

Table 18. 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)	Difference Mean (95%CI)	N	Baseline Mean (SD)	Follow-up Mean (SD)	Difference Mean difference(95%CI)	Change Mean (95% CI)	
Petersson, 2023	EORTC QLQ-C30 (global)	Baseline (6–36 months after completion of (chemo)radiotherapy)-8 weeks follow-up	Exercise vs. usual care	25	75.0 (22.0)	80.7 (19.4)	2.7 (– 3.6; 9.0)	27	72.8 (19.4)	75.6 (17.4)	2.8 (– 2.5 to 8.3)	2.9 (– 5.8 to 11.7)	No
		Baseline-12 months follow-up	Exercise vs. usual care	19	75.0 (22.0)	82.5 (20.4)	5.7 (– 1.7; 12.9)	24	72.8 (19.4)	78.5 (19.2)	4.5 (– 4.2 to 13.0)	2.9 (– 7.5 to 13.5)	No
Petersson, 2023	EORTC QLQ-H&N35 – swallowing	Baseline (6–36 months after completion of (chemo)radiotherapy)-8 weeks follow-up	Exercise vs. usual care	25	28.7 (23.5)	21.3 (21.0)	– 7.3 (– 14.2; – 0.7)	27	29.6 (23.3)	23.8 (23.2)	– 5.9 (– 13.5; 1.9)	– 1.5 (– 11.4; 8.9)	No
		Baseline-12 months follow-up	Exercise vs. usual care	19	28.7 (23.5)	24.6 (23.8)	– 0.9 (– 9.4; 7.23)	24	29.6 (23.3)	17.0 (16.4)	– 8.3 (– 22.2; 5.6)	7.5 (– 3.8; 18.9)	No
	EORTC QLQ-H&N35 – social eating	Baseline (6–36 months after completion of (chemo)radiotherapy)-8 weeks follow-up	Exercise vs. usual care	25	24.3 (25.0)	19.3 (26.1)	– 5.0 (– 11.7; 1.7)	27	21.0 (18.7)	18.5 (23.5)	– 2.5 (– 7.6; 3.0)	– 2.5 (– 11.1; 5.8)	No
		Baseline-12 months follow-up	Exercise vs. usual care	19	24.3 (25.0)	18.9 (25.3)	– 1.8 (– 11.9; 8.3)	24	21.0 (18.7)	12.8 (15.3)	– 6.9 (– 13.6; – 0.0)	5.2 (– 6.5; 16.7)	No
Tuomi, 2022	EORTC QLQ-H&N35 – swallowing	Baseline (6 months post therapy) - 2 months after completing the exercise intervention	Exercise vs. usual care	25	28.67 (23.46)	21.33 (20.98)	-7.33 (16.55)	27	29.63 (23.27)	23.77 (23.19)	-5.86 (19.31)	-1.47 (-11.22 to 8.28)	No
	EORTC QLQ-H&N35 – social eating	Baseline (6 months post therapy) - 2 months after completing the exercise intervention	Exercise vs. usual care	25	24.33 (24.99)	19.33 (26.10)	-5.00 (16.32)	27	20.99 (18.69)	18.52 (23.49)	-2.47 (14.02)	-2.53 (-10.83 to 5.77)	No

Jansen, 2020	EORTC QLQ-C30 (global)	Baseline (immediately after the intervention) - 3 months after completing the exercise intervention	Exercise vs. usual care	45	77.4 (17.7)	76.6 (22.0) (n=37)	0.80 (-7.97; 9.57)	45	71.9 (19.7)	71.8 (20.4) (n=44)	0.10 (-8.23; 8.43)	0.70 (NR)	No
	EORTC QLQ-H&N35-swallowing	Baseline (immediately after the intervention) - 6 months after completing the exercise intervention	Exercise vs. usual care	45	13.5 (15.8)	14.6 (20.1) (n=36)	-1.10 (-9.13; 6.93)	45	15.7 (15.2)	16.6 (22.5) (n=42)	-0.90 (-9.03; 7.23)	0.20 (NR)	No