

Table S8. Patient-Reported Outcome Measures (Per-Protocol Analysis)

	Baseline	Follow-up	Within-Group change	Between-Group difference
Per-protocol	Mean (SD)	Mean (SD)	Change (95% CI)	Difference (95% CI)
Physical well being				
EX	26.2 (2.3)	26.8 (1.9)	0.6 (-0.2 to 1.5)	-0.1 (-1.4 to 1.2)
CON	26.2 (2.7)	26.8 (1.8)	0.7 (-0.3 to 1.7)	
Social well being				
EX	23.7 (3.9)	22.6 (7.0)	-1.2 (-5.0 to 2.6)	-5.5 (-11.2 to 0.2)
CON	21.0 (3.7)	25.1 (2.1)	4.3 (0.1 to 8.5)	
Emotional well being				
EX	20.1 (3.4)	20.7 (2.7)	0.6 (-1.1 to 2.4)	-1.5 (-4.1 to 1.2)
CON	17.6 (5.6)	19.1 (4.3)	2.1 (0.1 to 4.1)	
Functional well being				
EX	24.5 (3.1)	24.7 (4.6)	0.3 (-1.5 to 2.0)	0.89 (-1.8 to 3.6)
CON	24.2 (3.7)	23.3 (4.4)	-0.6 (-2.7 to 1.4)	
Prostate cancer subscale				
EX	38.0 (6.3)	43.2 (5.6)	5.2 (2.7 to 7.8)	0.521 (-3.41 to 4.45)
CON	39.0 (4.4)	43.4 (4.7)	4.7 (1.7 to 7.7)	
Trial Outcome Index				
EX	88.6 (9.6)	94.8 (9.4)	6.2 (2.5 to 9.9)	1.3 (-4.4 to 7.0)
CON	89.4 (8.0)	93.4 (8.9)	4.9 (0.6 to 9.2)	
FACT-G				
EX	94.5 (9.3)	94.8 (11.6)	0.4 (-4.0 to 4.7)	-6.6 (-13.3 to 0.00)
CON	89.0 (9.7)	94.3 (9.4)	7.0 (2.0 to 12.0)	
FACT-P total score				
EX	132.5 (13.8)	138.1 (14.5)	5.6 (0.4 to 10.8)	-6.2 (-14.2 to 1.8)
CON	128.0 (11.2)	137.6 (11.7)	11.8 (5.8 to 17.9)	
HADS Depression score				
EX	2.0 (2.4)	1.7 (2.2)	-0.3 (-1.1 to 0.5)	-0.7 (-1.9 to 0.5)
CON	2.0 (2.0)	2.6 (3.0)	0.4 (-0.5 to 1.3)	
HADS Anxiety score				
EX	3.9 (2.8)	3.5 (2.8)	-0.5 (-1.7 to 0.8)	-0.7 (-2.6 to 1.3)
CON	4.8 (2.7)	5.3 (2.7)	0.2 (-1.3 to 1.7)	

Means (SD) are based on all available data for EX and CON at baseline and follow-up (per-protocol analysis EX, n=11 at baseline and follow-up; CON, baseline n=10 and follow-up n=8). The mean differences are estimated means from the mixed models and therefore, within-group change may not reflect the numerical difference between baseline and follow-up.

Abbreviations: Abbreviations: CON, control group; EX, exercise group; FACT-G, Functional Assessment of Cancer Therapy – General; FACT-P, Functional Assessment of Cancer Therapy – Prostate; HADS, Hospital Anxiety and Depression Scale.