

Table 3. Study Characteristics – Gecombineerde beweeg- en voedingsinterventie

First author (year)	Population characteristics	Cancer Primary Site Cancer Stage Cancer Treatment	Intervention	Control	Outcome measures	Treatment timing Follow-up RoB?
Capozzi (2016)	<p>N=60 I = 31 C = 29</p> <p>36 patients completed the study (15 lost to follow-up in intervention group, 9 in control group)</p> <p>Gender M: 81.7% F: 18.3%</p> <p>Age Mean 56.1</p> <p>Participants completed their baseline study assessment on average 8.7 ± 6.4 weeks after their diagnosis, before starting their radiation or chemoradiation therapy. At this</p>	<p>nasopharyngeal, oropharyngeal, or hypopharyngeal cancer</p> <p>scheduled to receive radiation or concurrent chemoradiation treatment</p>	<p>12-week lifestyle intervention during radiotherapy (physician referral and clinic support, health education (exercise, sleep, stress, fatigue nutrition), behavior change, individualized care (exercise program, nutrition screening and support), social support (group-based exercise and education classes)</p> <p>All patients were prescribed a progressive resistance-training program including 2 sets of 8 repetitions at 8 to 10 repetition maximum (RM) for 10 exercises targeting major muscle groups</p>	<p>12-week delayed (after radiotherapy) lifestyle intervention</p> <p>Participants in this group acted as a waitlist control group and were allowed to engage in self-directed activity during the first 12-week phase</p>	<p>Total hand grip strength</p> <p>Lean body mass</p> <p>6MWT</p> <p>HRQoL</p>	12-weeks

	time point, 44% of participants had undergone surgery. Significantly more patients in the intervention group (n=20) underwent surgery compared with the control group (n=6)					
Rogers (2013)	N=15 I = 7 C = 8 13 patients completed the study (2 lost to follow up in intervention group) Mean age 60.5 Sex (% male) I: 86% C: 75%	Cancer site Intervention: Nasopharyngeal, salivary gland, or scalp: 29% Other: 71% Cancer stage 1/2: 43% Cancer stage 3/4: 57% Control Nasopharyngeal, salivary gland, or scalp: 38% Other: 62% Cancer stage 1/2: 50% Cancer stage 3/4: 50%	Usual care nutritional counseling and 12 weeks resistance exercise during radiotherapy . Exercise during treatment; one hour supervised sessions twice weekly at a training facility at the hospital. Six weeks of twice weekly home-based sessions supported with telephone counseling, written materials, and DVD. Up to 10 repetitions of 9 different exercises using a resistance band for major muscle groups.	Nutritional counseling alone provided by registered dietitian according to standard counseling appropriate for head and neck cancer during radiotherapy	Hand grip strength Lean body mass HRQoL (FACT-H&N)	Baseline, 6 and 12 weeks

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Zhao (2016)	<p>N=20</p> <p>I: 11</p> <p>C: 9</p> <p>17 patients (10 intervention, 7 control) completed the study.</p> <p>Mean age 57 years</p> <p>Gender</p> <p>Not reported</p>	<p>Tumor location</p> <p>Larynx</p> <p>I: n= 1</p> <p>C: n= 0</p> <p>Nasopharynx</p> <p>I: n=1</p> <p>C:n=0</p> <p>Oropharynx</p> <p>I: n=8</p> <p>C: n=6</p> <p>Unknown primary</p> <p>I: n=1</p> <p>C: n=1</p> <p>Stage</p> <p>Stage III</p> <p>I: n= 4</p> <p>C: n= 0</p> <p>Stage IV</p> <p>I: n= 7</p> <p>C: n= 7</p>	<p>Intervention for strengthening, cardiovascular fitness and physical exercise. Exercise during the 7 weeks concurrent chemoradiotherapy at a clinical research center supervised by a trainer. Up to 3 sessions per week, lasting up to 1 h including warmup, cool down, and rest periods. Resistance exercises included chest press, wall push up, military press, side arm raises, biceps curl, shoulder shrugs, and calf raises. Duration and intensity were customized to the individual, goal three 8 to 12 repetition sets. Post CRT (weeks 8 to 14), integration of exercise activities into own lifestyle. Weekly telephone calls from the trainer. Before CRT counselling by a dietician, repeated in case of decrease in BMI greater than a 5% to 10%.</p>	<p>Standard treatment, dietary counselling and active nutritional surveillance during RT, neither encouraged nor discouraged to exercise</p>	<p>Lean body mass</p> <p>6 MWT</p> <p>HRQoL</p> <p>Concurrent chemoradiotherapy toxicity</p>	<p>Baseline, 7 and 14 weeks</p>
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