**Table S1:** The Response shift effect for the QLQ-C30 questionnaire after three and six months for all patients and according to each category of the anchor

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **After 3 months** | | | | | **After 6 months** | | | | |
| **Between T0 and T1** | | | | | **Between T1 and T2** | | | | |
|  | **N** | **RS (SD)** | **95%CI** | **P-value** | **ES** | **N** | **RS (SD)** | **95% CI** | **P-value** | **ES** |
| **GHS** | 251 | 3.82 (17.85) |  | 0.02 | 0.20 | 251 | -0.03 (21.04) |  | 0.97 | 0 |
| Much worse | 30 | -1.94 (18.66) | (-8, 4) | 0.70 | -0.08 | 22 | -14.39 (17.29) | (-21, -8) | 0.02 | -0.90 |
| Little worse | 71 | 3.87 (15.86) | (1, 7) | 0.24 | 0.25 | 51 | -8.33 (19.22) | (-13, -4) | 0.03 | -0.42 |
| No change | 43 | 6.78 (15.67) | (3, 11) | 0.08 | 0.40 | 50 | 8 (19.04) | (3, 13) | 0.03 | 0.42 |
| Little better | 58 | 1.29 (17.51) | (-3, 5) | 0.67 | 0.08 | 67 | -0.25 (21.61) | (-5, 4) | 0.80 | -0.01 |
| Much better | 49 | 7.65 (22.56) | (2, 13) | 0.08 | 0.39 | 61 | 5.74 (24.93) | (0, 11) | 0.12 | 0.30 |
| **Physical functioning** | 255 | 1.54 (12.95) |  | 0.30 | 0.11 | 255 | -5.2 (12.86) |  | 0 | -0.32 |
| Much worse | 30 | -1.33 (10.56) | (-5, 2) | 0.98 | -0.06 | 22 | -16.97 (18.83) | (-24, -10) | 0 | -1.10 |
| Little worse | 73 | -0.53 (11.11) | (-3, 2) | 0.49 | -0.05 | 53 | -9.56 (10.42) | (-12, -7) | 0 | -0.52 |
| No change | 46 | 1.30 (13.67) | (-2, 5) | 0.17 | 0.09 | 51 | -2.29 (8.5) | (-4, 0) | 0.13 | -0.26 |
| Little better | 57 | 3.83 (14.47) | (1, 7) | 0.45 | 0.28 | 69 | -3.94 (14.71) | (-7, -1) | 0.04 | -0.25 |
| Much better | 49 | 3.95 (14.71) | (0, 7) | 0.16 | 0.35 | 60 | -0.94 (14.42) | (-4, 2) | 0.72 | -0.07 |
| **Role functioning** | 253 | 6.06 (21.71) |  | 0 | 0.32 | 253 | -8.17 (27.07) |  | 0 | -0.29 |
| Much worse | 30 | 1.67 (28.48) | (-7, 11) | 0.50 | 0.06 | 23 | -27.54 (36.45) | (-41, -14) | 0 | -1.05 |
| Little worse | 73 | 6.62 (19.98) | (3, 11) | 0.04 | 0.46 | 51 | -15.69 (28.95) | (-22, -9) | 0 | -0.52 |
| No change | 46 | 3.26 (16.34) | (-1, 7) | 0.07 | 0.19 | 51 | -1.96 (18.45) | (-6, 2) | 0.67 | -0.11 |
| Little better | 55 | 10 (26.57) | (4, 16) | 0.05 | 0.45 | 68 | -5.88 (26.67) | (-11, 0) | 0.24 | -0.21 |
| Much better | 49 | 6.12 (19.75) | (1, 11) | 0.16 | 0.39 | 60 | -2.22 (29.67) | (-9, 4) | 0.98 | -0.09 |
| **Emotional functioning** | 254 | -7.56 (21.03) |  | 0 | -0.29 | 254 | 2.20 (22.68) |  | 0.20 | 0.09 |
| Much worse | 30 | -14.26 (21.73) | (-21, -8) | 0.07 | -0.48 | 22 | -13.89 (27.74) | (-24, -4) | 0.05 | -0.57 |
| Little worse | 72 | -9.34 (20.97) | (-13, -5) | 0 | -0.38 | 52 | -5.66 (19.77) | (-10, -1) | 0.16 | -0.24 |
| No change | 44 | -8.52 (17.14) | (-13, -4) | 0.03 | -0.42 | 50 | 8.94 (21.58) | (4, 14) | 0.04 | 0.47 |
| Little better | 59 | -11.11 (23.15) | (-16, -6) | 0.01 | -0.43 | 69 | 5.68 (21.83) | (1, 10) | 0.10 | 0.23 |
| Much better | 49 | 4.31 (21.64) | (-1, 9) | 0.22 | 0.17 | 61 | 5.24 (25.22) | (0, 11) | 0.23 | 0.21 |
| **Cognitive functioning** | 254 | -3.94 (16.85) |  | 0.01 | -0.19 | 254 | -3.08 (20.03) |  | 0.04 | -0.15 |
| Much worse | 30 | -7.22 (15.59) | (-12, -2) | 0.22 | -0.29 | 22 | -9.09 (30.31) | (-20, 2) | 0.08 | -0.42 |
| Little worse | 73 | -5.48 (20.04) | (-9, -2) | 0.08 | -0.26 | 52 | -10.58 (21.9) | (-16, -5) | 0.02 | -0.42 |
| No change | 44 | -1.52 (10.67) | (-4, 1) | 0.69 | -0.11 | 50 | -2.33 (16.5) | (-6, 2) | 0.35 | -0.16 |
| Little better | 57 | -5.85 (19.29) | (-10, -2) | 0.08 | -0.27 | 69 | 0.97 (18.28) | (-3, 5) | 0.98 | 0.05 |
| Much better | 50 | 0.33 (15.61) | (-3, 4) | 0.86 | 0.02 | 61 | 0.27 (19.6) | (-4, 4) | 0.98 | 0.01 |
| **Social functioning** | 249 | 5.09 (19.43) |  | 0 | 0.28 | 249 | -5.96 (24.47) |  | 0.01 | -0.23 |
| Much worse | 26 | 8.33 (22.73) | (1, 16) | 0.28 | 0.34 | 21 | -16.67 (39.44) | (-32, -2) | 0.06 | -0.54 |
| Little worse | 72 | 5.32 (19.94) | (1, 9) | 0.05 | 0.39 | 52 | -10.90 (25.54) | (-17, -5) | 0.02 | -0.40 |
| No change | 42 | 3.17 (14.37) | (-1, 7) | 0.08 | 0.24 | 49 | -4.76 (16.67) | (-9, -1) | 0.40 | -0.22 |
| Little better | 59 | 3.67 (20.55) | (-1, 8) | 0.59 | 0.18 | 68 | -1.23 (24.32) | (-6, 4) | 0.91 | -0.05 |
| Much better | 50 | 6.33 (19.89) | (2, 11) | 0.06 | 0.33 | 59 | -4.24 (24.87) | (-10, 1) | 0.24 | -0.20 |
| **Financial difficulties** | 240 | -1.11 (15.32) |  | 0.30 | -0.08 | 240 | 2.50 (16.26) |  | 0.22 | 0.12 |
| Much worse | 26 | -2.56 (29.70) | (-13, 7) | 0.33 | -0.13 | 21 | 12.70 (30.69) | (1, 24) | 0.17 | 0.39 |
| Little worse | 69 | -1.45 (12.04) | (-4, 1) | 0.58 | -0.14 | 49 | 8.16 (24.09) | (2, 14) | 0.13 | 0.30 |
| No change | 41 | -1.63 (7.27) | (-4, 0) | 0.31 | -0.31 | 47 | -0.71 (4.86) | (-2, 0) | 0.57 | -0.15 |
| Little better | 58 | 0.57 (15.91) | (-3, 4) | 0.86 | 0.03 | 66 | -1.01 (16.51) | (-4, 2) | 0.82 | -0.05 |
| Much better | 46 | -1.45 (18.53) | (-6, 3) | 0.98 | -0.12 | 57 | 0.58 (13.35) | (-2, 4) | 0.60 | 0.05 |
| **Fatigue** | 254 | -1.20 (19.42) |  | 0.51 | -0.06 | 254 | 10.83 (23.93) |  | 0 | 0.41 |
| Much worse | 29 | 9.20 (16.82) | (4, 15) | 0.19 | 0.32 | 23 | 27.29 (29.15) | (17, 38) | 0.01 | 0.98 |
| Little worse | 73 | -4.57 (21.36) | (-9, 0) | 0.31 | -0.33 | 53 | 19.92 (23.23) | (15, 25) | 0 | 0.85 |
| No change | 46 | -2.17 (15.29) | (-6, 2) | 0.62 | -0.12 | 51 | 3.70 (20.08) | (-1, 8) | 0.32 | 0.20 |
| Little better | 57 | -4.58 (21.29) | (-9, 0) | 0.35 | -0.23 | 68 | 9.97 (23.76) | (5, 15) | 0.01 | 0.44 |
| Much better | 49 | 2.49 (19.77) | (-2, 7) | 0.71 | 0.12 | 59 | 3.39 (26.04) | (-2, 9) | 0.61 | 0.13 |
| **Nausea and vomiting** | 255 | -1.37 (13.59) |  | 0.26 | -0.13 | 255 | 3.59 (17.65) |  | 0 | 0.19 |
| Much worse | 29 | -0.57 (10.43) | (-4, 3) | 0.78 | -0.10 | 23 | 10.87 (27.8) | (1, 21) | 0.04 | 0.40 |
| Little worse | 74 | -0.45 (15.35) | (-3, 3) | 0.71 | -0.05 | 53 | 4.09 (14.58) | (1, 7) | 0.09 | 0.26 |
| No change | 46 | 0.72 (9.91) | (-2, 3) | 1 | 0.04 | 51 | 0.98 (10.23) | (-1, 3) | 0.10 | 0.10 |
| Little better | 57 | -5.26 (15.16) | (-9, -2) | 0.05 | -0.87 | 70 | 6.67 (25.44) | (2, 12) | 0.05 | 29 |
| Much better | 49 | -0.68 (14.42) | (-4, 3) | 0.38 | -0.05 | 58 | -1.15 (13.56) | (-4, 2) | 0.49 | -0.09 |
| **Pain** | 260 | -3.33 (22.51) |  | 0.14 | -0.16 | 260 | 5.83 (22.2) |  | 0 | 0.23 |
| Much worse | 32 | 0.52 (36.29) | (-10, -11) | 0.68 | 0.02 | 23 | 12.32 (25.73) | (3, 22) | 0.11 | 0.43 |
| Little worse | 75 | -4.67 (21.32) | (-9, -1) | 0.29 | -0.24 | 54 | 15.43 (26.27) | (9, 21) | 0 | 0.56 |
| No change | 46 | 1.45 (18.2) | (-3, 6) | 0.83 | 0.09 | 52 | 2.24 (13.21) | (-1, 5) | 0.30 | 0.18 |
| Little better | 57 | -7.31 (23.57) | (-13, -2) | 0.16 | -0.35 | 70 | -0.24 (23.14) | (-5, 4) | 0.80 | -0.01 |
| Much better | 50 | -3.67 (18.22) | (-8, 1) | 0.61 | -0.27 | 61 | 4.92 (23.83) | (0, 1) | 0.17 | 0.21 |
| **Dyspnea** | 251 | 1.20 (15.16) |  | 0.59 | 0.06 | 251 | 3.98 (22.4) |  | 0.03 | 0.17 |
| Much worse | 30 | 4.44 (11.52) | (-1, 8) | 0.38 | 0.2 | 23 | 18.84 (33.07) | (7, 31) | 0.04 | 0.56 |
| Little worse | 73 | 2.28 (15.04) | (-1, 5) | 0.38 | 0.11 | 52 | 3.85 (27.74) | (-3, 10) | 0.14 | 0.17 |
| No change | 45 | 0 (12.31) | (-3, 3) | 0.77 | 0 | 51 | 0.65 (10.52) | (-2, 3) | 0.79 | 0.05 |
| Little better | 55 | 0.61 (17.56) | (-3, 5) | 0.77 | 0.03 | 67 | 3.98 (22.11) | (-1, 8) | 0.51 | 0.17 |
| Much better | 48 | -0.69 (17.52) | (-5, 4) | 0.42 | -0.03 | 58 | 1.15 (24.15) | (-4, 6) | 0.60 | 0.05 |
| **Insomnia** | 249 | 6.83 (30.64) |  | 0.01 | 0.22 | 249 | 3.08 (30.41) |  | 0.30 | 0.10 |
| Much worse | 30 | 13.33 (32.28) | (3, 23) | 0.13 | 0.39 | 23 | 14.49 (37.37) | (1, 28) | 0.13 | 0.48 |
| Little worse | 69 | 2.42 (29.33) | (-3, 8) | 0.49 | 0.08 | 52 | 10.9 (37.18) | (2, 2) | 0.07 | 0.33 |
| No change | 46 | 7.25 (26.21) | (1, 14) | 0.27 | 0.25 | 50 | 3.33 (25.42) | (-3, 9) | 0.24 | 0.18 |
| Little better | 55 | 7.88 (37.93) | (-1, 16) | 0.11 | 0.27 | 67 | -1.49 (29.83) | (-8, 5) | 0.74 | -0.05 |
| Much better | 49 | 7.48 (27.44) | (1, 14) | 0.29 | 0.23 | 57 | -3.51 (26.49) | (-9, 2) | 0.36 | -0.11 |
| **Appetite loss** | 249 | 2.28 (21.05) |  | 0.23 | 0.11 | 249 | 4.69 (22.2) |  | 0.03 | 0.19 |
| Much worse | 30 | 4.44 (28.68) | (-4, 13) | 0.71 | 0.17 | 23 | 18.84 (38.7) | (5, 33) | 0.03 | 0.52 |
| Little worse | 73 | 0.91 (20.77) | (-3, 5) | 0.55 | 0.06 | 53 | 13.84 (24.84) | (8, 20) | 0 | 0.51 |
| No change | 46 | 4.35 (13.35) | (1, 8) | 0.19 | 0.22 | 50 | 0.67 (15.78) | (-3, 4) | 0.98 | 0.03 |
| Little better | 54 | 1.85 (22.82) | (-3, 7) | 0.79 | 0.09 | 68 | 1.96 (21.46) | (-2, 6) | 0.74 | 0.09 |
| Much better | 46 | 1.45 (22.17) | (-4, 7) | 0.79 | 0.06 | 55 | -3.03 (19.53) | (-7, 1) | 0.47 | -0.17 |
| **Constipation** | 247 | 0 (22.61) |  | 0.87 | 0 | 247 | 4.18 (25.89) |  | 0.05 | 0.16 |
| Much worse | 29 | 8.05 (27.68) | (-1, 17) | 0.25 | 0.27 | 21 | 11.11 (35.49) | (-2, 24) | 0.16 | 0.35 |
| Little worse | 68 | -4.90 (18.45) | (-9, -1) | 0.19 | -0.26 | 48 | 4.17 (25.38) | (-2, 10) | 0.29 | 0.16 |
| No change | 42 | 2.38 (18.61) | (-2, 7) | 0.42 | 0.11 | 48 | 2.08 (14.43) | (-1, 6) | 0.43 | 0.15 |
| Little better | 58 | 0 (27.22) | (-6, 6) | 0.87 | 0 | 70 | 2.86 (35.32) | (-4, 10) | 0.71 | 0.10 |
| Much better | 50 | 0 (23.33) | (-6, 6) | 0.71 | 0 | 60 | 5 (21.10) | (0, 1) | 0.26 | 0.18 |
| **Diarrhea** | 248 | 2.42 (14.99) |  | 0.09 | 0.15 | 248 | 0.94 (20.28) |  | 0.42 | 0.06 |
| Much worse | 29 | -1.15 (10.85) | (-5, 2) | 0.70 | -0.11 | 22 | 4.55 (18.67) | (-2, 11) | 0.90 | 0.17 |
| Little worse | 71 | 3.29 (16.09) | (0, 6) | 0.28 | 0.18 | 48 | 3.47 (14.16) | (0, 7) | 0.22 | 0.23 |
| No change | 43 | 1.55 (12.50) | (-2, 5) | 0.54 | 0.13 | 48 | -0.69 (14.57) | (-4, 3) | 0.98 | -0.07 |
| Little better | 56 | 2.98 (17.15) | (-1, 7) | 0.34 | 0.16 | 69 | 0 (26.81) | (-5, 5) | 0.86 | 0 |
| Much better | 49 | 3.40 (15.58) | (0, 7) | 0.27 | 0.22 | 61 | 0 (22.77) | (-5, 5) | 0.82 | 0 |

GHS: Global health status; RS: Response Shift; SD: Standard Deviation; CI: Confidence Interval; ES: Effect Size

**Table S2:** The Response shift effect for the QLQ-BR23 questionnaire after three and six months for all patients and according to each category of the anchor

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **After 3 months** | | | | | **After 6 months** | | | | |
| **Between T0 and T1** | | | | | **Between T1 and T2** | | | | |
| QLQ-BR23 | **N** | **RS (SD)** | **95%CI** | **P-value** | ES | **N** | **RS (SD)** | **95%CI** | **P-value** | **ES** |
| **Body image** | 232 | 6.50 (20.73) |  | 0.01 | 0.37 | 232 | -7.18 (22.33) |  | 0.01 | -0.23 |
| Much worse | 28 | 6.45 (24.67) | (-1, 14) | 0.76 | 0.34 | 21 | -35.32 (38.5) | (-50, -21) | 0 | -1.11 |
| Little worse | 70 | 5.04 (17.89) | (1, 9) | 0.11 | 0.32 | 47 | -11.17 (21.1) | (-16, -6) | 0.03 | -0.37 |
| No change | 41 | 3.25 (14.54) | (-1, 7) | 0.11 | 0.20 | 46 | -3.62 (12.25) | (-7, -1) | 0.28 | -0.19 |
| Little better | 49 | 9.98 (23) | (4, 15) | 0.11 | 0.62 | 65 | -2.74 (24.7) | (-8, 2) | 0.63 | -0.09 |
| Much better | 44 | 8.02 (25.98) | (1, 15) | 0.20 | 0.38 | 53 | -1.05 (22.85) | (-6, 4) | 0.90 | -0.04 |
| **Sexual functioning** | 198 | 0.76 (15.06) |  | 0.77 | 0.03 | 198 | 4.29 (18.88) |  | 0.10 | 0.19 |
| Much worse | 26 | 5.77 (16.29) | (0, 11) | 0.40 | 0.23 | 19 | 16.67 (24.85) | (7, 27) | 0.10 | 0.95 |
| Little worse | 56 | 0.60 (15.56) | (-3, 4) | 0.90 | 0.02 | 38 | 10.96 (19.86) | (6, 16) | 0.07 | 0.52 |
| No change | 34 | 1.96 (15.77) | (-3, 7) | 0.73 | 0.08 | 41 | 0.41 (18.44) | (-4, 5) | 0.90 | 0.01 |
| Little better | 43 | -1.94 (12.71) | (-5, 1) | 0.77 | -0.08 | 56 | 0.89 (16.02) | (-3, 4) | 0.88 | 0.05 |
| Much better | 39 | -0.43 (15.53) | (-5, 4) | 0.89 | -0.02 | 44 | 1.14 (19.49) | (-4, 6) | 0.79 | 0.05 |
| **Sexual enjoyment** | 74 | -4.05 (20.74) |  | 0.26 | -0.16 | 74 | 3.15 (23.49) |  | 0.21 | 0.13 |
| Much worse | 8 | -4.17 (21.36) | (-18, 10) | 0.73 | -0.12 | 4 | 25 (16.67) | (5, 45) | 0.06 | 0 |
| Little worse | 23 | -2.90 (24.44) | (-12, 6) | 0.59 | -0.16 | 16 | 2.08 (30.96) | (-11, 16) | 0.55 | 0.10 |
| No change | 16 | -6.25 (13.44) | (-12, 0) | 0.51 | -0.23 | 23 | 1.45 (25.58) | (-8, 11) | 0.69 | 0.06 |
| Little better | 11 | -3.03 (23.35) | (-16, 10) | 0.80 | -0.10 | 16 | 2.08 (14.75) | (-4, 9) | 0.83 | 0.08 |
| Much better | 16 | -4.17 (20.64) | (-13, 5) | 0.64 | -0.17 | 15 | 2.22 (23.46) | (-8, 13) | 0.60 | 0.09 |
| **Future perspectives** | 236 | -7.91 (30.3) |  | 0.01 | -0.27 | 236 | 1.27 (30.77) |  | 0.64 | 0.04 |
| Much worse | 31 | -6.45 (31.53) | (-16, 3) | 0.36 | -0.23 | 22 | -18.18 (32.1) | (-30, -6) | 0.10 | -0.74 |
| Little worse | 68 | -16.18 (27.31) | (-22, -11) | 0 | -0.56 | 48 | -4.17 (31.98) | (-12, 4) | 0.49 | -0.13 |
| No change | 43 | -13.18 (29.22) | (-21, -6) | 0.04 | -0.47 | 49 | 4.76 (34.69) | (-4, 13) | 0.47 | 0.18 |
| Little better | 48 | -6.94 (32.95) | (-15, 1) | 0.22 | -0.28 | 63 | 7.41 (25.71) | (2, 13) | 0.18 | 0.23 |
| Much better | 46 | 7.25 (32.14) | (-1, 15) | 0.20 | 0.24 | 54 | 3.7 (31.5) | (-3, 11) | 0.52 | 0.11 |
| **Systemic therapy side effects** | 252 | 0.42 (12.32) |  | 0.73 | 0.03 | 252 | 8.16 (16.76) |  | 0 | 0.42 |
| Much worse | 32 | -0.40 (15.17) | (-5, 4) | 0.71 | -0.02 | 23 | 23.19 (21.5) | (15, 31) | 0 | 1.25 |
| Little worse | 72 | 0.96 (12.49) | (-1, 3) | 0.78 | 0.07 | 53 | 13.76 (19.15) | (9, 18) | 0 | 0.73 |
| No change | 45 | -0.56 (8.12) | (-3, 1) | 0.90 | -0.04 | 52 | 2.22 (8.64) | (0, 4) | 0.53 | 0.19 |
| Little better | 54 | 0 (12.64) | (-3, 3) | 0.47 | 0 | 65 | 8.13 (19.39) | (4, 12) | 0 | 0.45 |
| Much better | 49 | 1.52 (13.62) | (-2, 5) | 0.86 | 0.08 | 59 | 2.52 (17.02) | (-1, 6) | 0.22 | 0.15 |
| **Breast symptoms** | 212 | -2.59 (19.13) |  | 0.69 | -0.18 | 212 | 8.54 (20.19) |  | 0 | 0.35 |
| Much worse | 25 | 0.56 (18.37) | (-6, 7) | 0.60 | 0.05 | 15 | 10.56 (21) | (1, 2) | 0.14 | 0.42 |
| Little worse | 57 | 4 (17.94) | (0, 8) | 0.09 | 0.24 | 47 | 10.76 (19.94) | (6, 16) | 0.01 | 0.4 |
| No change | 36 | -0.62 (11.35) | (-4, 3) | 0.68 | -0.07 | 42 | 7.34 (16.22) | (3, 12) | 0.02 | 0.47 |
| Little better | 53 | -9.49 (21.49) | (-14, -5) | 0.12 | -0.76 | 59 | 5.84 (14.8) | (3, 9) | 0.17 | 0.23 |
| Much better | 41 | -6.50 (25.04) | (-13, 0) | 0.08 | -0.36 | 49 | 10.09 (30.08) | (3, 17) | 0.04 | 0.39 |
| **Arm symptoms** | 235 | -1.94 (16.33) |  | 0.50 | -0.14 | 235 | 3.81 (19.17) |  | 0.02 | 0.21 |
| Much worse | 29 | -2.49 (20.66) | (-9, 4) | 0.96 | -0.15 | 18 | 6.17 (17.14) | (-1, 13) | 0.20 | 0.29 |
| Little worse | 67 | 0.66 (18) | (-3, 4) | 0.55 | 0.05 | 48 | 10.19 (20.06) | (5, 15) | 0 | 0.47 |
| No change | 41 | 1.36 (7.93) | (-1, 3) | 0.31 | 0.16 | 50 | 4 (10.88) | (1, 7) | 0.01 | 0.36 |
| Little better | 55 | -3.13 (18.07) | (-7, 1) | 0.45 | -0.18 | 64 | 0 (17.51) | (-4, 4) | 0.71 | 0 |
| Much better | 43 | -7.24 (16.6) | (-11, -3) | 0.02 | -0.91 | 55 | 1.72 (15.71) | (-2, 5) | 0.18 | 0.13 |

RS: Response Shift; SD: Standard Deviation; CI: Confidence Interval; ES: Effect Size

**Table S3:** Observed and adjusted changes of the QLQ–C30 questionnaire after three and six months

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **After 3 months** | | | | | **After 6 months** | | | | |
|  | **Between T0 and T1** | | | | | **Between T1 and T2** | | | | |
|  |  | **Observed changes** | | **Adjusted changes** | |  | **Observed changes** | | **Adjusted changes** | |
|  |  | **(post-test - pre-test)** | | **(post-test - then-test)** | |  | **(post-test - pre-test)** | | **(post-test - then-test)** | |
|  | **N** | **Mean (SD)** | **95% CI** | **Mean (SD)** | **95% CI** | **N** | **Mean (SD)** | **95% CI** | **Mean (SD)** | **95% CI** |
| **GHS** | 251 |  |  |  |  | 251 |  |  |  |  |
| Much worse | 30 | -28.33 (26.86) | (-37, -20) | -30.28 ( 22.48) | (-37, -23) | 22 | -7.2 (20.46) | (-15, 0) | -21.59 ( 24.62) | (-31, -13) |
| Little worse | 71 | -16.31 (16.99) | (-20, -13) | -12.44 ( 16.78) | (-16, -9) | 51 | 0.49 (15.4) | (-3, 4) | -7.84 ( 15.22) | (-11, -4) |
| No change | 43 | -2.13 (16.17) | (-6, 2) | 4.65 ( 17.85) | (0, 9) | 50 | -1 (16.12) | (-5, 3) | 7 ( 14.71) | (4, 10) |
| Little better | 58 | 0.29 (18.4) | (-4, 4) | 1.58 ( 14.93) | (-2, 5) | 67 | 7.21 (17.22) | (4, 11) | 6.97 ( 16.70) | (4, 10) |
| Much better | 49 | 7.31 (21.69) | (2, 13) | 14.97 ( 20.41) | (10, 20) | 61 | 15.16 (17.7) | (11, 19) | 20.90 ( 18.55) | (17, 25) |
| **Physical functioning** | 255 |  |  |  |  | 255 |  |  |  |  |
| Much worse | 30 | -24.67 (15.87) | (-30, -20) | -26 ( 14.26) | (-30, -22) | 22 | -6.06 (15.92) | (-12, 0) | -23.03 ( 19.05) | (-30, -16) |
| Little worse | 73 | -11.76 (10.99) | (-14, -10) | -12.28 ( 12.71) | (-15, -10) | 53 | 0.38 (11.43) | (-2, 3) | -9.18 ( 12.83) | (-12, -6) |
| No change | 46 | -3.99 (10.17) | (-7, -1) | -2.68 ( 12.76) | (-6, 0) | 51 | 0.72 (6.97) | (-1, 2) | -1.57 ( 6.34) | (-3, 0) |
| Little better | 57 | -4.53 (12.89) | (-7, -2) | -0.70 ( 11.86) | (-3, 2) | 69 | 0.85 (13.02) | (-2, 3) | -3.09 ( 14.03) | (-6, 0) |
| Much better | 49 | -1.90 (10.89) | (-5, 1) | 2.04 ( 14.29) | (-1, 5) | 60 | 4.53 (11.63) | (2, 7) | 3.58 ( 11.34) | (1, 6) |
| **Role functioning** | 253 |  |  |  |  | 253 |  |  |  |  |
| Much worse | 30 | -59.44 (29.91) | (-69, -50) | -57.78 ( 24.66) | (-65, -50) | 23 | -7.25 (28.79) | (-18, 3) | -34.78 ( 32.53) | (-46, -23) |
| Little worse | 73 | -25.57 (21.71) | (-30, -21) | -18.95 ( 23.78) | (-24, -14) | 51 | -1.96 (29.18) | (-9, 5) | -17.65 ( 29.14) | (-24, -11) |
| No change | 46 | -2.90 (19.66) | (-8, 2) | 0.36 ( 21.80) | (-5, 6) | 51 | 3.92 (15.49) | (0, 8) | 1.96 ( 19.05) | (-3, 6) |
| Little better | 55 | -9.09 (20.74) | (-14, -4) | 0.91 ( 24.72) | (-5, 6) | 68 | 5.88 (21.89) | (1, 1) | 0 ( 23.92) | (-5 ,5) |
| Much better | 49 | -2.38 (20.41) | (-7, 3) | 3.74 ( 20.49) | (-1, 9) | 60 | 14.17 (27.4) | (8, 2) | 11.94 ( 22.57) | (7, 17) |
| **Emotional functioning** | 254 |  |  |  |  | 254 |  |  |  |  |
| Much worse | 30 | -2.96 (34.81) | (-14, 8) | -17.22 ( 27.93) | (-26, -9) | 22 | -3.16 (25.48) | (-13, 6) | -17.05 ( 32.07) | (-29, -5) |
| Little worse | 72 | 3.05 (24.09) | (-2, 8) | -6.29 ( 22.02) | (-11, -2) | 52 | -0.53 (20.19) | (-5, 4) | -6.20 ( 16.43) | (-10, -2) |
| No change | 44 | 19.44 (18.31) | (15, 24) | 10.92 ( 18.26) | (6, 16) | 50 | -0.78 (15.55) | (-4, 3) | 8.17 ( 21.26) | (3, 13) |
| Little better | 59 | 15.07 (26.33) | (9, 21) | 3.95 ( 19.51) | (0, 8) | 69 | 1.53 (20.05) | (-2, 6) | 7.21 ( 19.13) | (3, 11) |
| Much better | 49 | 10.60 (22.75) | (5, 16) | 14.91 ( 23.64) | (9, 21) | 61 | 12.93 (23.7) | (8, 18) | 18.17 ( 22.18) | (13, 23) |
| **Cognitive functioning** | 254 |  |  |  |  | 254 |  |  |  |  |
| Much worse | 30 | -15.56 (23.95) | (-23, -8) | -22.78 ( 24.56) | (-30, -15) | 22 | -9.09 (28.04) | (-19, 1) | -18.18 ( 24.08) | (-27, -9) |
| Little worse | 73 | -5.48 (19.46) | (-9, -2) | -10.96 ( 18.26) | (-15, -7) | 52 | 0.96 (17.9) | (-3, 5) | -9.62 ( 19.06) | (-14, -5) |
| No change | 44 | 0.76 (13.43) | (-3, 4) | -0.76 ( 12.43) | (-4, 2) | 50 | 2.67 (12.31) | (0, 6) | 0.33 ( 15.97) | (-3, 4) |
| Little better | 57 | 5.26 (21.4) | (1, 1) | -0.58 ( 17.24) | (-4, 3) | 69 | 3.62 (13.37) | (1, 6) | 4.59 ( 17.82) | (1, 8) |
| Much better | 50 | 2 (13.74) | (-1, 5) | 2.33 ( 14.68) | (-1, 6) | 61 | 5.46 (13.17) | (3, 8) | 5.74 ( 15.78) | (2, 9) |
| **Social functioning** | 249 |  |  |  |  | 249 |  |  |  |  |
| Much worse | 26 | -48.72 (30.16) | (-59, -39) | -40.38 ( 36.26) | (-53, -28) | 21 | -15.87 (34.4) | (-29, -3) | -32.54 ( 39.96) | (-48, -18) |
| Little worse | 72 | -20.37 (21.34) | (-25, -16) | -15.05 ( 14.84) | (-18, -12) | 52 | 0.64 (24.47) | (-5, 6) | -10.26 ( 20.39) | (-15, -6) |
| No change | 42 | -3.97 (21.08) | (-9, 2) | -0.79 ( 17.25) | (-5, 4) | 49 | 4.42 (19.18) | (0, 9) | -0.34 ( 12.50) | (-3, 3) |
| Little better | 59 | -6.78 (19.6) | (-11, -3) | -3.11 ( 18.95) | (-7, 1) | 68 | 3.43 (20.68) | (-1, 8) | 2.21 ( 21.34) | (-2, 7) |
| Much better | 50 | 0.33 (23.2) | (-5, 6) | 6.67 ( 17.17) | (3, 11) | 59 | 11.9 (23.58) | (7, 17) | 7.63 ( 15.26) | (4, 11) |
| **Fatigue** | 154 |  |  |  |  | 254 |  |  |  |  |
| Much worse | 29 | 43.68 (33.72) | (33, 54) | 52.87 ( 28.74) | (44, 62) | 23 | 6.28 (38.17) | (-7, 20) | 33.57 ( 37.17) | (20, 47) |
| Little worse | 73 | 27.32 (21.87) | (23, 32) | 22.75 ( 22.38) | (18, 27) | 53 | 0.21 (16.34) | (-4, 4) | 20.13 ( 24.17) | (15, 26) |
| No change | 46 | 7.73 (18.42) | (3, 12) | 5.56 ( 19.42) | (1, 10) | 51 | -1.53 (19.5) | (-6, 3) | 2.18 ( 19.75) | (-2, 7) |
| Little better | 57 | 7.89 (19.47) | (4, 12) | 3.31 ( 17.97) | (-1, 7) | 68 | -7.68 (18.24) | (-11, -4) | 2.29 ( 22.92) | (-2, 7) |
| Much better | 49 | -2.27 (21.84) | (-8, 3) | 0.23 ( 18.63) | (-4, 5) | 59 | -13.40 (25.08) | (-19, -8) | -9.98 ( 21.11) | (-15, -5) |
| **Nausea and vomiting** | 255 |  |  |  |  | 255 |  |  |  |  |
| Much worse | 29 | 18.39 (26.48) | (10, 27) | 17.82 ( 25.17) | (10, 26) | 23 | -0.72 (39.72) | (-15, 13) | 10.14 ( 30.04) | (-1, 21) |
| Little worse | 74 | 8.78 (19.35) | (5, 13) | 8.33 ( 15.67) | (5, 11) | 53 | -3.14 (21.7) | (-8, 2) | 0.94 ( 17.73) | (-3, 5) |
| No change | 46 | -0.72 (12.65) | (-4, 2) | 0 ( 8.61) | (-2, 2) | 51 | -2.29 (10.01) | (-5, 0) | -1.31 ( 12.40) | (-4, 2) |
| Little better | 57 | 9.06 (21.38) | (4, 14) | 3.80 ( 17.82) | (0, 8) | 70 | -6.67 (23.98) | (-11, -2) | 0 ( 13.31) | (-3, 3) |
| Much better | 49 | -2.04 (15.07) | (-6, 2) | -2.72 ( 9.83) | (-5, 0) | 58 | -4.02 (11.81) | (-7, -1) | -5.17 ( 11.77) | (-8, -3) |
| **Pain** | 260 |  |  |  |  | 260 |  |  |  |  |
| Much worse | 32 | 24.48 (36.66) | (13, 35) | 25 ( 35.42) | (14, 36) | 23 | 13.8 (23.38) | (5, 22) | 26.09 ( 34.75) | (14, 39) |
| Little worse | 75 | 13.78 (24.87) | (9, 19) | 9.11 ( 23.14) | (5, 14) | 54 | 1.85 (22.35) | (-3, 7) | 17.28 ( 25.89) | (11, 23) |
| No change | 46 | 3.99 (14.57) | (0, 8) | 5.43 ( 17.23) | (1, 10) | 52 | 3.21 (14.02) | (0, 6) | 5.45 ( 17.06) | (1, 9) |
| Little better | 57 | 9.94 (20.62) | (5, 15) | 2.63 ( 21.08) | (-2, 7) | 70 | 2.14 (20.05) | (-2, 6) | 1.90 ( 22.97) | (-3, 6) |
| Much better | 50 | 8.33 (19.71) | (4, 13) | 4.67 ( 19.06) | (0, 9) | 61 | -12.3 (22.55) | (-17, -7) | -7.38 ( 20.30) | (-12, -3) |
| **Dyspnea** | 251 |  |  |  |  | 251 |  |  |  |  |
| Much worse | 30 | 17.78 (25.87) | (10, 26) | 22.22 ( 23.71) | (15, 30) | 23 | 4.35 (33.79) | (-8, 16) | 23.19 ( 30.87) | (12, 34) |
| Little worse | 73 | 8.68 (24.86) | (4, 14) | 10.96 ( 23.61) | (6, 16) | 52 | 3.85 (26.94) | (-2, 10) | 7.69 ( 18.22) | (3, 12) |
| No change | 45 | 0.74 (19.45) | (-4, 6) | 0.74 ( 18.10) | (-4, 5) | 51 | -0.65 (12.45) | (-4, 2) | 0 ( 11.55) | (-3, 3) |
| Little better | 55 | 1.21 (19.21) | (-3, 6) | 1.82 ( 16.25) | (-2, 5) | 67 | 3.48 (22.57) | (-1, 8) | 7.46 ( 23.08) | (3, 12) |
| Much better | 48 | -2.08 (21.09) | (-7, 3) | -2.78 ( 15.12) | (-6, 1) | 58 | -2.30 (23.25) | (-7, 3) | -1.15 ( 20.68) | (-6, 3) |
| **Insomnia** | 249 |  |  |  |  | 249 |  |  |  |  |
| Much worse | 30 | 15.56 (38.89) | (3, 28) | 28.89 ( 28.68) | (20, 38) | 23 | 4.35 (36.66) | (-9, 17) | 18.84 ( 39.98) | (5, 33) |
| Little worse | 69 | 5.80 (35.22) | (-1, 13) | 8.21 ( 28.24) | (3, 14) | 52 | 4.49 (30.98) | (-3, 12) | 15.38 ( 24.22) | (10, 21) |
| No change | 46 | -10.14 (35.04) | (-19, -1) | -2.90 ( 25.17) | (-9, 3) | 50 | -1.33 (21.25) | (-6, 4) | 2 ( 28.89) | (-5, 9) |
| Little better | 55 | -7.27 (34.95) | (-15, 1) | 0.61 ( 25.25) | (-5, 6) | 67 | 1 (30.13) | (-5, 7) | -0.50 ( 22.09) | (-5, 4) |
| Much better | 49 | -10.88 (36.25) | (-20, -2) | -3.4 ( 28.26) | (-10, 3) | 57 | -8.19 (26.19) | (-14, -2) | -11.7 ( 20.40) | (-16, -7) |
| **Appetite loss** | 249 |  |  |  |  | 249 |  |  |  |  |
| Much worse | 30 | 24.44 (43.71) | (11, 38) | 28.89 (33.6) | (18, 39) | 23 | -8.7(35.13) | (-21, 4) | 10.14 ( 32.47) | (-1, 22) |
| Little worse | 73 | 10.05 (28.16) | (5, 16) | 10.96 (27.25) | (6, 16) | 53 | -10.06(25.8) | (-16, -4) | 3.77 ( 20.32) | (-1, 8) |
| No change | 46 | -2.90 (20.88) | (-8, 2) | 1.45 (17.15) | (-3, 6) | 50 | -2.67(9.13) | (-5, -1) | -2 ( 12.44) | (-5, 1) |
| Little better | 54 | 1.85 (22.82) | (-3, 7) | 3.70 (15.41) | (0, 7) | 68 | -2.45(20.21) | (-7, 2) | -0.49 ( 14.67) | (-3, 2) |
| Much better | 46 | -8.70 (20.41) | (-14, -4) | -7.25 (18.48) | (-12, -3) | 55 | -4.85(14.93) | (-8, -1) | -7.88 ( 20.25) | (-12, -3) |
| **Constipation** | 247 |  |  |  |  | 247 |  |  |  |  |
| Much worse | 29 | 9.20 (40.72) | (-4, 22) | 17.24 ( 29.03) | (8, 26) | 21 | 4.76 (43.83) | (-12, 21) | 15.87 ( 41.66) | (0, 32) |
| Little worse | 68 | 15.20 (30.16) | (9, 21) | 10.29 ( 27.77) | (5, 16) | 48 | -1.39 (24.75) | (-7, 5) | 2.78 ( 21.56) | (-2, 8) |
| No change | 42 | 0 (19.48) | (-5, 5) | 2.38 ( 18.61) | (-2, 7) | 48 | -3.47 (12.38) | (-6, 0) | -1.39 ( 9.62) | (-4, 1) |
| Little better | 58 | 0 (26.49) | (-6, 6) | 0 ( 16.52) | (-4, 4) | 70 | -2.86 (30.95) | (-9, 3) | 0 (26.62) | (-5, 5) |
| Much better | 50 | 1.33 (23.29) | (-4, 7) | 1.33 ( 13.40) | (-2, 5) | 60 | -9.44 (27.51) | (-15, -4) | -4.44 ( 22.52) | (-9, 0) |
| **Diarrhea** | 248 |  |  |  |  | 248 |  |  |  |  |
| Much worse | 29 | 10.34 (25.36) | (2, 18) | 9.21 ( 23.40) | (2, 17) | 22 | -3.03 (30.7) | (-14, 8) | 1.52 ( 24.07) | (-7, 10) |
| Little worse | 71 | 0 (21.08) | (-4, 4) | 3.29 ( 18.07) | (0, 6) | 48 | 0.69 (14.57) | (-3, 4) | 4.17 ( 13.09) | (1, 7) |
| No change | 43 | -2.33 (15.25) | (-6, 2) | -0.78 ( 11.47) | (-4, 2) | 48 | -1.39 (9.62) | (-4, 1) | -2.08 ( 10.67) | (-5, 0) |
| Little better | 56 | -0.6 (21.55) | (-5, 4) | 2.38 ( 20.94) | (-2, 7) | 69 | -1.93 (17.97) | (-6, 2) | -1.93 ( 20.52) | (-6, 2) |
| Much better | 49 | -4.12 (17.52) | (-8, 0) | -0.70 ( 10.74) | (-3, 2) | 60 | -4.92 (17.04) | (-9, -1) | 2.19 ( 15.91) | (-8, -2) |
| **Financial difficulties** | 240 |  |  |  |  | 240 |  |  |  |  |
| Much worse | 26 | 14.10 (36.72) | (2, 26) | 11.54 ( 22.98) | (4, 19) | 21 | -3.17 (14.55) | (-9, 2) | 9.52 ( 28.17) | (-1, 20) |
| Little worse | 69 | 9.66 (22.94) | (5, 14) | 8.21 ( 22.44) | (4, 13) | 49 | -3.40 (20.69) | (-8, 2) | 4.76 ( 21.52) | (0, 1) |
| No change | 41 | 4.07 (13.32) | (1, 8) | 2.44 ( 8.79) | (0, 5) | 47 | 0 (0) | (NA) | -0.71 ( 4.86) | (-2, 0) |
| Little better | 58 | 1.15 (22.48) | (-4, 6) | 1.72 ( 15.82) | (-2, 5) | 66 | 1.52 (9.12) | (0, 3) | 0.51 ( 16) | (-3, 4) |
| Much better | 46 | 3.62 (21.35) | (-2, 9) | 2.17 ( 10.89) | (-1, 5) | 57 | 0.58 (14.76) | (-3, 4) | 1.17 ( 10.85) | (-1, 4) |

GHS: Global health status; Observed changes: Post-test – Pre-test; adjusted changes: Post-test – Then-test; SD: Standard Deviation; CI: Confidence Interval

**Table S4:** Observed and adjusted changes of the QLQ–BR23 questionnaire after three and six months

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **After 3 months** | | | | | | **After 6 months** | | | | |
| **Between T0 and T1** | | | | | | **Between T1 and T2** | | | | |
|  |  | **Observed changes** | | **Adjusted changes** | |  | **Observed changes** | | **Adjusted changes** | |
| **QLQ-BR23** |  | **(post-test - pre-test)** | | **(post-test - then-test)** | |  | **(post-test - pre-test)** | | **(post-test - then-test)** | |
|  | **N** | **Mean (SD)** | **95% CI** | **Mean (SD)** | **95% CI** | **N** | **Mean (SD)** | **95% CI** | **Mean (SD)** | **95% CI** |
| **Body image** | 232 |  |  |  |  | 232 |  |  |  |  |
| Much worse | 28 | -47.22 (33.18) | (-58, -37) | -40.77 ( 34.65) | (-52, -30) | 21 | 1.59 (18.18) | (-5, 8) | -33.73 ( 35.89) | (-47, -20) |
| Little worse | 70 | -20.44 (27.41) | (-26, -15) | -15.40 ( 25.02) | (-20, -10) | 47 | 0.41 (16.58) | (-4, 4) | -10.76 ( 22.82) | (-16, -5) |
| No change | 41 | -7.32 (15.16) | (-11, -3) | -4.07 ( 15.60) | (-8, 0) | 46 | 2.72 (10.1) | (0, 5) | -0.91 ( 12.82) | (-4, 2) |
| Little better | 49 | -14.91 (24.41) | (-21, -9) | -4.93 ( 18.31) | (-9, -1) | 65 | 1.28 (22.93) | (-3, 6) | -1.45 ( 20.88) | (-6, 3) |
| Much better | 44 | -10.54 (28.43) | (-18, -3) | -2.53 ( 25.95) | (-9, 4) | 53 | 6.87 (20.87) | (2, 12) | 5.82 ( 21.26) | (1, 11) |
| **Sexual functioning** | 198 |  |  |  |  | 198 |  |  |  |  |
| Much worse | 26 | 12.82 (14.38) | (8, 18) | 18.59 ( 19.05) | (12, 25) | 26 | 7.89 (14.02) | (2, 13) | 24.56 ( 27.42) | (14, 35) |
| Little worse | 56 | 6.85 (20.79) | (2, 11) | 7.44 ( 21.06) | (3, 12) | 56 | -0.44 (12.55) | (-4, 3) | 10.53 ( 17.93) | (6, 15) |
| No change | 34 | 3.92 (22.87) | (-3, 11) | 5.88 ( 22.80) | (-1, 13) | 34 | 2.03 (16.33) | (-2, 6) | 2.44 ( 16.48) | (-2, 7) |
| Little better | 43 | 1.94 (15.94) | (-2, 6) | 0 ( 10.91) | (-3, 3) | 43 | -0.89 (18.1) | (-5, 3) | 0 ( 17.70) | (-4, 4) |
| Much better | 39 | -3.85 (21.45) | (-10, 2) | -4.27 ( 18.62) | (-9, 1) | 39 | -6.82 (14.52) | (-10, -3) | -5.68 (20.63) | (-11, 0) |
| **Sexual enjoyment** | 74 |  |  |  |  | 74 |  |  |  |  |
| Much worse | 8 | 4.17 (51.75) | (-31, 39) | 0 ( 43.64) | (-29, 29) | 8 | 8.33 (16.67) | (-11, 28) | 33.33 ( 27.22) | (1, 65) |
| Little worse | 23 | 14.49 (19.66) | (7, 22) | 11.59 ( 19.09) | (5, 18) | 23 | 12.50 (29.5) | (0, 25) | 14.58 ( 20.97) | (5, 24) |
| No change | 16 | 10.42 (33.82) | (-4, 25) | 4.17 ( 29.50) | (-9, 17) | 16 | 1.45 (21.27) | (-6, 9) | 2.90 ( 28.27) | (-7, 13) |
| Little better | 11 | 12.12 (22.47) | (0, 24) | 9.09 ( 21.56) | (-3, 21) | 11 | -2.08 (22.67) | (-12, 8) | 0 ( 21.08) | (-9, 9) |
| Much better | 16 | 2.08 (19.12) | (-6, 10) | -2.08 ( 8.33) | (-6, 2) | 16 | -6.67 (22.554) | (-17, 4) | -4.44 ( 24.77) | (-16, 7) |
| **Future perspectives** | 236 |  |  |  |  | 236 |  |  |  |  |
| Much worse | 31 | 3.23 (33.73) | (-7, 14) | -3.23 ( 40.69) | (-16, 9) | 31 | -3.03 (28.93) | (-14, 8) | -21.21 ( 40.6) | (-36, -6) |
| Little worse | 68 | 7.35 (32.5) | (1, 14) | -8.82 ( 30.81) | (-15, -3) | 68 | 3.47 (30.16) | (-4, 11) | -0.69 ( 24.30) | (-7, 5) |
| No change | 43 | 20.93 (32.55) | (13, 29) | 7.75 ( 26.06) | (1, 14) | 43 | 0 (23.57) | (-6, 6) | 4.76 ( 30.43) | (-3, 12) |
| Little better | 48 | 10.42 (30.1) | (3, 18) | 3.47 ( 24.06) | (-2, 9) | 48 | 1.06 (25.38) | (-4, 6) | 8.47 ( 23.92) | (3, 13) |
| Much better | 46 | 5.07 (33.68) | (-3, 13) | 12.32 ( 24.70) | (6, 18) | 46 | 11.73 (32.48) | (4, 19) | 15.43 ( 26.47) | (9, 21) |
| **Systemic therapy side effects** | 252 |  |  |  |  | 252 |  |  |  |  |
| Much worse | 32 | 26.93 (25.54) | (19, 35) | 26.54 ( 23.54) | (19, 34) | 32 | 2.76 (23.65) | (-6, 11) | 25.95 ( 26.03) | (17, 35) |
| Little worse | 72 | 18.83 (21.51) | (15, 23) | 19.79 ( 18.60) | (16, 23) | 72 | -3.49 (18.26) | (-8, 1) | 10.27 ( 18.90) | (6, 15) |
| No change | 45 | 4.41 (15.02) | (1, 8) | 3.84 ( 14.03) | (0, 7) | 45 | 0.23 (10.2) | (-2, 3) | 2.45 ( 7.89) | (1, 4) |
| Little better | 54 | 6.02 (13.64) | (3, 9) | 6.02 ( 12.35) | (3, 9) | 54 | -4.19 (15.12) | (-7, -1) | 3.94 ( 19.39) | (0, 8) |
| Much better | 49 | -2.01 (20.41) | (-7, 3) | -0.49 ( 15.93) | (-4, 3) | 49 | -5.83 (11.78) | (-8, -3) | -3.30 ( 13.01) | (-6, 0) |
| **Breast symptoms** | 212 |  |  |  |  | 212 |  |  |  |  |
| Much worse | 25 | 23.89 (32.72) | (13, 35) | 24.44 ( 29.32) | (14, 34) | 25 | 2.78 (20.33) | (-6, 12) | 13.33 ( 20.12) | (4, 22) |
| Little worse | 57 | 14.08 (27.69) | (8, 2) | 18.08 ( 22.21) | (13, 23) | 57 | -4.31 (16.81) | (-8, 0) | 6.44 ( 18.26) | (2, 11) |
| No change | 36 | 10.34 (20.43) | (5, 16) | 9.72 ( 21.59) | (4, 16) | 36 | -3.57 (13.35) | (-7, 0) | 3.77 ( 14.28) | (0, 7) |
| Little better | 53 | 16.61 (21.1) | (12, 21) | 7.13 ( 18.87) | (3, 11) | 53 | -2.21 (20.17) | (-7, 2) | 3.63 ( 20.65) | (-1, 8) |
| Much better | 41 | 9.55 (24.41) | (3, 16) | 3.05 ( 18.04) | (-2, 8) | 41 | -10.71 (21.13) | (-16, -6) | -0.62 ( 16.04) | (-4, 3) |
| **Arm symptoms** | 235 |  |  |  |  | 235 |  |  |  |  |
| Much worse | 29 | 11.88 (19) | (6, 18) | 9.39 ( 25.94) | (1, 18) | 29 | 10.49 (21.04) | (2, 19) | 16.67 ( 23.57) | (7, 26) |
| Little worse | 67 | 7.88 (17.6) | (4, 11) | 8.54 ( 19.28) | (5, 12) | 67 | 0.58 (18.27) | (-4, 5) | 10.76 ( 19.53) | (6, 15) |
| No change | 41 | 3.39 (13.54) | (0, 7) | 4.74 ( 14.14) | (1, 8) | 41 | 1.89 (13.82) | (-1, 5) | 5.89 ( 14.65) | (2, 9) |
| Little better | 55 | 4.55 (17.51) | (1, 8) | 1.41 ( 13.83) | (-2, 5) | 55 | 0.69 (13.98) | (-2, 4) | 0.69 ( 16.93) | (-3, 4) |
| Much better | 43 | 10.34 (13.8) | (7, 14) | 3.10 ( 17.87) | (-1, 8) | 43 | -1.52 (14.12) | (-5, 2) | 0.20 ( 15.78) | (-3, 4) |

Observed changes: Post-test – Pre-test; adjusted changes: Post-test – Then-test

SD: Standard Deviation; CI: Confidence Interval