

Title Manuscript: Sense of coherence and its relationship to participation, cancer-related fatigue, symptom burden and quality of life in women with breast cancer participating in the OptiTrain exercise trial

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Patients assessed for eligibility ($n = 863$)

Excluded before randomization ($n = 623$)

- Non-eligible ($n = 240$)
- Travel distance too far ($n = 100$)
- Too time consuming ($n = 54$)
- Too late to be included ($n = 11$)
- Other/unknown ($n = 218$)

Patients randomized ($n = 240$)

Allocation

Allocation

Participants allocated to combined aerobic and resistance training (RT-HIIT) ($n = 79$)

Participants allocated to aerobic training (AT-HIIT) ($n = 80$)

Participants allocated to usual care (UC) ($n = 81$)

Follow-up

Follow-up

Follow-up during 16-week intervention period

- Intervention drop-out ($n = 11$)
- Study drop-out ($n = 10$)
- Long-absence ($n = 14$)
- Drop-out before baseline ($n = 4$)
 - Survey completed ($n = 1$)

Follow-up during 16-week intervention period

- Intervention drop-out ($n = 14$)
- Study drop-out ($n = 11$)
- Long-absence ($n = 7$)
- Drop-out before baseline ($n = 8$)
 - Survey completed ($n = 0$)

Follow-up during 16-week intervention period

- Study drop-out ($n = 3$)
- Drop-out before baseline ($n = 18$)
 - Survey completed ($n = 3$)

Analysis

Analysis

Participants allocated to the RT-HIIT-group who completed baseline assessments ($n = 74$) and the follow-up assessments ($n = 65$)

- Weak-normal SOC ($n = 41$)
- Strong SOC ($n = 33$)

Participants allocated to the AT-HIIT-group who completed baseline assessments ($n = 72$) and the follow-up assessments ($n = 60$)

- Weak-normal SOC ($n = 42$)
- Strong SOC ($n = 30$)

Participants allocated to the UC-group who completed the trial baseline assessments ($n = 60$) and follow-up assessments ($n = 57$)

- Weak-normal SOC ($n = 42$)
- Strong SOC ($n = 18$)