

Table 19. Positive effects by timing (during versus post treatment)

Outcome Type	During Treatment				Post Treatment			
	Positive	Statistically Significant	Effect Size Mean	Effect Size Range	Positive	Statistically Significant	Effect Size Mean	Effect Size Range
Physical activity behavior	2 (50%)	2 (50%)	2.93	Only 1 effect size	1 (50%)	1 (50%)	None calculable	
Physical fitness:								
Cardiorespiratory fitness	6 (85.7%)	5 (71.4%)	.781	0.319 – 1.242	4 (80%)	4 (80%)	.602	0.00 - .950
Strength	1 (100%)	1 (100%)	Not calculable		1 (100%)	0 (0%)	Not calculable	-
Flexibility	-	-	-	-	2 (100%)	2 (100%)	.345	0.024 – 0.666
Fatigue/tiredness	6 (100%)	5 (83%)	0.130	Only 1 effect size	6 (100%)	4 (67%)	0.246	0.031 – 0.645
Body image/dissatisfaction	2 (100%)	1 (50%)	0.310	0.301– 0.318	1 (50%)	0 (0%)	None Calculable	-
Quality of life	4 (100%)	3 (75%)	.662	0.168 – 1.155	6 (100%)	5 (83%)	.360	0.00 – 1.689
Confusion	1 (100%)	0 (0%)	Not calculable	-	1 (100%)	0 (0%)	0.402	Only 1 effect size
Difficulty sleeping	2 (100%)	2 (100%)	Not calculable	-	-	-	-	-
Self-esteem	1 (100%)	0 (0%)	.154	Only 1 effect size	2 (100%)	1 (50%)	0.044	Only 1 effect size
Psychosocial outcomes	2 (100%)	1 (50%)	0.446	0.280 – 0.612	4 (100%)	4 (100%)	0.093	0.00 – 0.302
Physiological outcomes	2 (67%)	2 (67%)	0.275	0.00 – 0.528	2 (100%)	2 (100%)	0.105	-0.475 – 0.822
Body size:								
(goal to reduce)	2 (100%)	1 (50%)	Not calculable	-	4 (100%)	1 (25%)	0.187	0.015 – 0.636
(goal to gain or avoid muscle loss)	0 (0%)	0 (0%)	Not calculable	-	1 (50%)	0 (0%)	1.442	1.262 – 1.642
Pain	1 (100%)	0 (0%)	Not calculable	-	1 (50%)	1 (50%)	Not calculable	-
Vigor/vitality	4 (100%)	1 (25%)	0.434	Only 1 effect size	2 (100%)	2 (100%)	1.265	Only 1 effect size
Symptoms/side effects	4 (100%)	3 (75%)	0.400	-0.130 – 0.849	0 (0%)	0 (0%)	None calculable	-
Immune parameters	3 (100%)	3 (100%)	0.543	0.442 – 0.643	1 (100%)	0 (0%)	-0.226	-0.799 – 1.047
Mental/emotional/ psychological well-being								
Depression	5 (100%)	2 (40%)	0.079	Only 1 effect size	4 (80%)	2 (40%)	0.665	0.005 – 1.279
Anxiety	3 (50%)	3 (50%)	0.216	0.154 – 0.278	3 (60%)	3 (60%)	0.451	0.00 – 0.901
Anger/hostility	2 (100%)	1 (50%)	0.165	0.063 – 0.266	0 (0%)	0 (0%)	-0.114	Only 1 effect size
Mental health QOL	-	-	-	-	2 (100%)	1 (50%)	Not calculable	-
Multiple constructs	4 (100%)	2 (50%)	0.521	0.253 – 0.896	2 (67%)	1 (33%)	0.192	0.00 – 0.375