**Supplementary Table 1.** Results of subgroup analyses for meta-analyses on the effects of exercise on quality of life, aerobic fitness, fatigue, and upper- and lower-body strength.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Outcome | *n* = studies | *n* = participants | *p* value | SMD [95% CI] |
| **Quality of life** | **8** | **493** | **0.11** | **0.15 [-0.03, 0.32]** |
| Adherence |  |  |  |  |
| >75% | 7 | 399 | 0.08 | 0.18 [-0.02, 0.37] |
| ≤75% | 1 | 94 | 0.91 | 0.02 [-0.38, 0.43] |
| Not reported | 0 | 0 | - | Not estimable |
| Exercise mode |  |  |  |  |
| Aerobic | 1 | 94 | 0.91 | 0.02 [-0.38, 0.43] |
| Resistance | 2 | 83 | 0.83 | 0.05 [-0.38, 0.48] |
| Mixed mode | 5 | 316 | 0.08 | 0.21 [-0.02, 0.44] |
| Other | 0 | 0 | - | Not estimable |
| Length |  |  |  |  |
| < 12 weeks | 4 | 216 | 0.24 | 0.19 [-0.13, 0.51] |
| > 12 weeks | 4 | 277 | 0.34 | 0.12 [-0.12, 0.35] |
|  |  |  |  |  |
| **Aerobic fitness** | **15** | **939** | **<0.01** | **0.50 [0.15, 0.85]** |
| Adherence |  |  |  |  |
| >75% | 11 | 683 | 0.07 | 0.42 [-0.03, 0.87] |
| ≤75% | 2 | 191 | <0.01 | 0.75 [0.21, 1.28] |
| Not reported | 2 | 65 | 0.26 | 0.77 [-0.57, 2.11] |
| Exercise mode |  |  |  |  |
| Aerobic | 2 | 136 | 0.17 | 0.61 [-0.26, 1.47] |
| Resistance | 3 | 151 | 0.18 | 0.48 [-0.22, 1.17] |
| Mixed mode | 9 | 595 | 0.08 | 0.49 [-0.05, 1.02] |
| Other | 1 | 57 | 0.12 | 0.42 [-0.11, 0.94] |
| Length |  |  |  |  |
| < 12 weeks | 8 | 455 | 0.06 | 0.58 [-0.02, 1.18] |
| > 12 weeks | 7 | 484 | 0.06 | 0.39 [-0.02, 0.80] |
|  |  |  |  |  |
| **Fatigue** | **7** | **511** | **0.44** | **-0.09 [-0.33, 0.15]** |
| Adherence |  |  |  |  |
| >75% | 6 | 417 | 0.20 | -0.16 [-0.41, 0.08] |
| ≤75% | 1 | 94 | 0.19 | 0.27 [-0.14, 0.68] |
| Not reported | 0 | 0 | - | Not estimable |
| Exercise mode |  |  |  |  |
| Aerobic | 0 | 0 | - | Not estimable |
| Resistance | 1 | 58 | 0.89 | -0.04 [-0.55, 0.48] |
| Mixed mode | 6 | 453 | 0.44 | -0.11 [-0.39, 0.17] |
| Other | 0 | 0 | - | Not estimable |
| Length |  |  |  |  |
| < 12 weeks | 4 | 259 | 0.02 | -0.29 [-0.54, -0.05] |
| > 12 weeks | 3 | 252 | 0.15 | 0.18 [-0.07, 0.43] |
|  |  |  |  |  |
| **Upper-body strength** | **8** | **307** | **0.03** | **0.34 [0.04, 0.63]** |
| Adherence |  |  |  |  |
| >75% | 5 | 260 | 0.11 | 0.26 [-0.06, 0.58] |
| ≤75% | 0 | 0 | - | Not estimable |
| Not reported | 3 | 47 | 0.08 | 0.65 [-0.07, 1.37] |
| Exercise mode |  |  |  |  |
| Aerobic | 0 | 0 | - | Not estimable |
| Resistance | 2 | 81 | <0.01 | 0.72 [0.27, 1.18] |
| Mixed mode | 6 | 226 | 0.24 | 0.17 [-0.11, 0.45] |
| Other | 0 | 0 | - | Not estimable |
| Length |  |  |  |  |
| < 12 weeks | 6 | 226 | 0.24 | 0.17 [-0.11, 0.45] |
| > 12 weeks | 2 | 81 | <0.01 | 0.72 [0.27, 1.18] |
|  |  |  |  |  |
| **Lower-body strength** | **8** | **406** | **<0.01** | **0.54 [0.26, 0.82]** |
| Adherence |  |  |  |  |
| >75% | 7 | 383 | <0.01 | 0.57 [0.27, 0.87] |
| ≤75% | 0 | 0 | - | Not estimable |
| Not reported | 1 | 23 | 0.66 | 0.19 [-0.67, 1.05] |
| Exercise mode |  |  |  |  |
| Aerobic | 0 | 0 | - | Not estimable |
| Resistance | 3 | 151 | <0.01 | 0.70 [0.21, 1.19] |
| Mixed mode | 4 | 198 | <0.01 | 0.59 [0.30, 0.87] |
| Other | 1 | 57 | 0.64 | -0.12 [-0.64, 0.40] |
| Length |  |  |  |  |
| < 12 weeks | 5 | 255 | 0.01 | 0.45 [0.11, 0.79] |
| > 12 weeks | 3 | 151 | <0.01 | 0.70 [0.21, 1.19] |