Supplemental Table. Outcome measures used in the included studies.

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| *Authors* | *Aerobic capacity* | *Functional exercise capacity* | *Muscle strength* | *Functional mobility* | *Level of physical activity* | *Nutritional status* | *Anxiety and depression* | *Quality of life* | *Other* |
| Kim *et al.* | - VO2max (ml kg-1 min-1)  - O2-pulsepeak (ml beat-1)  - WRpeak (W)  - VO2submax (ml kg-1 min-1)  - O2-pulsesubmax (ml beat-1)  - HRsubmax (beats min-1) | - 6MWT (m) | NR | NR | NR | NR | NR | NR | NR |
| Carli *et al.* | - VO2peak (ml kg-1 min-1) | - 6MWT (m) | NR | NR | - Self-reported PA (h wk-1) | NR | - HADS anxiety  - HADS depression | NR | NR |
| Dronkers *et al.* | - Physical work capacity 170 to estimate VO2max (ml kg-1 min-1) | NR | - HGS (N) | - TUG test (s)  - CRT (s) | - Self-reported PA, LAPAQ (kcal day-1)  - Self-reported PA, LAPAQ activities (min day-1) | NR | NR | - EORTC QLQ-C30 global health status, functional scales, and symptom scales | - Maximal inspiratory pressure (cm H2O)  - Inspiratory muscle endurance (J)  - Level of fatigue: AFQ |
| Kaibori *et al.* | - VAT (% of baseline)  - VO2peak (% of baseline) | NR | NR | NR | NR | NR | NR | NR | - DEXA parameters: body mass (% of baseline), fat mass (% of baseline), fat-free mass (% of baseline), BMD (% of baseline)  - Laboratory parameters: albumin (g dl-1), platelet count (×104 μl-1), alanine aminotransferase (U l-1), insulin (μU ml-1), glucose (mg dl-1), homeostasis model of assessment of insulin resistance, branched-chain amino acids, aromatic amino acids, branched-chain amino acid/tyrosine ratio |
| Gillis *et al.* | NR | - 6MWT (m) | - HGS (kg) b | NR | - Self-reported PA (kcal kg-1 week-1) | NR | - HADS anxiety  - HADS depression | - SF-36 health survey: physical functioning, role physical, bodily pain, general health, vitality, social functioning, role emotional, mental health | - Anthropometric parameters: fat mass (kg), fat-free mass (kg), body fat percentage (%)  - Laboratory parameter: albumin (g l-1) |
| Dunne *et al.* | - VAT (ml kg-1 min-1)f  - VO2peak (ml kg-1 min-1)  - O2-pulseVAT (ml beat-1)  - O2-pulsepeak (ml beat-1)  - WRpeak (W)  - HRR (beats min-1) | NR | NR | NR | NR | NR | NR | - SF-36 health survey: physical functioning, role physical, bodily pain, general health, vitality, social functioning, role emotional, mental health | NR |
| Barberan-Garcia *et al.* | - Endurance time (s) measured by a constant WR test on a cycle ergometer at 80% of VO2peak | - 6MWT (m) | NR | NR | - Self-reported PA: YPAS index | NR | - HADS anxiety  - HADS depression | - SF-36 health survey: physical functioning, role physical, bodily pain, general health, vitality, social functioning, role emotional, mental health | NR |
| Bousquet-Dion *et al*. | NR | - 6MWT (m) | - HGS (kg) | NR | - Self-reported PA, CHAMPS activities questionnaire (kcal kg-1 week-1) | NR | - HADS anxiety  - HADS depression | - SF-36 health survey  - EQ-5D health status questionnaire | - Anthropometric parameters: body mass (kg), body fat percentage (%), fat-free mass (kg) |
| Abbreviations: AFQ=abbreviated fatigue questionnaire; BMD=bone mineral density; CHAMPS=community healthy activities model program for seniors; CRT=chair-rise time; DEXA=dual-energy X-ray absorptiometry; EORTC QLQ-C30=European organisation for research and treatment of cancer quality of life questionnaire-core 30; EQ-5D=EuroQoL 5-dimension; HADS=hospital anxiety and depression scale; HGS=handgrip strength; HRR=heart rate reserve; HRsubmax=submaximal heart rate; LAPAQ=longitudinal aging study Amsterdam physical activity questionnaire; NR=not reported; O2-pulsepeak=oxygen pulse at peak exercise; O2-pulsesubmax=oxygen pulse at submaximal exercise; O2-pulseVAT=oxygen pulse at the ventilatory anaerobic threshold; PA=physical activity; SF-36=short-form 36; TUG=timed up-and-go; VAT=ventilatory anaerobic threshold; VO2max=maximal oxygen uptake; VO2peak=peak oxygen uptake; VO2submax=submaximal oxygen uptake; WR=work rate; WRpeak=peak work rate; YPAS=Yale physical activity survey; 6MWT=six-minute walk test. | | | | | | | | | |