

Supplementary Material 3: Intervention Characteristics Across (Quasi-)Experimental Studies (N=71)

First Author, Year	Format (Group/Individual/Mixed)	Setting	Supervision (Supervised/Unsupervised/Mixed)	Type	Time (total min/session) ^a	Frequency (total # sessions/week) ^a	Length (total # weeks)	Intensity	Author-Reported Adherence/Compliance ^b	Type of Control/Comparison Group(s)
(Quasi-)Experimental Studies										
Arneil (2019) ^c	Unspecified	Distance-based (involving an e-health-enabled platform, an interactive e-book, phone support, and one-sided text messages/emails)	Mixed	Multimodal ^d ; PA unspecified (encouraged to accumulate PA of their choosing, equivalent to brisk walking)	30-60	Weeks 1-4, 6, and 12: 8 Other weeks: 7	12	MVPA	NR	Usual care
Backman (2014) ^c	Mixed	Unspecified/home-based	Mixed	Aerobic (walking; encouraged to aim for 10,000 steps/day)	60 ^e	8	10	Unspecified	100% adherence during the first 4 weeks; 81% during the last 4 weeks. During the intervention period, adherence averaged at 91%, and in total, 74% completed the physical activity intervention. Step count: M=8300 steps/day during the intervention; 34% reached the goal every week.	Usual care
Bade (2021) ^c	Individual	Distance-based (involving one-sided text messages)	Unsupervised	Aerobic (walking; encouraged to increase daily steps by 400 steps/day or maintain daily steps [if >10,000])	Unspecified	7	12	Unspecified	NR	Usual care
Baumann (2010)	Unspecified	Hospital	Supervised	Aerobic (walking, cycling, stair-climbing), flexibility (unspecified)	30-40	10-14	4	Aerobic (80% HR _{max} ; 5 x 20 repetitions stair-climbing), flexibility (unspecified)	NR	Active comparison
Benzing (2020)	Individual	Home-based	Supervised	Exergaming	45	3	8	MVPA	47.6% in the exergaming condition reached the prescribed amount of at least 20 training sessions.	Waitlist control

Bryant (2017)	Individual	Hospital	Supervised	Aerobic (walking, cycling), resistance (lateral/front raises, chest press, rows, bicep curls, triceps extension, leg extension, leg curls), flexibility (unspecified)	20-40	8	4	Aerobic (50-70% HRR), resistance (unspecified), flexibility (unspecified)	80% adherence ($M=6$ sessions attended/week).	Usual care
Buffart (2015)	Individual	Unspecified/home-based	Mixed	Aerobic (walking, jogging, cycling), resistance (chest/shoulder press, rows, triceps extension, leg extension, leg press, abdominal crunches)	Unspecified	Months 1-6: 2 Months 7-12: Unspecified	52 (12 months)	Aerobic (70-85% HR_{max} ; RPE=11-13), Resistance (2-4 x 6-12 RMs)	Average attendance at the supervised sessions was 77%.	Usual care
Campbell (2018)	Individual	Research gym/home-based	Mixed	Aerobic (activities of participants' choosing)	20-45	4	24	60-80% HRR	Participants attended 88% of supervised gym sessions ($M=1.8$ sessions/week and 87.5 min/week), and participants met 82% of the prescribed exercise targets ($M_{intensity}=74.5\%$ HRR). Home session completion was 87% ($M=2.4$ sessions/week and 101.5 min/week), and participants met 87% of the prescribed exercise targets ($M_{intensity}=73.5\%$ HRR).	Usual care
Cantarero-Villanueva (2013)	Group	Unspecified	Supervised	Aquatic	60	3	8	Moderate; 2-3 x 8-12 repetitions	34 patients finished the aquatic exercise program and completed 84% of the 24 physical therapy sessions ($M=20\pm 4$).	Usual care
Cox (2020)	Mixed	Unspecified/home-based	Supervised	Aerobic (walking, running, jumping jacks, obstacle courses, dancing, air punches, step ups, jump rope), sports (soccer, dodgeball, floor hockey, basketball)	30-90	3-4	12	80% HR_{max} for at least 30 min/session	No exercise first group (sequence 1) had a training adherence of 81%, and exercise first group (sequence 2) had one of 89.6%.	Usual care
Culos-Reed (2006)	Group	Yoga studio	Supervised	Yoga (modified Hatha)	75	Unspecified	7	Progressive (unspecified)	NR	Waitlist control

Derry (2015)	Mixed	Unspecified/home-based	Mixed	Yoga (Hatha)	90°	2	12	Unspecified	Yoga group attended an average of 18.13±4.5/24 classes (75.4%) and reported 24.7±10.6 min/day of yoga practice during the intervention. None of the waitlist control participants reported practicing yoga over the course of the intervention.	Waitlist control
Dimeo (2004)	Individual	Unspecified	Supervised	Aerobic (cycling)	30	5	3	80% HR _{max} ; RPE=13-14	NR	Active comparison
Fazzino (2017) ^c	Group	Distance-based (involving conference calls)	Mixed	Unspecified (encouraged to increase PA to at least 225 min/week and aim for 10,000 steps/day)	Unspecified	7	78.2 (18 months)	MVPA	NR	Active comparison
Fontana (2021)	Group	University sports center	Supervised	Aerobic (running, jumping, climbing, other unspecified activities), sports (gymnastics), resistance (unspecified), flexibility (unspecified)	60	1	43.5 (10 months)	Unspecified	The 22 enrolled patients had a mean attendance over the study period of 74.1%. Although attendance was satisfactory during the first period at 81.8%, it dropped to 66.3% in the second. During the first period, 15 patients (68.2%) attended at least 80% of sessions; only 8 (36.4%) attended at least 80% of sessions during the second period. Over the study period, 11 (50%) patients attended at least 80% of sessions (inferior to target endpoint) and 19 (86.4%) attended at least 60% of sessions.	Usual care
Galantino (2008)	Mixed	Unspecified/home-based	Mixed	Yoga (Iyengar)	20-60	9	8	Unspecified	3/6 participants (50%) completed the entire 8-week program.	N/A
Galantino (2012)	Mixed	Unspecified/home-based	Mixed	Yoga (Iyengar)	15-70	Weeks 1-6: 5 Weeks 7-12: 4	12	Unspecified	All 4 women participated in 60-70% of classes. Two (50%) adhered to the home yoga program 80% of the time; the other two reported attending to home-based yoga <50% of the time.	N/A

Galiano-Castillo (2016)	Individual	Distance-based (involving an interactive tele-rehabilitation system, two-way (instant) messages, conference calls, and phone support)	Supervised	Aerobic (unspecified), resistance (unspecified)	90	3	8	Unspecified	Adherence rate was high (93.9%), at 22.5±1.7/24 of scheduled sessions.	Usual care
Galiano-Castillo (2017)	Individual	Distance-based (involving an interactive tele-rehabilitation system, two-way (instant) messages, conference calls, and phone support)	Supervised	Aerobic (unspecified), resistance (unspecified)	90	3	8	Unspecified	Adherence rate was high (93.9%), at 22.5±1.7/24 of scheduled sessions.	Usual care
Galveo (2010)	Group	Unspecified	Supervised	Aerobic (walking, jogging, cycling), resistance (chest/shoulder press, rows, triceps extension, leg extension, leg press, abdominal crunches), flexibility (unspecified)	Unspecified	2	12	Aerobic (65-80% HR _{max} ; RPE=11-13), resistance (2-4 x 6-12 RMs), flexibility (unspecified)	Exercise group completed an average of 23±4/24 exercise sessions (94%).	Usual care
Gehring (2020)	Individual	Distance-based (involving remote guidance in an unspecified manner)	Mixed	Aerobic (activities of participants' choosing [e.g., running, cycling, swimming])	20-45	3	26.1 (6 months)	65-80% HR _{max}	Mean adherence was 79% (2.4 sessions/week). 16 patients (70%) completed ≥75% of prescribed training sessions and were classified as adherent, although 2 dropped out before the 6-month assessment. On average, patients exercised 126 min per (active) week (range=26-322 min). Average exercise intensity was 76% (range=68-87%) of HR _{max} .	Waitlist control

Gokal (2016)	Individual	Home-based	Unsupervised	Aerobic (walking)	10-30	5	12	Moderate	<p>20/25 intervention group participants (80%) adhered to the intervention and completed walking diaries.</p> <p>16/20 participants who continued completed walking diaries on a weekly basis; 4 had one or more weeks of missing diary data.</p>	Usual care
Gokal (2018)	Individual	Home-based	Unsupervised	Aerobic (walking)	10-30	5	12	Moderate	<p>20/25 intervention group participants (80%) adhered to the intervention and completed walking diaries.</p> <p>16/20 participants who continued completed walking diaries on a weekly basis; 4 had one or more weeks of missing diary data.</p> <p>The 20 participants who completed the intervention walked at moderate intensity for an average of 157.4 min/week and participated in 4.85 walking sessions/week for an average of 30.49 min.</p>	Usual care
Hacker (2011)	Individual	Hospital/home-based	Mixed	Resistance (chest fly, biceps curl, triceps extension, shoulder shrug, shoulder upright row, shoulder lateral raise, knee flexion/extension, wall push-ups, squats, bed sit-ups)	Unspecified	3	6	1-2 x 8-10 repetitions; RPE~13	By week 2, all subjects in the strength training group exercised at least 1-2 times/week, and most met the prescription of 3 times/week by week 3. All subjects exercised at least 1-2 times/week for at least 5/6 weeks.	Usual care
Hartman (2018) ^c	Individual	Distance-based (involving phone support and emails)	Mixed	Aerobic (encouraged to accumulate PA of their choosing and aim for 150 min of MVPA/week)	Unspecified	Unspecified	12	MVPA	NR	Waitlist control
Hartman (2019) ^c	Individual	Distance-based (involving phone support and emails)	Mixed	Aerobic (encouraged to accumulate PA of their choosing and aim for 150 min of MVPA/week)	Unspecified	Unspecified	12	MVPA	NR	Waitlist control

Henke (2014)	Individual	Hospital	Supervised	Aerobic (walking, stair-climbing), resistance (bridging, abdominal exercise, biceps curl, triceps extension)	Unspecified	5	Unspecified	Aerobic (55-70% HRR), resistance (50% 1-RM)	NR	Usual care
Howell (2018) ^c	Individual	Distance-based (involving an interactive website designed to encourage PA via rewards)	Unsupervised	Unspecified (encouraged to accumulate PA of their choosing)	Unspecified	Unspecified	24	Unspecified	Of those that completed the intervention, roughly 62% progressed their avatar to at least one level (by uploading individual PA data from their monitor to the website), with 20% progressing through level 6 and beyond.	Usual care
Janelins (2016)	Group	Community-based sites	Supervised	Yoga (Hatha and restorative)	75	2	4	Unspecified	Yoga participants attended an average of 6.5/8 sessions (81.3%).	Usual care
Knoerl (2022)	Unspecified	Unspecified/home-based	Mixed	Aerobic (unspecified), resistance (unspecified)	60-90°	2	Unspecified	Aerobic (moderate), resistance (unspecified)	Exercise group participants increased the amount of moderate or vigorous intensity PA they performed by 203±129 min/week from the time of enrollment to the time of surgery, as compared to 23±76 min/week among mind-body group participants.	Active comparison
Knols (2011)	Group	Physiotherapy clinic/fitness center	Supervised	Aerobic (walking, cycling), resistance (squats, step-ups/downs, barbell rotations, upright rowing, chest press, triceps extension, biceps curl, modified curl ups, calf raises)	Unspecified	2	12	Aerobic (50-80% HR _{max}), resistance (unspecified)	Average participation in the PA program was 85% (range=21–100%), representing ~20.5/24 training sessions. 7 patients (10.9%) in the PA group reported ≥4 h of intensive PA/week. 5 patients (7.5%) in the usual care group reported undergoing supervised physical exercise at their own initiative, at a level comparable with the program of the PA group (i.e., 3 hours of aerobic exercise/week).	Usual care
Korstjens (2011)	Mixed	Hospital/home-based	Mixed	Aerobic (walking, cycling), resistance (unspecified), sports/games (unspecified)	120°	Weeks 1-5: 2 Weeks 6-12: 3	12	Unspecified	Participants in the PA and the PA plus Cognitive Behavioural Therapy (CBT) groups completed 83.5% of 24 PA sessions ($M_{PA\ group}=20\pm5.2$; $M_{PA+CBT\ group}=20\pm4.7$).	Add-on comparison

Lambert (2021)	Individual	Location of participants' choosing/ home-based	Mixed	Aerobic (walking, jogging, cycling, rowing), resistance (squats, lunges, shoulder press)	25-45	4	12	Aerobic (40-75% HRR), resistance (1-3 x 6-12 repetitions)	NR	N/A
Larkey (2016)	Mixed	Hospital/ home-based	Mixed	Qigong/Tai Chi (unspecified)	30-60	Weeks 1-2: 7 Weeks 3-12: 6	12	Unspecified	NR	Active comparison
Leach (2015)	Mixed	Exercise facility/ home-based	Mixed	Aerobic (walking, cycling, rowing, elliptical), resistance (unspecified), flexibility (unspecified)	60°	5-7	24	Aerobic (40-60% HRR; RPE=1-3), resistance (2-3 x 8-12 repetitions), flexibility (unspecified)	Participants attended an average of 7.5±6.5/24 available classes over 12 weeks (<i>range</i> =0-24). Almost a quarter of participants (24.4%) attended at least 12 sessions, equivalent to the 1 time/week suggestion for the program.	N/A
Leach (2016)	Mixed	Exercise facility/ home-based	Mixed	Aerobic (walking, cycling, rowing, elliptical), resistance (unspecified), flexibility (unspecified)	60°	5-7	24	Aerobic (40-60% HRR; RPE=1-3), resistance (2-3 x 8-12 repetitions), flexibility (unspecified)	Average attendance at group exercise sessions for those enrolled in the maintenance program for the full 24 weeks was 11.1±10.2/24 suggested sessions (<i>median</i> =11). Attendance for the initial 12-week program was 7.5±6.9 (<i>median</i> =6), and attendance for the 12-week maintenance program was 3.6±4.8 (<i>median</i> =2).	N/A
Livingston (2015)	Individual	Community gym/ home-based	Supervised	Aerobic (unspecified)	50°	3	12	Unspecified	For those who completed the supervised program, 85% of participants adhered to at least 18/24 gym-based sessions (<i>median</i> =88%; <i>interquartile range</i> =17%). Among those who completed their home exercise diary (40/54 or 74%), an average of 81% (<i>median</i> =88%; <i>interquartile range</i> =17%) completed 9-12 of the prescribed home-based weekly sessions.	Usual care

Mijwel (2018)	Individual	Exercise clinic	Supervised	Aerobic (walking, jogging, cycling, elliptical), resistance (leg press, biceps curls, squat jumps, triceps extensions, lunges, bench press, sit-ups or Russian-weighted abdominal twists, shoulder press, prone-lying back extensions)	60	2	16	Aerobic (RPE=13-18), resistance (2-3 x 8-12 repetitions @ 70-80% 1-RM)	Attendance rates for participants in the resistance training plus high-intensity interval training (HIIT) and aerobic training plus HIIT groups were 68 and 63%, respectively. Adherence to the training program was 83% in the resistance training plus HIIT group and 75% in the aerobic training plus HIIT group.	Usual care
Miki (2014)	Individual	Hospital	Supervised	Aerobic (cycling)	5	1	4	Exercise load=20 W, 80 revolutions/ min	NR	Usual care
Morielli (2021)	Unspecified	Fitness center/distance-based (involving phone support)	Mixed	Aerobic (walking [high-intensity interval training] during neoadjuvant chemoradiation (NACRT), encouraged to aim for 150 min of MVPA/week after NACRT)	28-40 ^o	Weeks 1-6: 3 Weeks 7-12: Unspecified	12	30-85% VO _{2max} , MVPA	Median attendance to the supervised high-intensity interval sessions during NACRT (Weeks 1-6) was 82% (<i>interquartile range</i> =65-95%). After NACRT (Weeks 7-12), the exercise group completed a median of 90 min (<i>interquartile range</i> =0-233 min) of unsupervised MVPA/week compared with 40 min (<i>interquartile range</i> =0-105 min) in the usual care group.	Usual care
Myers (2019)	Mixed	Unspecified/home-based	Mixed	Qigong/gentle exercise (unspecified)	15-60	15	8	Unspecified	Group attendance adherence of 75% was not achieved. Mean weekly group session attendance was 52% for Qigong group, 44% for the gentle exercise group, and 67% for the support control group. The twice-daily home practice adherence goal of 75% was not achieved for the two exercise groups.	Active comparison
Northey (2019)	Unspecified	Unspecified	Supervised	Aerobic (cycling)	20-30	3	12	50-65% peak power; 95-115 revolutions/ min	Exercise adherence was similar between the high- and moderate-intensity interval training groups (proportion of sessions attended: 78.7±13.2% vs. 79.4±12.0%).	Waitlist control

Nusca (2021)	Unspecified	Unspecified	Supervised	Aerobic (walking, cycling), resistance (leg press, cable arm exercises)	60	3	8	Aerobic (60-70% HR _{max}), resistance (30-50% 1-RM)	The exercise adherence rate for the intervention group was 100%.	Usual care
Oechsle (2014)	Individual	Hospital	Supervised	Aerobic (walking, jogging, cycling, elliptical), resistance (bridging, sit-ups, unspecified arm/back exercises)	30-40	5	2-4 (i.e., during hospitalization)	Aerobic (unspecified), resistance (2 x 16-25 repetitions @ 40-60% 1-RM)	NR	Usual care
Oh (2010)	Mixed	Hospital/home-based	Mixed	Qigong	30-90	9	10	Unspecified	Completers attended on average 8 of the 10 scheduled sessions. Only 50% of participants kept the home diary and returned it at the end of the program, making the calculation of home compliance difficult.	Usual care
Oh (2012)	Mixed	Hospital/home-based	Mixed	Qigong	30-90	8-9	10	Unspecified	70% of participants in the intervention group attended at least 8/10 weeks of the program.	Usual care
Park (2021)	Mixed	Hospital/home-based	Mixed	Aerobic (walking, cycling), resistance (bridge, crunch, seated butterfly, push-up, squat, standing leg curl, shoulder press, kneeling leg extension, and bird-dog), flexibility (unspecified)	60 ^e	5	12	Aerobic (60-85% HR _{max}), resistance (unspecified), flexibility (unspecified)	Mean attendance rate of supervised exercise sessions was 64.9% (range=16.7-95.8%). An attendance rate of 75% or higher was achieved in 8 patients (57.1%).	N/A
Pasyar (2019)	Mixed	Unspecified/home-based	Mixed	Yoga (unspecified)	Unspecified	3	8	Unspecified	NR	Usual care
Peterson (2018)	Unspecified	University rehabilitation institute	Supervised	Aerobic (cycling), flexibility (unspecified)	65	3	12	Aerobic (55-65% HRR), flexibility (unspecified)	NR	Active comparison
Peterson (2020)	Individual	University rehabilitation institute	Supervised	Aerobic (cycling), flexibility (unspecified)	65	3	12	Aerobic (55-65% HRR), flexibility (unspecified)	NR	N/A
Poier (2018)	Unspecified/Individual	Unspecified/home-based	Mixed	Aerobic (unspecified)	45	3-5 ^f	10	Unspecified	NR	Add-on comparison

Reid-Arndt (2012)	Group	Unspecified	Supervised	Tai Chi (breathing, active relaxation, centering, balancing, ward off, cloud hands, single whip, brush knee, snake creeps down, single leg stances kicks)	60	2	10	Unspecified	NR	N/A
Riggs (2017)	Mixed	Unspecified/home-based	Supervised	Aerobic (walking, running, jumping jacks, obstacle courses, dancing, air punches, step ups, jump rope), sports (soccer, dodgeball, floor hockey, basketball)	30-90	3-4	12	80% HR _{max} for at least 30 min/session	Adherence and retention rates were 84% and 100%, respectively.	Usual care and healthy control [§]
Rogers (2009) ^c	Individual	Unspecified/home-based	Mixed	Unspecified (encouraged to accumulate PA of their choosing [mainly walking] and aim for 150 min of moderate PA/week)	Unspecified	3-5	12	Moderate	Intervention participants completed 100% (252/252) of the individual exercise sessions, 95% (60/63) of the individual update sessions, and 98% (123/126) of the group sessions for an overall 99% adherence to all possible intervention sessions (435/441).	Usual care
Rosero (2020)	Individual	Research laboratory	Supervised	Aerobic (cycling), resistance (get up from a chair, chest press, leg press, power chest, power legs, hip abduction with resistance bands, ball squeeze), balance/coordination (walking on toes with flexion-extension shoulder, walking on heels of the feet with abduction-adduction shoulder, progression with obstacles), flexibility (unspecified)	40-45	2	10	Aerobic (50–80% of HR), resistance (Get up from chair [3 x 10 repetitions]; chest/leg press [1-RM]; power chest/legs [3 x 8-12 repetitions @ 30%-60% 1-RM]; hip abduction [3 x 10 repetitions at 50-80% red-black band elongation]; ball squeeze [x3], balance/coordination [2x/exercise]), flexibility (unspecified)	All subjects in the intervention group completed at least 86% of the planned training sessions.	Usual care

Saarto (2012)	Mixed	Unspecified/ home-based	Mixed	Aerobic (walking, step aerobics, circuit training, jumping)	60 ^e	3-4	52 (12 months)	RPE=11-16	Exercise group attended the supervised weekly training classes 32/52 times (62%). For home training, 232 (88%) exercise group participants returned their training diaries, reporting that they accomplished training 3 times/week on average. The median total number of training sessions (supervised & home training together) was 3.8/week (<i>interquartile range</i> =2.3-5.1).	Usual care
Sabel (2017)	Individual	Distance-based (involving conference calls)	Supervised	Exergaming	30	5	10-12	Low-moderate	All 13 children enrolled completed the study, performing active video gaming (AVG) during a period of 10–12 weeks (70–84 days). The mean duration of the intervention period was 71 days (<i>range</i> =60–82), with AVG sessions on 51 of these days (<i>range</i> =38–69). The target AVG frequency of at least 5 days/week was thus reached. The mean AVG session time was 47 min.	Usual care
Salerno (2019)	Individual	Unspecified	Supervised	Aerobic (walking)	30	N/A; 1 total	1 bout	40-60% HR _{max} ; RPE=8-11	NR	Usual care
Salerno (2020)	Individual	Unspecified	Supervised	Aerobic (walking)	10, 20, OR 30	N/A; 1 total	1 bout	60% HR _{max} ; RPE=8-11	NR	Usual care
Schmidt, M (2015)	Group	Unspecified	Supervised	Resistance (unspecified)	60	2	12	3 x 8-12 reps @ 60-80% 1-RM	Median attendance was similar in both groups, with 17/24 (71%) scheduled sessions attended (<i>interquartile range</i> =11–22 in the intervention group and 11–23 in the control group).	Active comparison
Schmidt, T (2015)	Individual	Unspecified	Supervised	Aerobic (cycling), resistance (squats, chest press, leg curl, rowing, leg extension, upper arm curl, upper arm extensors, shoulder press, abdominal bench, latissimus pull down)	60	2	12	Aerobic (RPE=11-14), resistance (1 x 20 repetitions @ 50% 1-RM)	NR	Usual care

Schwartz (2002)	Individual	University-based cancer center	Unspecified	Aerobic (activities of participants' choosing [e.g., walking, running, cycling])	15-30	4	16	Progressive (unspecified)	All patients (100%) reported exercising at least 4 days/week for at least 15 min in their exercise logs. 66% adhered to exercise and methylphenidate.	Usual care (historic controls)
Spreafico (2021)	Individual	Hospital	Supervised	Aerobic (walking, jogging, cycling), resistance (exercises for central stability, scapulohumeral joint stability, dynamic stability, strength and balance), flexibility (unspecified)	60	3	6	Unspecified	21 patients (48%) attended the proposed exercise sessions and formed the "GYM" group, while 23 (52%) refused to do so and formed the "No-GYM" group.	Usual care
Steindorf (2014)	Group	Research gym	Supervised	Resistance (leg extension, leg curl, leg press, shoulder internal/external rotation, seated row, latissimus pull down, shoulder flexion/extension, butterfly/butterfly reverse)	60	2	12	3 x 8–12 repetitions @ 60–80% 1-RM	Of 24 scheduled sessions, the median attended number was 19 (<i>quartile range</i> =13–23; <i>range</i> =1–24) in the intervention group.	Active comparison
Trinh (2021)	Individual	Unspecified/home-based	Mixed	Aerobic (walking, jogging, cycling), resistance (unspecified exercises targeting legs, abdominals, and arms)	10-50 ^o	Unspecified	12	Aerobic (50–75% HRR), resistance (2 x 10-12 repetitions)	Survivors completed an average of 11.5/12 supervised PA and counseling sessions over the 12-week period (96%), with the PA plus exercise counselling (PA+EC) and PA plus behaviour counselling (PA+BC) groups completing 92% and 100% of the supervised PA and counseling sessions, respectively. Survivors completed an average of 8/10 home-based exercise sessions (80%). The PA+EC and PA+BC groups completed 70% and 90% of the home-based sessions, respectively.	Add-on comparison
Vadiraja (2009)	Group	Hospital/home-based	Mixed	Yoga (unspecified postures, pranayama, yogic relaxation)	60 ^o	3	6	Unspecified	29.7% attended 10-20 supervised sessions, 56.7% attended 20-25 supervised sessions, and 13.7% attended >25 supervised sessions over a 6-week period.	Active comparison

Van Weert (2010)	Individual	Rehabilitation centers	Supervised	Aerobic (cycling), resistance (unspecified), sports/games (badminton, curling, field hockey)	120	2	12	Aerobic (40-80% HRR), resistance (30-60% 1-RM), sports/games (unspecified)	Patients in the physical training plus Cognitive Behavioural Therapy group completed 83.5% of 24 physical training sessions ($M=20\pm 4.7$). Patients in the physical training group completed 83.5% of 24 physical training sessions ($M=20\pm 5.2$).	Waitlist control
Vaquero (2020)	Unspecified	Unspecified/home-based	Mixed	Aerobic (walking, cycling)	27-64	3-5	12	Progressive (unspecified)	NR	Usual care and healthy control
Wiskemann (2011)	Individual	Hospital/home-based	Mixed	Aerobic ([brisk] walking, jogging, cycling), resistance (unspecified)	Unspecified	5-7	15	Aerobic (RPE=12-14), resistance (2-3 x 8-20 repetitions; RPE=14-16)	On average, 79% of exercise logs were returned. Based on these, average adherence to the exercise intervention was approximately 87%. In the inpatient setting, participants had the lowest (83%) adherence rate.	Usual care
Wurz (2021)	Individual	Location of participants' choosing/home-based	Mixed	Aerobic (walking, jogging, cycling, rowing), resistance (squats, lunges, shoulder press)	25-45	4	12	Aerobic (40-75% HRR), resistance (1-3 x 6-12 repetitions)	NR	N/A
Zimmer (2018) ^c	Individual	Rehabilitation center	Mixed	Unspecified (encouraged to increase PA)	Unspecified	Unspecified	5 (3 weeks initially; 1-week stays at both 4 and 8 months)	9-15 metabolic equivalent hours/week	NR	N/A

Notes. 1-RM=1 repetition maximum; AVG=active video gaming; BC=behaviour counselling; CBT=Cognitive Behavioural Therapy; EC=exercise counselling; HIIT=high-intensity interval training; HR=heart rate; HR_{max}=maximum heart rate; HRR=heart rate reserve; M=mean; MVPA=moderate-to-vigorous physical activity; N/A=not applicable; NACRT=neoadjuvant chemoradiation; NR=not reported; PA=physical activity; RM=repetition maximum; RPE=rating of perceived exertion; VO_{2max}=maximal oxygen consumption; W=Watts

^aIncludes in-person and home-based sessions.

^bThese data indicate a striking lack of consistency and transparency in defining, monitoring, and reporting adherence. As a result, it is difficult to interpret the average adherence across studies, so they are reported "as is" herein.

^cInterventions delivered to promote PA (i.e., PA behaviour change as the outcome of the intervention).

^dMultimodal intervention targeting health education and health promotion for PA, diet, smoking cessation, and minimizing alcohol intake, as well as strategies to manage sleep and stress, menopausal symptoms, and sexual problems.

^ePertains to the total time (min/session) for supervised session(s); time for home-based sessions was unspecified.

^fIncluded eight trainer-led sessions over the course of the intervention; not factored into the number of weekly sessions because it was unclear when these sessions took place.

^gHealthy control data were obtained for comparison from an existing brain image bank; this cohort did not participate in exercise training and were only scanned at a single time point (thus, they are not included in the reported sample size).

Article Title: A scoping review of studies exploring physical activity and cognition among persons with cancer

Journal Name: Journal of Cancer Survivorship

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