

**Table 16. Outcomes reported in cancer and physical activity interventions in cancer survivors**

Outcome Category	Construct Assessed	Number of Studies	Number of Measurement Tools
Physical activity behavior	Physical activity behavior	6	4
Physical fitness	Cardiovascular fitness	12	5
	Strength	2	2
	Flexibility	2	1
Fatigue/tiredness	Fatigue/tiredness	12	6
Mental/emotional/psychological well-being	Anxiety/worry/tension	10	8
	Depression	10	7
	Anger/hostility	3	3
	Mental health QOL	2	1
	Multiple constructs †	9	11
Other psychosocial outcomes	Happiness/hope	2	2
	Social functioning	2	1
	Multiple other constructs*	5	5
Body image/dissatisfaction	Body image/dissatisfaction	4	4
Quality of life	Quality of life	10	8
Confusion	Confusion	2	2
Difficulty sleeping	Difficulty sleeping	2	1
Self-esteem	Self-esteem	3	2
Physiologic outcomes	Multiple constructs	5	23
Body size	Fatness measures (% absolute, waist circumference, skinfolds)	5	2
	Body weight or BMI	8	1
	Other (arm volume, arm muscle area, lean body weight)	3	3
Pain	Pain	3	2
Vigor/vitality	Vigor/vitality	6	3
Symptoms/side effects	Multiple constructs**	5	3
Immune parameters	Multiple constructs***	4	18

† Including: Avoidance, fatalistic, fighting spirit, hopelessness, emotional well-being, total mood disturbance, impact of medical illness on subject, psychologic distress

\* Including: Cognitive functioning, role limitations, activities in the community, activities in the home, change of lifestyle, satisfaction about information given, sick leave, work status, communication with staff, satisfaction with life, and power

\*\* Including: Aversions, mixed symptoms, mucous membrane disturbances, sexual problems, surgery effects, breast cancer subscale, somatization, severity of diarrhea, severity of infection, severity of mucositis, severity of pain, nausea, vomiting

\*\*\* Including: Duration of neutropenia, duration of thrombopenia, T-cells, lymphocytes, white blood cells, natural killer cells, mononuclear cells, neutrophils, leukocytes