

Appendix Table 1 - Schedule of assessments for patients attending the Sydney Survivorship “Weight Management Course”

Assessment	Baseline	3 Month	6 Month	12 Month
Baseline demographics and disease characteristics, weight history	X			
Clinical examination (accredited exercise physiologist, dietitian, physician)	X	X	X	X
Body Composition Bioimpedance analysis, skinfold measures, girth measures, BMI	X	X		
DEXA scan (where appropriate)	X			X
Fasting blood tests FBC, EUC, LFT, glucose, lipids, iron studies, sex hormones, vitamin D, vitamin B12, TSH, IGF-1, CRP, albumin Other bloods as appropriate when ordered as standard of care	X	X	X	X
Physical Function 6MWT and/or Graded Sub-maximal Exercise Test; Maximal 1-RM leg press; Hand grip dynamometry	X	X	X	X
Nutritional Status 3-day weighed food diary	X	X	X	X
Patient Reported Outcomes • IPAQ-sf ¹ • EORTC-QLQ-C30 ² • FACT-F 13-item subscale ³ • Patient’s Disease and Treatment Assessment Form ⁴ • Distress Thermometer ⁵ • Hunger Visual Analogue Scale ⁶	X	X	X	X
Physical Activity Behaviour 7-day Actigraph GT1M accelerometers	X		X	X
Participant program evaluation; semi-structured interviews			X	
Adverse Events (CTCAE V4) ⁷		X	X	X

BMI= Body mass index

EORTC-QLQC30 = The European Organisation for Research and Treatment of Cancer

FBC = full blood count; EUC = electrolytes, urea, creatinine; LFT = liver function tests ; TSH = Thyroid stimulating hormone; IGF-1 = Insulin-like growth factor -1; CRP = C-reactive protein
6MWT= six-minute walk test; 1-RM=one repetition maximum
IPAQ-sf=International Physical Activity Questionnaire – short form
EORTC QLQ-C30= The European Organisation for Research and Treatment of Cancer Quality of Life Questionnaire
FACT-F = Functional Assessment of Cancer Therapy (F= Fatigue)
CTCAE= common terminology criteria for adverse event

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