

Table 8. Swallowing function measured by CROMs

				Intervention group				Control group				Comparison between groups	
Study	Measure	Timing of measurement	Comparison	N	Baseline Mean (SD)/%	Follow-up Mean (SD)/%	Difference Mean (SD)/%	N	Baseline Mean (SD)/%	Follow-up Mean (SD)/%	Difference Mean (SD)/%	Change Mean (95% CI)/%	CR
Fredslund Hajdu, 2021	FOIS	End-of-treatment (6 weeks)	Exercise vs. usual care	98	nr	nr	nr	105	nr	nr	nr	Difference in scores; 0.00 (-0.34 to 0.33)	No
		2 month follow-up	Exercise vs. usual care	97	nr	nr	nr	97	nr	nr	nr	Difference in scores; -0.10 (-0.43 to 0.24)	No
		6 month follow-up	Exercise vs. usual care	85	nr	nr	nr	80	nr	nr	nr	Difference in scores; 0.16 (-0.20 to 0.53)	No
		12 month follow-up	Exercise vs. usual care	90	nr	nr	nr	89	nr	nr	nr	Difference in scores; -0.14 (-0.49 to 0.21)	No
Carnaby-Mann, 2012	FOIS	Baseline-6 weeks	Exercise vs. usual care	20	Median (range) 7 (5-7)	Median (range) 5 (2-7)	AD 2	20	Median (range) 7 (5-7)	Median (range) 4 (1-6)	AD 3	AD 1	Yes
		Baseline-6 weeks	Exercise vs. sham exercise/compensatory strategies	20	Median (range) 7 (5-7)	Median (range) 5 (2-7)	AD 2	18	Median (range) 7 (5-7)	Median (range) 4 (1-7)	AD 3	AD 1	Yes
Messing, 2017	FOIS 1-5 (more	Baseline-3 months post CRT	Exercise vs. usual care	30	0%	50%	AD -50%	30	10%	60%	AD -50%	AD 0	No

	impaired diet level)	Baseline-6 months post CRT	Exercise vs. usual care	30	0%	27%	AD -27%	30	10%	33%	AD -22%	AD 5%	No
		Baseline-12 months post CRT	Exercise vs. usual care	30	0%	12%	AD -12%	30	10%	4%	AD 6%	AD 18%	No
Van den Berg, 2016	PSS-HN-normalcy of diet	Baseline-3 months	Exercise vs. usual care	57	78 (26)	59 (25)	nr	57	75 (25)	60 (29)	nr	-5.0 (-16.1 to 6.1)	No
		Baseline-6 months	Exercise vs. usual care	57	78 (26)	85 (21)	nr	57	75 (25)	79 (24)	nr	5.3 (-4.2 to 14.9)	No
	NFIS-HN-L	Baseline-3 months	Exercise vs. usual care	57	5.5 (0.9)	4.6 (1.3)	nr	57	5.6 (0.6)	4.6 (1.3)	nr	0.0(-0.4 to 0.3)	No
		Baseline-6 months	Exercise vs. usual care	57	5.5 (0.9)	5.6 (0.7)	nr	57	5.6 (0.6)	5.3 (0.7)	nr	0.2 (-0.2 to 0.7)	No

AD, absolute difference; CI, confidence intervals; CR, clinically relevant; FOIS, MD, mean difference; N, number of patients; NFIS-HN-L, Normalcy of Food Intake Scale-Head and Neck-Logopedic part (Score 1 to 6; a higher score is better); nr, not reported; PSS-HN -Normalcy of diet, Performance Status Scale-Head and Neck-normalcy of diet (Score 0 to 100; a higher score is better); SD, standard deviation