.26 (246.67)	660.79 (222.95)	AD 44.47	47.36	No
		Baseline-3 months	Exercise vs. usual care	38	585.00 (266.42)	629.74 (239.59)	AD –44.74	38	705.26 (246.67)	645.26 (213.02)	AD 60	104.74	No

		Baseline-6 months	Exercise vs. usual care	38	585.00 (266.42)	651.84 (272.91)	AD -66.84	38	705.26 (246.67)	629.74 (190.27)	AD 75,52	142.36	No
	MDADI (total)	Baseline-1 month	Exercise vs. usual care	38	120.28 (16.16)	80.72 (9.36)	AD 39,56	38	120.83 (13.31)	79.25 (8.09)	AD 41,58	-2.02	No
		Baseline-2 months	Exercise vs. usual care	38	120.28 (16.16)	80.16 (9.70)	AD 40,12	38	120.83 (13.31)	81.38 (9.15)	AD 39.45	0.67	No
		Baseline-3 months	Exercise vs. usual care	38	120.28 (16.16)	78.16 (9.64)	AD 42,12	38	120.83 (13.31)	81.21 (8.38)	AD 39.62	2.5	No
		Baseline-6 months	Exercise vs. usual care	38	120.28 (16.16)	77.36 (10.73)	AD 42,92	38	120.83 (13.31)	81.17 (8.60)	AD 39.66	3.26	No

AD, Absolute difference; CI, confidence intervals; CR, clinically relevant; MD, mean difference; MDADI, MD Anderson Dysphagia Inventory; N, number of patients; nr, not reported; SD, standard deviation; SSQ, Sydney Swallowing Questionnaire