

**Table 18. Positive findings and statistically significant findings**

<b>Outcome Type</b>	<b>Positive Effect</b>	<b>Statistically Significant Positive Effect</b>	<b>Mean Effect Size</b>	<b># of Studies for which Effect Size was Calculated</b>	<b>Effect Size Range</b>
Physical activity behavior	3 (50%)	3 (50%)	2.93	1	Only 1 effect size
Physical fitness					
Cardiorespiratory fitness	10 (83%)	9 (75%)	0.647	6	0.00 – 1.242
Strength	2 (100%)	1 (50%)	Not calculable	0	-
Flexibility	2 (100%)	2 (100%)	0.345	2	0.024 – 0.666
Fatigue/tiredness	12 (100%)	10 (83%)	0.217	4	0.031 – 0.645
Body image/dissatisfaction	3 (75%)	1 (25%)	0.310	1 (2 outcomes from one study)	0.301 – 0.318
Quality of life	9 (90%)	8 (80%)	0.427	5	0.00 – 1.689
Confusion	2 (100%)	0 (0%)	0.402	1	Only 1 effect size
Difficulty sleeping	2 (100%)	2 (100%)	None calculable	0	-
Self-esteem	3 (100%)	1 (33%)	0.100	2	0.044 – 0.154
Psychosocial outcomes	6 (100%)	5 (83%)	0.191	3	0.00 – 0.612
Physiological outcomes	4 (80%)	4 (80%)	0.173	3	-0.475 – 0.822
Body size					
(goal to reduce)	6 (100%)	2 (33%)	0.187	3	0.015 – 0.636
(goal to gain or avoid muscle mass loss)	1 (25%)	0 (0%)	None calculable	0	-
Pain	2 (67%)	1 (33%)	None calculable	0	-
Vigor/vitality	6 (100%)	3 (50%)	0.850	2	0.434 – 1.265
Symptoms/side effects	4 (80%)	3 (60%)	0.400	2	-0.130 – 0.849
Immune parameters	4 (100%)	3 (75%)	-0.055	2	-0.799 – 1.047
Mental/emotional/ psychological well-being					
Depression	9 (90%)	4 (40%)	0.418	3	0.005 – 1.279
Anxiety	9 (90%)	6 (60%)	0.333	3	0.00 – 0.901
Anger/hostility	2 (67%)	1 (33%)	0.070	2	-0.114 – 0.266
Mental health quality of life	2 (100%)	1 (50%)	None calculable	0	-
Multiple constructs	6 (86%)	3 (43%)	0.356	4	0.00 – 0.896