

Table S6. Patient-Reported Outcome Measures (Intention-To-Treat Analysis)

	Baseline	Follow-up	Within-Group change	Between-Group difference
Intention-to-treat	Mean (SD)	Mean (SD)	Change (95% CI)	Difference (95% CI)
Physical well being				
EX	26.2 (2.1)	26.5 (2.1)	0.3 (-0.4 to 1.0)	-0.4 (-1.6 to 0.8)
CON	26.2 (2.7)	26.8 (1.8)	0.7 (-0.3 to 1.7)	
Social well being				
EX	23.4 (6.3)	23.8 (5.5)	0.4 (-2.5 to 3.3)	-4.0 (-9.3 to 1.4)
CON	21.0 (3.7)	25.1 (2.1)	4.4 (-0.1 to 8.8)	
Emotional well being				
EX	19.0 (4.0)	20.3 (3.5)	1.3 (0.03 to 2.5)	-0.9 (-3.1 to 1.4)
CON	17.6 (5.6)	19.1 (4.3)	2.1 (0.2 to 4.0)	
Functional well being				
EX	24.0 (4.2)	24.3 (4.9)	0.3 (-0.9 to 1.5)	0.9 (-1.4 to 3.2)
CON	24.2 (3.7)	23.3 (4.4)	-0.6 (-2.5 to 1.3)	
Prostate cancer subscale				
EX	38.8 (6.3)	43.1 (6.1)	4.3 (2.5 to 6.2)	-0.4 (-3.8 to 3.0)
CON	39.0 (4.4)	43.4 (4.7)	4.7 (1.9 to 7.6)	
Trial Outcome Index				
EX	88.9 (10.4)	93.8 (10.1)	4.9 (2.3 to 7.6)	0.0 (-5.0 to 5.0)
CON	89.4 (8.0)	93.4 (8.9)	4.9 (0.7 to 9.1)	
FACT-G				
EX	92.5 (11.6)	94.8 (11.4)	2.3 (-1.2 to 5.7)	-4.7 (-11.0 to 1.6)
CON	89.0 (9.7)	94.3 (9.4)	7.0 (1.7 to 12.3)	
FACT-P total score				
EX	131.3 (15.7)	137.8 (14.5)	6.6 (2.5 to 10.7)	-5.2 (-12.8 to 2.4)
CON	128.0 (11.2)	137.6 (11.7)	11.8 (5.4 to 18.2)	
HADS Depression score				
EX	2.1 (2.7)	1.9 (2.6)	-0.2 (-0.9 to 0.5)	-0.6 (-1.9 to 0.7)
CON	2.0 (2.0)	2.6 (3.0)	0.4 (-0.7 to 1.5)	
HADS Anxiety score				
EX	4.4 (2.8)	4.3 (4.0)	-0.2 (-1.5 to 1.2)	-0.4 (-2.8 to 2.0)
CON	4.8 (2.7)	5.3 (2.7)	0.3 (-1.8 to 2.3)	

Means (SD) are based on all available data for EX and CON at baseline and follow-up (intention-to-treat analysis EX, n=20 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.