

Table 15. Description of the interventions

Characteristic of Study or Intervention		Percent of Studies with this Characteristic or Mean Value
Timing	During treatment	54%
	Post treatment	46%
Framework PEACE category	Buffering	4%
	Coping	50%
	Rehabilitation	42%
	Health promotion	21%
	Survival	4%
	Palliation	0%
	Multiple categories in one study	21%
Sample size	Average sample size per control group	22.3 (mean) 4-98 (range)
	Average sample size per intervention group	23 (mean) 6-101 (range)
Cancer diagnoses included	Breast	83%
	Colon	4%
	Lung	13%
	Ovarian	8%
	Leukemia	8%
	Lymphoma	13%
	Testicular	4%
	Sarcoma	17%
	Stomach	4%
	Prostate	4%
	Other	21%
Behavioral intervention	Yes	25%
	No	75%
Study design	Randomized Controlled Trial (RCT)	83%
	Non-randomized	17%
Exercise only (versus exercise plus other intervention components)		79%
Intervention length	One month or less	8%
	5 weeks to 3 months	71%
	More than 3 months	4%
	Not clear/reported	17%
Exercise mode	Aerobic (alone or combined with other modes)	88%
	Only non aerobic	8%
	Not specified	4%
Exercise intensity	Light	4%
	Moderate to vigorous	83%
	Not specified	12.5%
Exercise frequency	3+ times per week	88%
	Less than 3 times per week	8%
	Not specified	4%
Exercise duration	40+ minutes per session	13%
	Less than 40 minutes per session	58%
	Not specified	29%
Percent lost at followup	All studies	10.8%
	During treatment	10.28%
	Post treatment	11.46%