|  | Normal | | Slightly Elevated | | Highly Elevated | |
| --- | --- | --- | --- | --- | --- | --- |
|  | control (N=9) | exercise (N=13) | control (N=6) | exercise (N=9) | control (N=11) | exercise (N=4) |
| **Fatigue Severity Scale Change** |  |  |  |  |  |  |
| N | 9 | 13 | 5 | 8 | 9 | 4 |
| Mean (SD) | -0.0494 (0.361) | -0.744 (0.931) | 0.311 (0.709) | 0.472 (0.467) | -0.247 (0.949) | 0.722 (1.75) |
| NMISS | 0 | 0 | 1 | 1 | 2 | 0 |
| **Aerobic Capacity Change from baseline (mL/min/kg)** |  |  |  |  |  |  |
| N | 8 | 12 | 5 | 8 | 9 | 3 |
| Mean (SD) | 0.353 (3.62) | 2.59 (2.58) | 1.73 (2.20) | 4.45 (3.65) | 1.23 (3.03) | -1.55 (3.63) |
| NMISS | 1 | 1 | 1 | 1 | 2 | 1 |
| **Maximal Oxygen Uptake change from baseline (mL/min)** |  |  |  |  |  |  |
| N | 8 | 12 | 5 | 8 | 9 | 3 |
| Mean (SD) | 26.6 (278) | 217 (258) | 101 (181) | 296 (233) | 17.1 (159) | -184 (304) |
| NMISS | 1 | 1 | 1 | 1 | 2 | 1 |
| **SLEDAI** |  |  |  |  |  |  |
| N | 9 | 12 | 3 | 8 | 8 | 4 |
| Mean (SD) | 1.56 (3.43) | -0.333 (4.31) | 0 (4.00) | 1.13 (3.83) | 1.50 (2.78) | -1.00 (2.58) |
| NMISS | 0 | 1 | 3 | 1 | 3 | 0 |
| **SF-36 Mental Change from baseline** |  |  |  |  |  |  |
| N | 9 | 13 | 5 | 8 | 9 | 4 |
| Median [Q1, Q3] | 3.34 [0.864, 5.51] | -0.240 [-3.36, 2.02] | -7.97 [-21.5, -4.18] | 0.861 [-3.69, 1.97] | 3.48 [1.90, 11.0] | -0.855 [-3.31, 4.93] |
| NMISS | 0 | 0 | 1 | 1 | 2 | 0 |
| **SF-36 Physical Change from baseline** |  |  |  |  |  |  |
| N | 9 | 13 | 5 | 8 | 9 | 4 |
| Median [Q1, Q3] | -3.55 [-4.11, -2.80] | 1.18 [-1.59, 3.60] | 0.586 [-5.05, 6.62] | -0.135 [-1.77, 0.906] | 0.0301 [-2.22, 1.10] | 3.36 [2.57, 4.57] |
| NMISS | 0 | 0 | 1 | 1 | 2 | 0 |
| **Change in energy intake (kcal)** |  |  |  |  |  |  |
| N | 4 | 9 | 2 | 5 | 5 | 3 |
| Mean (SD) | -110 (367) | -132 (267) | -572 (1760) | -135 (159) | -228 (280) | 317 (291) |
| NMISS | 5 | 4 | 4 | 4 | 6 | 1 |
| **Change in MVPA (minutes)** |  |  |  |  |  |  |
| N | 7 | 11 | 3 | 6 | 6 | 4 |
| Median [Q1, Q3] | 2.69 [-6.22, 21.8] | 8.50 [3.95, 14.7] | 4.15 [-3.04, 5.08] | 2.86 [-3.23, 6.42] | -4.36 [-11.1, 7.19] | 5.76 [-8.99, 24.9] |
| NMISS | 2 | 2 | 3 | 3 | 5 | 0 |
| **Change in BMI (kg/m²)** |  |  |  |  |  |  |
| N | 9 | 13 | 5 | 8 | 9 | 4 |
| Median [Q1, Q3] | 0.0107 [-0.362, 0.347] | -0.157 [-0.661, 0.119] | 0 [-0.224, 0.00142] | -0.104 [-0.242, 0.101] | -0.236 [-0.500, 0] | -0.420 [-1.21, 0.306] |
| NMISS | 0 | 0 | 1 | 1 | 2 | 0 |