**Table S2.** Characteristics of the randomized controlled trials evaluating the effects of home-based PA on depression and anxiety

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| Study | Sample size  | Age in years, % female, % Caucasian, % higher education | Diagnosis (%) | Treatment (%) | Time since diagnosisa or treatmentb  | In- and exclusion criteria | Intervention and control  | Primary outcomes | Depression or anxiety instrument |
| McNeil 2019 | n = 30 (I:15, C:15) | 59 (9), 100% female, 77% Caucasian, 83% higher education | Breast cancer | Surgery 100%Chemo 80%Radiation 80%Hormone 77% | 2.41 (1.67) yearsb | Inclusion: (1) females 18 years or older, (2) diagnosed with histologically confirmed stage I–IIIc breast cancer, (3) completion of adjuvant treatment except for hormonal therapy, (4) non-pregnant, (5) recreationally inactive, (6) able to undertake a PA program, (7) received medical clearance from a physician, (8) living in the Calgary area (9) able to meet with study staff at the Holy Cross Centre in Calgary for data collection.Exclusion: -  | I: Home-based PA + counselingDuration: 12 weeksIntensity: 40% to 59% of HRR (~3–5 METs)Frequency: 300 min/weekMaterials: 1) activity tracker and 2) diary with questions on goal setting, the feasibility of the PA targets and strategies and barriers to PA participation (every 3 weeks).Counseling: Provided by study exercise physiologists by phone or e-mail to reinforce adherence and discuss any problems achieving the prescribed goals (every 3 weeks).C: Wait-list control. Instructed to maintain baseline PA levels and received intervention after 24 weeks. | (1) PA time, (2) sedentary time and (3) sleep time (ActiGraph GT3X and accelerometer) | Depression (PHQ-9) |
| Pernar 2017 | n = 41 (I:21, C:20) | 69 (range 54.5–81.7), 0% female, NA, 20% higher education | Prostate cancer | Active surveillance 32%Surgery 27%Radiation 17%Hormone 24% | NA | Inclusion: (1) histological diagnosis of prostate cancer without evidence of distant metastases, (2) completed initial treatment at least one month prior to study enrollment, (3) life expectancy of at least 5 years, (4) ability to speak Swedish, (5) mentally and physically able to comply to the study protocol.Exclusion: - | I: Community-based walkingDuration: 11 weeksIntensity: NAFrequency: weekly one-hour group walking sessions of 6–8 men. Aim to reach 10.000 steps per day. Research nurse answered patients' questions and led discussions.Materials: 1) pedometer and 2) daily activity log.C: Usual care | (1) Body composition (BMI), (2) blood pressure, (3) biomarkers (e.g., cholesterol), (4) physical quality of life (VAS), (5) anxiety and depression (HADS). | Depression and anxiety (HADS) |

Abbreviations: BMI, Body Mass Index; C, control; HADS, Hospital Anxiety and Depression Scale; HRR, heart rate reserve; I, intervention; MET, Metabolic Equivalent of Task; NA, not available; PA, physical activity; PHQ-9, Patient Health Questionnaire 9; VAS, Visual Analog Scale.