**(SDC 5) Table S4.** Overall and subgroup analysis effects on body composition, functional capacity, and the secondary outcomes in prostate cancer patients.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Outcomes** | **Analysis** | **n** | **Sample** | **Mean difference** | **95% CI** | **I2** | **P-value** |
| **Body composition** |  |  |  |  |  |  |  |
| Body fat, % | All# | 10 | 603 | -1.0 | -1.3 to -0.6 | 29.1% | <.001 |
| *Low risk*# | 10 | 603 | -1.0 | -1.3 to -0.6 | 29.1% | <.001 |
| Fat mass, kg | All | 15 | 917 | -0.6 | -0.8 to -0.3 | 0% | <.001 |
| *Low risk* | 13 | 825 | -0.6 | -0.8 to -0.3 | 0% | <.001 |
| Trunk fat mass, kg | All# | 7 | 490 | -0.3 | -0.6 to -0.0 | 26.9% | .025 |
| *Low risk*# | 7 | 490 | -0.3 | -0.6 to -0.0 | 26.9% | .025 |
| Lean mass, kg | All | 14 | 914 | 0.5 | 0.3 to 0.7 | 0% | <.001 |
| *Low risk* | 13 | 825 | 0.5 | 0.3 to 0.7 | 0% | <.001 |
| Appendicular lean mass, kg | All† | 9 | 578 | 0.4 | 0.2 to 0.6 | 47.0% | <.001 |
| *Low risk* † | 9 | 578 | 0.4 | 0.2 to 0.6 | 47.0% | <.001 |
| **Functional capacity** |  |  |  |  |  |  |  |
| 30 seconds sit-to-stand-up, reps | All | 3 | 220 | 2.8 | 1.7 to 4.0 | 45.2% | <.001 |
| *Low risk* ǂ | - | - | - | - | - | - |
| Repeated sit-to-stand, sec | All | 5 | 325 | -1.0 | -1.4 to -0.6 | 0% | <.001 |
| *Low risk* ǂ | - | - | - | - | - | - |
| 400-m walk, sec | All† | 8 | 519 | -8.3 | -12.4 to -4.2 | 7.0% | <.001 |
| *Low risk* ǂ | - | - | - | - | - | - |
| 6-m usual walk, sec | All | 4 | 189 | -0.2 | -0.5 to 0.1 | 85.4% | .225 |
| *Low risk* ǂ | - | - | - | - | - | - |
| 6-m fast walk, sec | All# | 3 | 140 | -0.1 | -0.2 to -0.0 | 0% | .040 |
| *Low risk* ǂ | - | - | - | - | - | - |
| Timed-up and go, sec | All | 3 | 102 | -0.3 | -0.8 to 0.2 | 52.4% | .261 |
| *Low risk* ǂ | - | - | - | - | - | - |
| Stair climb, sec | All | 4 | 213 | -0.2 | -0.3 to -0.1 | 0% | .008 |
| *Low risk* ǂ | - | - | - | - | - | - |
| **Secondary outcomes** |  |  |  |  |  |  |  |
| VO2peak, ml.kg.min-1 | All† | 5 | 331 | 1.3 | 0.8 to 1.7 | 0% | <.001 |
| *Low risk* ǂ | - | - | - | - | - | - |
| Chest press, kg | All# | 10 | 728 | 3.9 | 2.9 to 4.9 | 0% | <.001 |
| *Low risk* ǂ | - | - | - | - | - | - |
| Leg extension, kg | All# | 6 | 399 | 8.8 | 6.9 to 10.7 | 0% | <.001 |
| *Low risk* ǂ | - | - | - | - | - | - |
| Leg press, kg | All | 11 | 769 | 23.5 | 15.2 to 31.7 | 77.4% | <.001 |
| *Low risk* ǂ | - | - | - | - | - | - |
| Seated row, kg | All# | 4 | 321 | 5.2 | 3.9 to 6.5 | 0% | <.001 |
| *Low risk* ǂ | - | - | - | - | - | - |
| BMI, kg.m-2 | All | 6 | 418 | 0 | -0.2 to 0.2 | 0% | .735 |
| *Low risk* | 5 | 299 | 0.1 | -0.1 to 0.3 | 0% | .440 |
| PSA, ng.ml-1 | All | 8 | 576 | 0.1 | -0.2 to 0.3 | 0% | .586 |
| *Low risk* | 8 | 576 | 0.1 | -0.2 to 0.3 | 0% | .586 |

#, Adjustment after sensitivity analysis omitting one study at a time. †, Trim-and-fill adjustment after significant effect of publication bias in egger’s test. ǂ, Insufficient data for analysis. BMI, Body mass index; n, Number of comparisons; PSA, Prostate-specific antigen; VO2peak, Peak Oxygen Uptake.