

Table 5. HRQOL measured by HRQOL questionnaires

				Intervention group				Control group				Comparison between groups	
Study	Measure	Timing of measurement	Comparison	N	Baseline mean (SD)	Follow-up mean (SD)	Difference	N	Baseline mean (SD)	Follow-up mean (SD)	Difference	Change	CR
Wu, 2023	UW-QoL v4	Pre-operative-1 month after surgery	Exercise + usual care vs. usual care	62	1094.3 (129.3)	975.8 (139.0)	AD 118.5	59	1061.3 (170.4)	843.4 (149.9)	AD 217.9	AD -99.4	No
Zhang, 2022	UW-QOLv4	1 month after surgery	Exercise + usual care vs. usual care	34	nr	996.39 (75.67)	na	34	nr	809.62 (152.12)	na	MD follow-up 186.77 (129.66 to 243.88)	No
Mortensen, 2015	Global health (median, 25-75)	Pre-treatment-2months	Exercise vs. usual care	19	median (range) 67 (50; 83)	median (range) 50 (33; 67)	AD 17	20	median (range) 75 (58; 83)	median (range) 71 (67; 88)	AD 4	AD 13	No
		Pre-treatment-5 months	Exercise vs. usual care	19	median (range) 67 (50; 83)	median (range) 67 (33; 83)	AD 0	20	median (range) 75 (58; 83)	median (range) 83 (83; 83)	AD 8	AD -8	No
		Pre-treatment-11 months	Exercise vs. usual care	19	median (range) 67 (50; 83)	median (range) 83 (75; 88)	AD -16	20	median (range) 75 (58; 83)	median (range) 79 (67; 88)	AD -4	AD -12	No

AD, absolute difference; CI, confidence intervals; CR, clinically relevant; MD, mean difference; N, number of patients; na, not applicable; nr, not reported; UW-QOLv4, the University of Washington Quality of Life Questionnaire, version 4; SD, standard deviation