

Table 22. Summary of results from the 14 studies excluded due to no concurrent comparison group

Outcome Category	Number of Studies Reference #s of Studies	Summary of Results
Physical fitness		
Cardiorespiratory fitness	10 Sharkey et al., 1993 ²¹⁴ Schwartz, 2000 ²¹⁷ Decker et al., 1989 ²¹⁹ Dimeo et al., 1996 ²²⁰ Young-McCaughan et al., 2003 ²²¹ Schwartz et al., 2001 ²¹⁸ Schwartz, 1999 ²¹⁵ Durak & Lilly, 1998 ²²² Kolden et al., 2002 ²²³ Dimeo et al., 1998 ²²⁴	9 reported improvements (the one that did not was an intervention during bone marrow transplant in acute leukemia patients)
Strength	2 Durak & Lilly, 1998 ²²² Kolden et al., 2002 ²²³	Both studies reported improvements
Flexibility	0	
Fatigue	5 Schwartz, 2000 ²¹⁷ Porock et al., 2000 ²²⁵ Schwartz, 2000 ²¹⁶ Schwartz et al., 2001 ²¹⁸ Schwartz, 1999 ²¹⁵	Consistent report of improvements
Quality of life	6 Durak & Lilly, 1998 ²²² Peters et al., 1994 ²²⁶ Porock et al., 2000 ²²⁵ Young-McCaughan et al., 2003 ²²¹ Schwartz, 1999 ²¹⁵	Consistent report of improvements
Confusion	0	
Sleep	1 Young-McCaughan et al., 2003 ²²¹	No improvement noted
Self-esteem	0	
Psychosocial outcomes	0	
Physiological outcomes		
Resting blood pressure	1 McTiernan et al., 1998 ⁵	No improvement noted
Sex hormones	1 McTiernan et al., 1998 ⁵	No improvement noted
Body size (goal to reduce weight and/or fat)	3 Schwartz, 2000 ²¹⁶ McTiernan et al., 1998 ⁵ Kolden et al., 2002 ²²³	2 reported decreases, 1 reported no increases
Pain	1 Durak & Lilly, 1998 ²²²	Improvement reported
Vigor	2 Schwartz, 1999 ²¹⁵ Kolden et al., 2002 ²²³	One study reported improvement, one reported decline
Symptoms/Side effects	3 Peters et al., 1994 ²²⁶ Porock et al., 2000 ²²⁵ Schwartz, 2000 ²¹⁶	2 reported improvements
Immune parameters	1 Peters et al., 1994 ²²⁶	Improvement noted in some but not all parameters

Table 22. Summary of results from the 14 studies excluded due to no concurrent comparison group (continued)

Outcome Category	Number of Studies Reference #s of Studies	Summary of Results
Mental/emotional/psychological well-being		
Depression	3 Porock et al., 2000 ²²⁵ Decker et al., 1989 ²¹⁹ Kolden et al., 2002 ²²³	1 of 3 studies reported improvement
Anxiety	2 Porock et al., 2000 ²²⁵ Kolden et al., 2002 ²²³	No studies reported improvements