Review title	Review author/Qty of articles	Articles in review	Author/year	Articles on Consensus. app	Author/year	Article in both
		Effect of yoga exercise on the quality of life and upper extremity volume among women with breast cancer related lymphedema: A pilot study	Pasyar et al. (2019)	Effects of early stage functional exercise on rehabilitation of patients with breast cancer modified radical surgery.	M. Ye et al. (2015)	
		Effect of rehabilitation training on improving upper limb physical function of breast cancer patients.	Chen et al. (2019)	Effect of a Rehabilitation Program with or Without Kinesio Tape on Shoulder Pain and Function After Mastectomy in Women with Breast Cancer	Zahra Afkhami et al. (2019)	
		Rehabilitation effect of resistance exercise on patients with upper limb lymphedema after breast cancer surgery	Li et al. (2019)	Randomized Application of Low-Frequency Electrostatic Field and General Magnetic Therapy after Surgical Treatment of Breast Cancer	M. Gerasimenko et al. (2021)	
		Manual lymphatic drainage adds no further volume reduction to complete decongestive therapy on breast cancer-related lymphoedema: A multicentre, randomised, single-blind trial.	Tambour et al. (2018)	Effect of exercise on shoulder function and morbidity following mastectomy with axillary dissection in patients with breast cancer: a prospective randomized clinical	S. Das et al. (2018)	
		Effect of progressive exercise of Baduanjin front four postures on upper limb function after modified radical mastectomy	Shen et al. (2017)	Effect of Pilates Exercise on Range of Motion and Edema of Upper Limb in Mastectomy Side	M. Ghorbani et al. (2013)	

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1	Effect of exercise on rehabilitation of breast cancer surgery patients: A systematic review and meta-analysis of randomized controlled trials	Yawei Lin et al., (2023) / 17 artigos	Yoga management of breast cancer-related lymphoedema: A randomised controlled pilot-trial.	Loudon et al. (2016)	Early Versus Delayed Shoulder Motion Following Axillary Dissection: A Randomized Prospective Study	M. Lotze et al. (1981)	
			The effects of complex exercise on shoulder range of motion and pain for women with breast cancer-related lymphedema: A single-blind, randomized controlled trial	Park et al. (2017)	Two Exercise Schemes in Postoperative Breast Cancer: Comparison of Effects on Shoulder Movement and Lymphatic Disturbance	Laura Ferreira de Rezende et al. (2006)	
			Effectiveness of Pilates-based exercises on upper extremity disorders related with breast cancer treatment.	Zengin Alpozgen et al. (2017)	The application of personalized rehabilitation exercises in the postoperative rehabilitation of breast cancer patients.	H. Huo et al. (2021)	
			Post-operative exercises after breast cancer surgery: Results of a RCT evaluating standard care versus standard care plus additional yoga exercise.	Harder et al. (2015)	The recovery of reaching movement in breast cancer survivors: two different rehabilitative protocols in comparison.	T. Paolucci et al. (2020)	
			Yoga management of breast cancer-related lymphoedema: A randomised controlled pilot-trial.	Loudon et al. (2014)	Application and Efficacy of Collective Exercises during Chemotherapy in Breast Cancer Patients	Song Sai-la et al. (2012)	

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		Exercise for health: A randomized, controlled trial evaluating the impact of a pragmatic, translational exercise intervention on the quality of life, function and treatment-related side effects following breast cancer.	Hayes et al. (2013) (continued)	Effect of Rehabilitation Exercise on Improvement of Extubation Success Rate of Postoperative Patients with Breast Cancer	Xie Li-jua et al. (2015)	
		Upper limb progressive resistance training and stretching exercises following surgery for early breast cancer: A randomized controlled trial	Kilbreath et al. (2012)	Comparison of two different exercise program in breast cancer patients after postoperative adjuvant chemotherapy	T. Lei et al. (2011)	
		Effect of aerobic exercise on rehabilitation of patients with breast cancer after operation.	He et al. (2011)	The influence of the initiation of an exercise programme on seroma formation and dehiscence following breast cancer surgery.	E. L. Petito et al. (2014)	
		Effectiveness of early physiotherapy to prevent lymphoedema after surgery for breast cancer: Randomised, single blinded, clinical trial.	Torres Lacomba et al. (2010)	Effects of free range-of-motion upper limb exercise based on mirror therapy on shoulder function in patients after breast cancer surgery: study protocol for a	Ru-Zhen Yuan et al. (2021)	
		A randomised controlled trial of two programmes of shoulder exercise following axillary node dissection for invasive breast cancer.	Todd et al. (2008)	The effectiveness of two individualized physical interventions on the upper limb condition after radical mastectomy	T. Odynets et al. (2019)	

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		Functional rehabilitation gymnastics for the edema of upper limbs and the activity of shoulder joint in postoperative patients with breast cancer.	Wang et al. (2005)	Effect of different rehabilitation training timelines to prevent shoulder dysfunction among postoperative breast cancer patients: study protocol for a randomized	Yuwei Shao et al. (2021)	
		A randomized controlled crossover study of manual lymphatic drainage therapy in women with breast cancer-related lymphoedema.	Williams et al. (2002)	A Randomized Controlled Trial of Postthoracotomy Pulmonary Rehabilitation in Patients with Resectable Lung Cancer	J. Stigt et al. (2013)	
		The effect of resistance training during radiotherapy on spinal bone metastases in cancer patients: a randomized trial.	Rief et al. (2014)	Strength and endurance training in the treatment of lung cancer patients in stages IIIA/IIIB/IV	Henke et al. (2013)	
		A home-based exercise program to improve function, fatigue, and sleep quality in patients with stage IV lung and colorectal cancer: a randomized controlled trial.	Cheville et al. (2013)	Exercise training in patients with advanced gastrointestinal cancer undergoing palliative chemotherapy: a pilot study	Jensen et al. (2014)	
		Physical exercise for cancer patients with advanced disease: a randomized controlled trial.	Oldervoll et al. (2011)	Effects of a Multicomponent Exercise Program in Older Adults with Non-Small-Cell Lung Cancer during Adjuvant/Palliative Treatment: An Intervention Study	Rosero et al. (2020)	

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2	Exercise interventions for advanced cancer palliative care patients: A systematic literature review and descriptive evidence synthesis of randomized controlled trials	Rogers-Shepp et al., (2023) / 8 artigos	Safety and efficacy of resistance exercise in prostate cancer patients with bone metastases.	Cormie et al. (2013)	Effects of an exercise intervention for patients with advanced inoperable lung cancer undergoing chemotherapy: A randomized clinical trial	Quist et al. (2020)	
			Effects of nutrition and physical exercise intervention in palliative cancer patients: a randomized controlled trial.	Uster et al. (2018)	Aerobic and resistance exercise improves physical fitness, bone health, and quality of life in overweight and obese breast cancer survivors: a randomized controlled trial	Dieli-Conwright et al. (2018)	
			Randomized trial of a physical activity intervention in women with metastatic breast cancer.	Ligibel et al. (2016)	Comparison of the Effects of a Supervised Exercise Program and Usual Care in Patients With Colorectal Cancer Undergoing Chemotherapy	Kuan-Yin Lin et al. (2014)	
			The effect of seated exercise on fatigue and quality of life in women with advanced breast cancer.	Headley et al. (2004)	Effects of a 12-week multimodal exercise intervention among older patients with advanced cancer - results from a randomized controlled trial.	Mikkelsen et al. (2021)	
			The impact of physical activity on fatigue and quality of life in lung cancer patients: a randomised controlled trial protocol	Dhillon et al. (2012)	The impact of physical activity on fatigue and quality of life in lung cancer patients: a randomised controlled trial protocol	Dhillon et al. (2012)	YES

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			Pilot, randomized trial of resistance exercise during radiation therapy for head	Rogers et al. (2013	Effects of Exercise in Patients Undergoing Chemotherapy for Head	Kuan-Yin Lin et al. (2021)	
			Effect of exercise training on functional capacity & quality of life in head & neck cancer patients receiving chemoradiotherapy.	Samuel el al. (2013)	Effect of exercise training on functional capacity & quality of life in head & neck cancer patients receiving chemoradiotherapy	Samuel el al. (2013)	YES
			Patient-reported outcomes, body composition, and nutrition status in patients with head and neck cancer: results from an exploratory randomized controlled exercise trial	Capozzi et al. (2016)	Exercise and nutrition for head and neck cancer patients: a patient oriented, clinic-supported randomized controlled trial	Capozzi et al. (2012)	Same author, different studies
			Maintaining physical activity during head and neck cancer treatment: results of a pilot controlled trial.	Zhao et al. (2016)	Effects of a Physical Exercise Rehabilitation Group Program on Anxiety, Depression, Body Image, and Health-Related Quality of Life among Breast Cancer Patients	Mehnert et al. (2011)	
3	Effect of exercise across the head and neck cancer continuum: a	Avancini et al., (2023) / 9 artigos	Progressive resistance training in cachectic head and neck cancer patients undergoing radiotherapy: a randomized controlled pilot feasibility trial.	Grote et al. (2018)	Effect of exercise on bone structural traits, physical performance and body composition in breast cancer patients--a 12-month RCT.	Nikander et al. (2012)	

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systematic review of randomized controlled trials	(2023) 5 artigos	Effectiveness of exercise-based rehabilitation on functional capacity and quality of life in head and neck cancer patients receiving chemo-radiotherapy.	Samuel et al. (2019)	Effectiveness of exercise-based rehabilitation on functional capacity and quality of life in head and neck cancer patients receiving chemo-radiotherapy	Samuel et al. (2019)	YES
		Multimodal exercise ameliorates exercise responses and body composition in head and neck cancer patients receiving chemotherapy.	Yen et al. (2019)	Aerobic and resistance exercise improves physical fitness, bone health, and quality of life in overweight and obese breast cancer survivors: a randomized controlled trial	Dieli-Conwright et al. (2018)	
		Effects of exercise in patients undergoing chemotherapy for head and neck cancer: a pilot randomized controlled trial.	Lin et al. (2021)	Supervised physical exercise improves VO2max, quality of life, and health in early stage breast cancer patients: a randomized controlled trial	Casla et al. (2015)	
		Progressive resistance training rebuilds lean body mass in head and neck cancer patients after radiotherapy–results from the randomized DAHANCA 25B trial	Lonbro et al. (2013)	Swallowing therapy and progressive resistance training in head and neck cancer patients undergoing radiotherapy treatment: randomized control trial protocol and preliminary data	Hajdú et al. (2017)	

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			Randomized trial of physical activity on quality of life and lung cancer biomarkers in patients with advanced stage lung cancer: a pilot study.	Bade et al. (2021)	“EXHALE”: exercise as a strategy for rehabilitation in advanced stage lung cancer patients: a randomized clinical trial comparing the effects of 12 weeks supervised	Quist et al. (2013)	
			Randomised controlled trial on the effectiveness of home-based walking exercise on anxiety, depression and cancer-related symptoms in	Chen et al. (2015)	Randomised controlled trial on the effectiveness of home-based walking exercise on anxiety, depression and cancer-related symptoms in	Chen et al. (2014)*	YES
			Feasibility of aerobic exercise and tai-chi interventions in advanced lung cancer patients: a randomized controlled trial.	Cheung et al. (2021)	Feasibility of Aerobic Exercise and Tai-Chi Interventions in Advanced Lung Cancer Patients: A Randomized Controlled Trial	Cheung et al. (2021)	YES
			Effects of a 12-week multimodal exercise intervention among older patients with advanced cancer: results from a randomized controlled trial.	Mikkelsen et al. (2022)	An exercise prescription for patients with lung cancer improves the quality of life, depression, and anxiety	Lei et al. (2022)	
4	Impact of Exercise Interventions on Quality of Life and Depression in Lung Cancer Patients: A	Lu; Bai; Pan (2023) / 9 artigos	The effect of resistance inspiratory muscle training in the management of breathlessness in patients with thoracic malignancies: a feasibility randomised trial.	Molassiotis et al. (2015)	Effects of Behavioral Activation on the Quality of Life and Emotional State of Lung Cancer and Breast Cancer Patients During Chemotherapy Treatment	Fernández-Rodriguez et al. (2019)	

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Patients: A Systematic Review and Meta-Analysis		Comparison of the effects of pulmonary rehabilitation with chest physical therapy on the levels of fibrinogen and albumin in patients with lung cancer awaiting lung resection: a randomized clinical trial.	Morano et al. (2014)	Effects of a Physical Exercise Rehabilitation Group Program on Anxiety, Depression, Body Image, and Health-Related Quality of Life among Breast Cancer Patients	Mehnert et al. (2011)	
		Effects of an exercise intervention for patients with advanced inoperable lung cancer undergoing chemotherapy: a randomized clinical trial	Quist et al. (2020)	Effects of an exercise intervention for patients with advanced inoperable lung cancer undergoing chemotherapy: A randomized clinical trial.	Quist et al. (2020)	YES
		A comparison of the effects of medical Qigong and standard exercise therapy on symptoms and quality of life in patients with advanced cancer.	Vanderbyl et al. (2017)	The Effect of Exercise on Life Quality and Depression Levels of Breast Cancer Patients	Aydin et al. (2021)	
		The impact of WeChat app-based education and rehabilitation program on anxiety, depression, quality of life, loss of follow-up and survival in non-small cell lung cancer patients who underwent surgical resection.	Sui et al. (2020)	The impact of physical activity on fatigue and quality of life in lung cancer patients: a randomised controlled trial protocol	Dhillon et al. (2012)	
		Impact of high-intensity circuit resistance exercise on physical fitness, inflammation, and immune cells in female breast cancer survivors: a	Lee et al. (2022)	Impact of High-Intensity Circuit Resistance Exercise on Physical Fitness, Inflammation, and Immune Cells in Female	Lee et al. (2022)	YES

	Review title	Review author/Qty of articles	Articles in review	Author/year	Articles on Consensus. app	Author/year	Article in both
			Inflammation mediates exercise effects on fatigue in patients with breast cancer.	Hiensch et al. (2021)	Breast cancer patients have improved immune and neuroendocrine functions following massage therapy.	Hernandez-Reif et al. (2004)	
			Impact of a pre-operative exercise intervention on breast cancer proliferation and gene expression: results from the Pre-Operative Health and	Ligibel et al. (2019)	Effects of Exercise and Anti-PD-1 on the Tumour Microenvironment.	Buss et al. (2021)	
			Influence of an exercise program on blood immune function in women with breast cancer.	Sagarra et al. (2018)	The impact of high-intensity interval exercise training on NK-cell function and circulating myokines for breast	Coletta et al. (2021)	
			Influence of physical activity on the immune system in breast cancer patients during chemotherapy	Schmidt et al. (2018)	Salutary effects of moderate but not high intensity aerobic exercise training on the frequency of peripheral T-cells	Niemiro et al. (2021)	
5	Effects of exercise on immune cells with tumor-specific activity in breast cancer patients and survivors: a systematic review	Lavín-Pérez et al., (2023) / 10 artigos	The effect of resistance training on markers of immune function and inflammation in previously sedentary women recovering from breast cancer: a randomized controlled trial.	Hagstrom et al. (2016)	Immunoprotecting Effects of Exercise Program against Ovarian Cancer: A Single-Blind, Randomized Controlled Trial	Lee et al. (2022)	

Review title	Review author/Qty of articles	Articles in review	Author/year	Articles on Consensus. app	Author/year	Article in both
and meta-analysis		Effects of an exercise and hypocaloric healthy eating intervention on indices of psychological health status, hypothalamic-pituitary-adrenal axis regulation and immune function after early-stage breast cancer: a	Saxton et al. (2014)	Resistance Exercise Reduces Kynurenine Pathway Metabolites in Breast Cancer Patients Undergoing Radiotherapy	Zimmer et al. (2019)	
		Randomized controlled trial of exercise and blood immune function in postmenopausal breast cancer survivors	Fairey et al. (2005)	Changes in insulin resistance indicators, IGFs, and adipokines in a year-long trial of aerobic exercise in	Friedenreich et al. (2011)	
		Exercise and lymphocyte activation following chemotherapy for breast cancer.	Hutnick et al. (2005)	Effect of Exercise on Markers of Inflammation in Breast Cancer Survivors: The Yale Exercise and Survivorship Study	Jones et al. (2012)	
		Moderate exercise training and natural killer cell cytotoxic activity in breast cancer patients	Nieman et al. (1995)	The effect of resistance training on markers of immune function and inflammation in previously sedentary women recovering from breast cancer: a randomized controlled trial	Hagstrom et al. (2016)	
		Exercise Training in Patients with Non-Small Cell Lung Cancer During	Rutkowska et al. (2019)	Effects of the Training of Aerobic Function on Clinical Symptoms and	Lv et al. (2022)	

Review title	Review author/Qty of articles	Articles in review	Author/year	Articles on Consensus. app	Author/year	Article in both
		Short-Term Changes in Quality of Life in Patients with Advanced Lung Cancer during In-Hospital Exercise Training and Chemotherapy Treatment: A Randomized Controlled Trial. J.	Rutkowska et al. (2021)	Short-Term Changes in Quality of Life in Patients with Advanced Lung Cancer during In-Hospital Exercise Training and Chemotherapy Treatment: A Randomized Controlled Trial	Rutkowska et al. (2021)	YES
		Feasibility of Aerobic Exercise and Tai-Chi Interventions in Advanced Lung Cancer Patients: A Randomized Controlled Trial.	Cheung et al. (2021)	Effects of a Multicomponent Exercise Program in Older Adults with Non-Small-Cell Lung Cancer during Adjuvant/Palliative Treatment: An Intervention Study	Rosero et al. (2020)	
		Impact of physical activity on fatigue and quality of life in people with advanced lung cancer: A randomized controlled trial.	Dhillon et al. (2017)	The impact of physical activity on fatigue and quality of life in lung cancer patients: a randomised controlled trial protocol	Dillon et al. (2012)*	Same author, different studies
		Pre-radiotherapy daily exercise training in non-small cell lung cancer: A feasibility study.	Egegaard et al. (2019)	“EXHALE”: exercise as a strategy for rehabilitation in advanced stage lung cancer patients: a randomized clinical trial comparing the effects of 12 weeks supervised exercise intervention versus usual care for advanced stage lung cancer patients	Quist et al. (2013)	
Effect of Exercise						

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6	Training on Quality of Life, Symptoms, and Functional Status in Advanced-Stage Lung Cancer Patients: A Systematic Review	Nguyen et al., (2023) / 12 estudos	Effects of exercise training on exercise capacity in patients with non-small cell lung cancer receiving targeted therapy.	Hwang et al. (2012)	High-intensity training following lung cancer surgery: a randomised controlled trial	Edvardsen et al. (2014)	
			The effect of progressive relaxation exercises on treatment-related symptoms and self-efficacy in patients with lung cancer receiving chemotherapy.	Kirca K., Kutlutürkan (2021)	A randomized trial of exercise and quality of life in colorectal cancer survivors.	Courneya et al. (2003)	
			Effects of an exercise intervention for patients with advanced inoperable lung cancer undergoing chemotherapy: A randomized clinical trial.	Quist et al. (2020)	Effects of an exercise intervention for patients with advanced inoperable lung cancer undergoing chemotherapy: A randomized clinical trial.	Quist et al. (2020)	YES
			Tai Chi Exercise for Cancer-Related Fatigue in Patients with Lung Cancer Undergoing Chemotherapy: A Randomized Controlled Trial.	Zhang et al. (2016)	Effects of a 12-week multimodal exercise intervention among older patients with advanced cancer - results from a randomized controlled trial.	Mikkelsen et al. (2021)	
			The effect of resistance inspiratory muscle training in the management of breathlessness in patients with thoracic malignancies: A feasibility randomised trial.	Molassiotis et al. (2015)	Effects of resistance exercise on fatigue and quality of life in breast cancer patients undergoing adjuvant chemotherapy: A randomized controlled trial	Schmidt et al. (2015)	

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		Randomized trial of physical activity on quality of life and lung cancer biomarkers in patients with advanced stage lung cancer: A pilot study.	Bade et al. (2021)	Effects of an early postoperative walking exercise programme on health status in lung cancer patients recovering from lung lobectomy.	Chang et al. (2014)	
		Strength and endurance training in the treatment of lung cancer patients in stages IIIA/IIIB/IV	Henke et al. (2014)	Randomized controlled trial of exercise training in postmenopausal breast cancer survivors:	Courneya et al. (2003)	
		Effects of high-intensity interval training on fatigue and quality of life in testicular cancer survivors	Adams et al. (2018)	Exercise training and immune crosstalk in breast cancer microenvironment: exploring the paradigms	Jorming Goh et al. (2014)	
		Depression and anxiety in women with breast cancer and their partners	Badger et al. (2007)	Relationships between Exercise Modality and Activity Restriction, Quality of Life, and	Mun-Hwan Kim et al. (2020)	
		Effectiveness of core stability exercises and recovery myofascial release massage on	Cantarero-Villanueva et al. (2012)	Impact of Acute Intermittent Exercise on Natural Killer Cells in Breast Cancer Survivors	Evans et al. (2015)	
		Exercise training for people following curative intent treatment for non-small cell lung cancer: a randomized controlled trial	Cavalheri et al. (2017)	Combined aerobic and resistance training in breast cancer survivors: A randomized, controlled pilot trial	Herrero et al. (2006)	
		Effects of a walking intervention on fatigue-related experiences of hospitalized acute myelogenous leukemia patients undergoing	Chang et al. (2008)	Exercise training, circulating cytokine levels and immune function in cancer survivors: A meta-analysis	Khosravi et al. (2019)	
		Randomised controlled trial on the effectiveness of home-based walking exercise on anxiety, depression and cancer	Chen et al. (2015)	Three versus six months of exercise training in breast cancer survivors	Sprod et al (2010)	

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		Feasibility of aerobic exercise and tai-chi interventions in advanced lung cancer patients: a randomized controlled trial	Cheung et al. (2021)	Randomized controlled trial of exercise and blood immune function in postmenopausal breast cancer survivors.	Fairey et al. (2005)	
		A randomized trial of exercise and quality of life in colorectal cancer	Courneya et al. (2003)	Aerobic and resistance exercise improves physical fitness, bone	Dieli-Conwright et al. (2018)	
		Effects of aerobic and resistance exercise in breast cancer patients receiving adjuvant chemotherapy: a multicenter randomized controlled trial	Courneya et al. (2007)	Effects of aerobic and resistance exercise in breast cancer patients receiving adjuvant chemotherapy: a multicenter randomized controlled trial	Courneya et al., 2007	YES
		Randomized controlled trial of the effects of aerobic exercise on physical functioning and quality of life in lymphoma patients	Courneya et al. (2009)	Effects of a combined aerobic and resistance exercise program in breast cancer survivors: a randomized controlled trial	Milne et al. (2008)	
		A randomised controlled trial testing the feasibility and efficacy of a physical activity behavioural change intervention in managing fatigue with gynaecological cancer	Donnelly et al. (2011)	Effect of aerobic exercise intervention on markers of insulin resistance in breast cancer women	Bruno et al. (2018)	
		Effects of two types of exercise training on psychological well-being, sleep and physical fitness in patients with high-grade glioma (WHO III and IV)	Eisenhut et la. (2022)	Effects of exercise during adjuvant chemotherapy on breast cancer outcomes.	Courneya et al., 2014	

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7	Effectiveness of aerobic and resistance exercise in cancer survivors with depression: A systematic review and meta-analysis of randomized controlled trials	Law et al., (2023) / 28 artigos	Effects of exercise on angiogenesis and apoptosis-related molecules, quality of life, fatigue and depression in breast cancer patients	Ergun et al. (2013)	The Effect of Exercise on Life Quality and Depression Levels of Breast Cancer Patients	Menşure Aydin et al. (2021)	
			The effect of a 12-week home-based walking program on reducing fatigue in women with breast cancer undergoing chemotherapy: a	Huang et al. (2019)	Exercise and biomarkers for cancer prevention studies.	Campbell et al. (2007)	
			Randomized controlled trial of the effects of high intensity and low-to-moderate intensity exercise on physical fitness and fatigue in cancer survivors: results of	Kampshoff et al. (2015)	A Multicenter Randomized Trial of the Effects of Exercise Dose and Type on Psychosocial Distress in Breast Cancer Patients Undergoing	Courneya et al. (2014)	
			Effects of a 12-week home-based exercise program on quality of life, psychological health, and the level of physical activity in colorectal cancer survivors: a	Kim et al. (2019)	Changes in insulin resistance indicators, IGFs, and adipokines in a year-long trial of aerobic exercise in postmenopausal women	Friedenreich et al. (2011)	
			Intelligent physical activity versus modified behavioral activation in adolescent and young adult cancer patients with psychological distress: a randomized, controlled pilot trial	Li et al. (2022)	Moderate exercise training and natural killer cell cytotoxic activity in breast cancer patients.	Nieman et al. (1995)	

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		Effects of a clinician referral and exercise program for men who have completed active treatment for prostate cancer: a multicenter cluster randomized	Livington et al. (2015)	The effect of resistance training on markers of immune function and inflammation in previously sedentary women recovering from breast cancer: a randomized	Hagstrom et al. (2016)	
		Effects of a physical exercise rehabilitation group program on anxiety, depression, body image, and health-related quality of life among breast cancer patients	Mehnert et al. (2011)	Effects of exercise on physical outcomes of breast cancer survivors receiving hormone therapy - A systematic review and meta-analysis.	Boing et al. (2020)	
		Effect of exercise on depression and fatigue in breast cancer women undergoing chemotherapy: a randomized controlled trial	Mostafaei et al. (2021)	Effects of an exercise and hypocaloric healthy eating intervention on indices of psychological health status, hypothalamic-pituitary-adrenal axis regulation and immune	Saxton et al. (2014)	
		Benefits of supervised group exercise programme for women being treated for early stage breast cancer: pragmatic randomised controlled trial	Mutrie et al. (2007)	Effect of Exercise on Markers of Inflammation in Breast Cancer Survivors: The Yale Exercise and Survivorship Study	Jones et al. (2012)	
		Exercise, supportive group therapy, and mood profile of Greek cancer patients: intervention effect and related comparisons	Papastergiou et al. (2018)	Effects of supervised exercise on cancer-related fatigue in breast cancer survivors: a systematic review and meta-analysis	Meneses-Echavez et al. (2015)	

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		Effects of high-intensity interval training compared with resistance training in prostate cancer patients undergoing radiotherapy: a randomized controlled trial	Piraux et al. (2021)	Exercise reduces immune suppression and breast cancer progression in a preclinical model	Wennerberg et al. (2020)	
		Effects of an exercise intervention for patients with advanced inoperable lung cancer undergoing chemotherapy: a randomized clinical trial	Quist et al. (2020)	The Cardiac Rehabilitation Model Improves Fitness, Quality of Life, and Depression in Breast Cancer Survivors	Dolan et al. (2017)	
		Effects of resistance exercise on fatigue and quality of life in breast cancer patients undergoing adjuvant chemotherapy: a randomized controlled trial	Schmidt et al. (2015)	The impact of an exercise program on quality of life in older breast cancer survivors undergoing aromatase inhibitor therapy: a randomized controlled trial	Paulo et al. (2019)	
		Effects of a 12-week supervised resistance training program, combined with home-based physical activity, on physical fitness and quality of life in female breast cancer survivors: the EFICAN randomized controlled trial	Soriano-Maldonado et al. (2022)	Effects of a 12-week resistance and aerobic exercise program on muscular strength and quality of life in breast cancer survivors	Soriano-Maldonado et al., 2022	YES

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		Randomized, controlled trial of resistance training in breast cancer patients receiving adjuvant radiotherapy: results on cancer-related fatigue and quality of life	Steinorf et al. (2014)	Feasibility of Exercise During Treatment for Multiple Myeloma	Coleman et al. (2003)	
		Effect of low-intensity physical activity and moderate- to high-intensity physical exercise during adjuvant chemotherapy on physical fitness, fatigue, and chemotherapy completion rates: results of the PACES randomized clinical trial	Van Waart et al. (2018)	The role of physical exercise in the development of breast cancer	Agata Adasik (2015)	
		Effects of home-based walking on quality of life and fatigue outcomes in early stage breast cancer survivors: a 12- week pilot study	Baruth et al. (2015)	Effects of a Lifestyle Interventions Program on Quality of Life in Breast Cancer Survivors	Ghavami et al. (2017)	
		A randomised controlled trial testing the feasibility and efficacy of a physical activity behavioural change intervention in managing fatigue with gynaecological cancer survivors	Donnelly et al. (2011)	Structured exercise improves physical functioning in women with stages I and II breast cancer: results of a randomized controlled trial.	Segal et al. (2001)	

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		Effects of exercise in breast cancer patients: implications of the trials within cohorts (TwiCs) design in the UMBRELLA Fit trial	Gal et al. (2021)	Randomized trial of exercise therapy in women treated for breast cancer.	Daley et al. (2007)	
		Randomised controlled trial of a home-based physical activity intervention in breast cancer survivors	Lahart et al. (2016)	Exercise therapy in women who have had breast cancer: design of the Sheffield women's exercise and well-being project.	Daley et al. (2004)	
		The impact of an exercise program on quality of life in older breast cancer survivors undergoing aromatase inhibitor therapy: a randomized controlled trial	Paulo et al. (2019)	Diet and Exercise Intervention Adherence and Health-Related Outcomes among Older Long-Term Breast, Prostate, and Colorectal Cancer Survivors	Winger et al. (2014)	
		Social cognitive constructs did not mediate the BEAT cancer intervention effects on objective physical activity behavior based on multivariable path analysis	Rogers et al. (2015a)	Maintenance of Lifestyle Changes at 12-month Follow-up in a Nutrition and Physical Activity Trial for Cancer Survivors.	Stacey et al. (2017)	
		Effects of the BEAT Cancer physical activity behavior change intervention on physical activity, aerobic fitness, and quality of life in breast cancer survivors: a multicenter randomized controlled trial	Rogers et al. (2016)	A Web-based self-management exercise and diet intervention for breast cancer survivors: pilot randomized controlled trial.	Lee et al. (2014)	

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8	Impact of exercise and/or dietary interventions, and their behaviour change techniques, on quality of life in middle-aged and older women following treatment for cancer: A systematic review	Vear et al. (2023) / 18 artigos	Effects of a multicomponent physical activity behavior change intervention on breast cancer survivor health status outcomes in a randomized controlled trial	Rogers et al. (2017)	Dietary and Physical Activity Interventions for Colorectal Cancer Survivors: A Randomized Controlled Trial	Lee et al. (2018)	
			Inflammation and psychosocial factors mediate exercise effects on sleep quality in breast cancer survivors: pilot randomized controlled trial	Rogers et al. (2015b)	Effects of a Physical Activity Behavior Change Intervention on Inflammation and Related Health Outcomes in Breast Cancer Survivors	Rogers et al. (2013)	
			Safety and efficacy of weight training in recent breast cancer survivors to alter body composition, insulin, and insulin-like growth factor axis proteins	Schmitz et al. (2005)	A randomized trial to increase physical activity in breast cancer survivors.	Rogers et al. (2009)	
			Effects of a personal trainer-led exercise intervention on physical activity, physical function, and quality of life of breast cancer survivors	Wang et al. (2021)	Results of the Exercise and Nutrition to Enhance Recovery and Good Health for You (ENERGY) Trial: A Behavioral Weight Loss Intervention in Overweight or Obese Breast Cancer Survivors.	Rock et al. (2015)	
			Randomized trial of exercise on quality of life in women with ovarian cancer: Women's Activity and Lifestyle study in Connecticut (WALC)	Zhou et al. (2017)	Results of the Optimune trial: A randomized controlled trial evaluating a novel Internet intervention for breast cancer survivors	Holtdirk et al. (2021)	

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		Effects of a web-based expert support self-management program (WEST) for women with breast cancer: a randomized controlled trial	Kim et al. (2020)	[Effect of activities profile variations on health-related quality of life among breast cancer patients: Secondary exploratory analysis from PASAPAS study data].	Reynes et al. (2020)	
		Self-efficacy, quality of life, and weight loss in overweight/ obese endometrial cancer survivors (SUCCEED): a randomized controlled trial	McCarroll et al. (2014)	Dietary weight loss and exercise effects on insulin resistance in postmenopausal women.	Mason et al. (2011)	
		The Living Well after Breast CancerTM Pilot Trial: a weight loss intervention for women following treatment for breast cancer	Reeves et al. (2017)	Nutrition, Behavior Change and Physical Activity Outcomes From the PEARS RCT—An mHealth-Supported, Lifestyle Intervention Among Pregnant Women With Overweight and Obesity	Ainscough et al. (2020)	
		Effect of a remotely delivered weight loss intervention in early-stage breast cancer: randomized controlled trial	Reeves et al. (2021)	Using Self-Efficacy and a Transtheoretical Model to Develop a Physical Activity Intervention for Obese Women	Dallow et al. (2003)	
		Effects of an exercise and hypocaloric healthy eating program on biomarkers associated with long-term prognosis after early-stage breast cancer: a randomized controlled trial	Scott et al. (2013)	Randomized trial of exercise in sedentary middle aged women: effects on quality of life	Bowen et al. (2006)	

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		A randomized trial of a lifestyle intervention in obese endometrial cancer survivors: quality of life outcomes and mediators of behavior change	von Gruenigen et al. (2009)	Effects of a telephone-delivered multiple health behavior change intervention (CanChange) on health and behavioral outcomes in survivors of colorectal cancer: a randomized controlled trial.	Hawkes et al. (2013)	
		Survivors of uterine cancer empowered by exercise and healthy diet (SUCCEED): a randomized controlled trial	von Gruenigen et al. (2012)	Adapted physical activity and diet (APAD) during adjuvant breast cancer therapy: design and implementation of a prospective randomized controlled trial.	Carayol et al. (2013)	
		Effect of an antiinfammatory dietary intervention on quality of life among breast cancer survivors	Long Parma et al. (2022)	The Logan Healthy Living Program: a cluster randomized trial of a telephone-delivered physical activity and dietary behavior intervention for primary care patients with type 2 diabetes or hypertension from a socially disadvantaged community--rationale, design and recruitment.	Eakin et al. (2008)	