Excluded (n= 10)

*No control group (n= 2)*

*Studies did not report data on muscle strength or body composition* (n= 6)

*Multiple publication* (n=2)

Articles (11 RCTs) meeting inclusion criteria and included in the meta-analysis   
(n = 13)

Excluded (n= 236)

*Studies on diseases other than cancer, study protocols, mechanisms and/or pilot studies*

Articles included in qualitative synthesis   
(n = 23)

Records screened

(Clinical Trial Register, Cochrane Trial Register, MEDLINE, and EMBASE)   
n = 1655

Full-text articles assessed for eligibility   
(n = 259)