**Supplemental Digital Content - Table 3.** Changes in patient reported outcomes (baseline to 12 weeks, baseline to 24 weeks and 12 weeks to 24 weeks) in the lower and higher intensity PA groups compared to control in the BC-PAL pilot study, Calgary, Alberta, Canada, 2017-2018.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Outcome measure (Baseline – 12 weeks)** | **Baseline**  M (SD) | **12 weeks**  M (SD) | **Adjusted Mean Change** a  M (95% CI) | *P* value b | *P* value c | **LS Adjusted Group Differences a**  M (95% CI) | *P* value d |
| SF-12 Physical component aggregate score e  Control (n = 13)  Lower intensity PA (n = 15)  Higher intensity PA (n = 15) | 50.0 (4.5)  46.5 (4.2)  46.5 (6.2) | 49.9 (4.6)  44.8 (6.8)  48.6 (7.8) | 0.2 (-2.7, 3.0)  -1.9 (-4.5, 0.7)  2.0 (-0.5, 4.6) | 0.91  0.15  0.12 | 0.10 | -2.0 (-5.9, 1.9)  1.9 (-2.0, 5.8) | 0.29  0.34 |
| SF-12 Mental component aggregate score e  Control (n = 13)  Lower intensity PA (n = 15)  Higher intensity PA (n = 15) | 48.8 (13.3)  54.6 (6.7)  55.1 (6.8) | 50.1 (13.1)  54.0 (5.4)  53.4 (8.8) | -0.3 (-4.7, 4.0)  -0.03 (-4.0, 3.9)  -0.9 (-4.8, 3.1) | 0.88  0.99  0.66 | 0.96 | 0.3 (-5.7, 6.2)  -0.5 (-6.5, 5.5) | 0.92  0.86 |
| FACT-B Total score (range: 0-144) e  Control (n = 13)  Lower intensity PA (n = 15)  Higher intensity PA (n = 15) | 115.4 (18.7)  112.5 (11.7)  118.8 (11.0) | 113.5 (16.4)  109.7 (13.8)  116.8 (17.7) | -1.9 (-9.1, 5.2)  -3.7 (-10.4, 3.0)  -1.1 (-7.8, 5.7) | 0.59  0.27  0.75 | 0.85 | -1.8 (-11.6, 8.1)  0.9 (-8.9, 10.7) | 0.72  0.86 |
| PSQI Total score (range: 0-21) f  Control (n = 13)  Lower intensity PA (n = 15)  Higher intensity PA (n = 15) | 7.8 (3.9)  6.5 (3.1)  6.2 (3.4) | 8.9 (4.3)  6.3 (3.7)  5.5 (3.7) | 1.2 (-0.3, 2.7)  -0.3 (-1.7, 1.1)  -0.8 (-2.2, 0.6) | 0.10  0.65  0.23 | 0.13 | -1.5 (-3.6, 0.5)  -2.1 (-4.1, -0.01) | 0.13  **0.05** |
| PHQ (depression) Total score (range 0-27) f  Control (n = 13)  Lower intensity PA (n = 15)  Higher intensity PA (n = 15) | 4.5 (4.9)  3.4 (3.0)  2.1 (1.4) | 4.7 (2.8)  2.8 (2.0)  3.4 (4.4) | 0.9 (-0.8, 2.6)  -0.5 (-2.1, 1.0)  0.6 (-1.0, 2.2) | 0.27  0.50  0.42 | 0.39 | -1.5 (-3.8, 0.8)  -0.3 (-2.7, 2.1) | 0.21  0.80 |
| Happiness score (Average level of happiness over the past 7 days; range: 1-11) f  Control (n = 13)  Lower intensity PA (n = 15)  Higher intensity PA (n = 15) | 3.7 (2.4)  3.5 (1.3)  3.0 (0.8) | 3.8 (2.3)  3.7 (1.1)  2.9 (0.8) | 0.2 (-0.4, 0.8)  0.2 (-0.4, 0.8)  -0.2 (-0.8, 0.4) | 0.55  0.52  0.47 | 0.56 | 0.0 (-0.8, 0.8)  -0.4 (-1.2, 0.5) | 1.00  0.36 |
| **Outcome measure (Baseline – 24 weeks)** | **Baseline**  M (SD) | **24 weeks**  M (SD) | **Adjusted Mean Change** a  M (95% CI) | *P* value b | *P* value c | **LS Adjusted Group Differences a**  M (95% CI) | *P* value d |
| SF-12 Physical component aggregate score e  Control (n = 12)  Lower intensity PA (n = 15)  Higher intensity PA (n = 13) | 50.3 (4.5)  46.5 (4.2)  47.8 (4.5) | 51.0 (5.4)  48.3 (6.4)  49.8 (6.4) | 1.4 (-1.9, 4.7)  1.3 (-1.7, 4.2)  1.9 (-1.2, 4.9) | 0.40  0.39  0.23 | 0.96 | -0.2 (-4.7, 4.4)  0.4 (-4.1, 5.0) | 0.95  0.85 |
| SF-12 Mental component aggregate score e  Control (n = 12)  Lower intensity PA (n = 15)  Higher intensity PA (n = 13) | 47.8 (13.3)  54.6 (6.7)  54.2 (6.9) | 50.2 (12.6)  49.2 (11.4)  53.8 (7.1) | -0.4 (-6.5, 5.8)  -4.1 (-9.4, 1.3)  0.7 (-5.1, 6.4) | 0.90  0.13  0.82 | 0.44 | -3.7 (-12.0, 4.6)  1.0 (-7.5, 9.6) | 0.37  0.81 |
| FACT-B Total score (range: 0-144) e  Control (n = 11)  Lower intensity PA (n = 15)  Higher intensity PA (n = 13) | 114.5 (18.7)  112.5 (11.7)  118.8 (10.9) | 113.4 (18.3)  109.6 (14.9)  118.5 (19.2) | -1.3 (-10.0, 7.4)  -3.5 (-11.0, 4.0)  0.6 (-7.5, 8.7) | 0.76  0.34  0.88 | 0.75 | -2.2 (-13.7, 9.2)  1.9 (-10.0, 13.8) | 0.69  0.74 |
| PSQI Total score (range: 0-21) f  Control (n = 12)  Lower intensity PA (n = 15)  Higher intensity PA (n = 13) | 7.9 (4.1)  6.5 (3.1)  5.8 (3.2) | 7.2 (4.1)  7.1 (3.3)  6.2 (3.6) | -0.6 (-1.8, 0.5)  0.5 (-0.5, 1.5)  0.3 (-0.8, 1.4) | 0.26  0.30  0.58 | 0.29 | 1.2 (-0.4, 2.7)  0.9 (-0.7, 2.5) | 0.13  0.24 |
| PHQ (depression) Total score (range: 0-27) f  Control (n = 12)  Lower intensity PA (n = 15)  Higher intensity PA (n = 13) | 4.8 (5.0)  3.4 (3.0)  2.1 (1.4) | 3.6 (3.9)  3.9 (4.2)  3.2 (3.7) | -0.7 (-2.7, 1.3)  0.5 (-1.3, 2.2)  0.6 (-1.3, 2.6) | 0.50  0.59  0.53 | 0.60 | 1.2 (-1.5, 3.8)  1.3 (-1.6, 4.2) | 0.39  0.37 |
| Happiness score (Average level of happiness over the past 7 days; range: 1-11) f  Control (n = 12)  Lower intensity PA (n = 15)  Higher intensity PA (n = 13) | 3.8 (2.5)  3.5 (1.3)  3.1 (0.8) | 3.9 (2.5)  3.8 (1.3)  3.0 (1.4) | 0.2 (-0.7, 1.1)  0.3 (-0.5, 1.1)  -0.2 (-1.1, 0.6) | 0.61  0.47  0.58 | 0.63 | 0.1 (-1.2, 1.3)  -0.5 (-1.7, 0.8) | 0.92  0.45 |
| **Outcome measure (12 weeks – 24 weeks)** | **12 weeks**  M (SD) | **24 weeks**  M (SD) | **Adjusted Mean Change** a  M (95% CI) | *P* value b | *P* value c | **LS Adjusted Group Differences a**  M (95% CI) | *P* value d |
| SF-12 Physical component aggregate score e  Control (n = 12)  Lower intensity PA (n = 15)  Higher intensity PA (n = 13) | 49.9 (4.8)  44.8 (6.8)  50.1 (5.2) | 51.0 (5.4)  48.3 (6.4)  49.8 (6.4) | 2.0 (-1.3, 5.3)  1.9 (-1.2, 5.0)  0.7 (-2.5, 3.9) | 0.22  0.22  0.65 | 0.81 | -0.2 (-4.8, 4.5)  -1.3 (-5.8, 3.2) | 0.95  0.55 |
| SF-12 Mental component aggregate score e  Control (n = 12)  Lower intensity PA (n = 15)  Higher intensity PA (n = 13) | 49.5 (13.5)  54.0 (5.4)  52.4 (9.0) | 50.2 (12.6)  49.2 (11.4)  53.8 (7.1) | -0.1 (-5.2, 5.0)  -4.2 (-8.7, 0.4)  1.4 (-3.4, 6.2) | 0.97  0.07  0.55 | 0.22 | -4.1 (-10.9, 2.8)  1.5 (-5.4, 8.5) | 0.24  0.66 |
| FACT-B Total score (range: 0-144) e  Control (n = 11)  Lower intensity PA (n = 15)  Higher intensity PA (n = 13) | 113.8 (16.9)  109.7 (13.8)  118.5 (14.3) | 113.4 (18.3)  109.6 (14.9)  118.5 (19.2) | -0.5 (-7.6, 6.7)  -0.6 (-6.8, 5.6)  0.7 (-6.0, 7.3) | 0.90  0.85  0.84 | 0.96 | -0.1 (-9.6, 9.3)  1.1 (-8.7, 10.9) | 0.98  0.82 |
| PSQI Total score (range: 0-21) f  Control (n = 12)  Lower intensity PA (n = 15)  Higher intensity PA (n = 13) | 8.8 (4.5)  6.3 (3.7)  5.0 (3.1) | 7.2 (4.1)  7.1 (3.3)  6.2 (3.6) | -1.1 (-2.5, 0.4)  0.7 (-0.5, 1.9)  0.8 (-0.6, 2.1) | 0.15  0.24  0.27 | 0.13 | 1.8 (-0.1, 3.7)  1.8 (-0.3, 3.8) | 0.07  0.08 |
| PHQ (depression) Total score (range: 0-27) f  Control (n = 12)  Lower intensity PA (n = 15)  Higher intensity PA (n = 13) | 4.8 (2.8)  2.8 (2.0)  2.6 (2.8) | 3.6 (3.9)  3.9 (4.2)  3.2 (3.7) | -0.9 (-3.1, 1.3)  0.9 (-0.9, 2.8)  0.4 (-1.6, 2.4) | 0.41  0.31  0.72 | 0.45 | 1.8 (-1.1, 4.7)  1.3 (-1.8, 4.3) | 0.21  0.41 |
| Happiness score (Average level of happiness over the past 7 days; range: 1-11) f  Control (n = 12)  Lower intensity PA (n = 15)  Higher intensity PA (n = 13) | 3.8 (2.4)  3.7 (1.1)  3.0 (0.8) | 3.9 (2.5)  3.8 (1.3)  3.0 (1.4) | 0.1 (-0.6, 0.8)  0.2 (-0.5, 0.8)  -0.1 (-0.7, 0.6) | 0.72  0.62  0.86 | 0.89 | 0.03 (-0.9, 1.0)  -0.2 (-1.2, 0.8) | 0.95  0.71 |

**Note:** CI, confidence interval; FACT-B, Functional Assessment of Cancer Therapy-Breast; LS, least-squares; M, mean; PA, physical activity; PHQ, Patient Health Questionnaire; PSQI, Pittsburgh Sleep Quality Index; SD, standard deviation; SF, Short Form Health Survey.

a Within-group mean changes and least squares groups differences are calculated based on the generalized linear model: Change (12 weeks - Baseline, 24 weeks - Baseline or 24 weeks – 12 weeks) = β0 + β1 x group (lower) + β2 x group (higher) + β3 x outcome variable at Baseline (outcome variable at 12-weeks for the 12 weeks to 24 weeks comparison).

b *P* value for the test of significance for the null hypothesis that the Baseline- (or 12-week) adjusted mean change in the outcome variable across time equals 0.

c *P* value for the test of significance for the null hypothesis that the Baseline- (or 12-week) adjusted group means in the control, lower and higher intensity PA groups are all equal.

d *P* values for the tests of significance for the null hypothesis that the LS group differences between the control and lower intensity PA group, and the control and higher intensity PA group, equal 0.

e A higher score indicates a more positive outcome.

f A higher score indicates a more negative outcome.