**SDC 4: Quality of Life and Mood Questionnaires (HIIT vs CON)**

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| --- | --- | --- | --- | --- | --- | --- |
| Author: | Year: | Questionnaire | HIIT | CON | p value | Comments |
| Dunne et al. | 2016 | SF-36 | 12 | 1 | HIIT vs CON 0.028 |  |
| Freese et al. | 2014 | SF-36 | 6.6 | 3.4 | not reported |  |
| Freese et al. | 2014 | POMS-B | -9.9 | -5.3 | not reported |  |
| Heggelund et al. | 2011 | SF-36 (physical + mental health) | no total scores | no total scores | not reported | no p value - states no significant difference from pre - post test or within groups. |
| Heggelund et al. | 2011 | Positive and negative syndrome scale | -1.4 | -2 | not reported | no p value - states no significant difference from pre - post test or within groups. |
| Heggelund et al. | 2011 | Calgary Depression Scale for Schizophrenia | -0.1 | -0.5 | not reported | no p value - states no significant difference from pre - post test or within groups. |
| Hwang et al. | 2012 | EORTC QLQ-C30 and LC13 | 3.1 | 5.1 | HIIT p=0.17 / MCT p=0.34 | Between group effect 0.45. |
| Flemmen et al. | 2014 | HADS - anxiety | -0.8 | -2.8 | p < 0.05 - favours CON |  |
| Flemmen et al. | 2014 | HADS - depression | -3.2 | -1.4 | p < 0.05 - favours HIIT |  |
| Flemmen et al. | 2014 | HADS - insomnia | -1.7 | -1.8 | no significant difference |  |

NB: Negative values represent decreases in scores. SF-36 = 36 item Short Form Survey, HADS = Hospital anxiety and depression score, EORTC QLQ-C30 = Colorectal specific quality of life questionnaire.