

Supplementary Online Content

Kang D-W, Fairey AS, Boulé NG, Field CJ, Wharton SA, Courneya KS. Effects of exercise on cardiorespiratory fitness and biochemical progression in men with localized prostate cancer under active surveillance: the ERASE randomized clinical trial. *JAMA Oncol*. Published online August 19, 2021. doi:10.1001/jamaoncol.2021.3067

eTable. Effects of 12 Weeks of High-Intensity Interval Training on Functional Fitness and Anthropometric Outcomes in Prostate Cancer Patients Undergoing Active Surveillance in the ERASE Trial

This supplementary material has been provided by the authors to give readers additional information about their work.

eTable. Effects of 12 Weeks of High-Intensity Interval Training on Functional Fitness and Anthropometric Outcomes in Prostate Cancer Patients Undergoing Active Surveillance in the ERASE Trial

| Variables | Baseline | | Postintervention | | Mean change | | Adjusted between-group difference | | | |
|---------------------------|----------|------|------------------|------|-------------|--------------|-----------------------------------|-------------|----------|--|
| | Mean | SD | Mean | SD | Mean | 95% CI | Mean | 95% CI | <i>P</i> | |
| <i>Functional Fitness</i> | | | | | | | | | | |
| Chair sit-stand (reps) | | | | | | | | | | |
| HIIT (n=24) | 16 | 5 | 17 | 5 | 2 | 0 to 3 | 1 | 0 to 3 | 0.15 | |
| UC (n=25) | 15 | 4 | 15 | 4 | 1 | 0 to 2 | | | | |
| Arm curl (reps) | | | | | | | | | | |
| HIIT (n=24) | 17 | 5 | 19 | 5 | 2 | 1 to 3 | 3 | 1 to 4 | 0.001 | |
| UC (n=25) | 18 | 5 | 18 | 6 | 0 | -1 to 1 | | | | |
| Sit-and-reach (cm) | | | | | | | | | | |
| HIIT (n=24) | -6.3 | 14.5 | -3.6 | 17.4 | 2.6 | -1.1 to 6.4 | 4.8 | 0.2 to 9.4 | 0.042 | |
| UC (n=25) | -4.4 | 11.5 | -7.2 | 13.5 | -2.8 | -5.6 to -0.1 | | | | |
| Back scratch (cm) | | | | | | | | | | |
| HIIT (n=23) | -14.7 | 16.0 | -11.9 | 17.4 | 2.8 | -0.8 to 6.5 | 3.7 | -0.4 to 7.8 | 0.072 | |
| UC (n=25) | -15.3 | 11.3 | -16.3 | 12.1 | -0.9 | -2.5 to 0.6 | | | | |
| 8-foot up & go (sec) | | | | | | | | | | |
| HIIT (n=24) | 4.2 | 1.0 | 4.2 | 1.0 | 0.0 | -0.2 to 0.2 | 0.6 | -0.4 to 1.7 | 0.22 | |
| UC (n=25) | 4.1 | 0.9 | 3.8 | 2.3 | -0.4 | -1.5 to 0.7 | | | | |
| 6MWT (meter) | | | | | | | | | | |
| HIIT (n=24) | 559 | 65 | 586 | 71 | 27 | 12 to 41 | 20 | -2 to 41 | 0.072 | |
| UC (n=25) | 579 | 72 | 585 | 66 | 6 | -10 to 22 | | | | |
| <i>Body Weight/Size</i> | | | | | | | | | | |
| Body weight (kg) | | | | | | | | | | |
| HIIT (n=24) | 87.1 | 16.8 | 86.3 | 16.4 | -0.8 | -1.5 to -0.1 | -0.8 | -1.8 to 0.3 | 0.15 | |
| UC (n=25) | 88.9 | 14.3 | 88.9 | 14.9 | 0.0 | -0.8 to 0.7 | | | | |
| Waist circumference (cm) | | | | | | | | | | |
| HIIT (n=24) | 100.2 | 13.9 | 99.7 | 13.6 | -0.4 | -1.7 to 0.8 | -0.7 | -2.5 to 1 | 0.41 | |
| UC (n=25) | 103.5 | 12.8 | 104.1 | 13.2 | 0.6 | -0.6 to 1.8 | | | | |

Between-group difference was adjusted for baseline values of the outcome and resistance exercise behavior. SD, standard deviation; CI, confidence interval; HIIT, high-intensity interval training; UC, usual care; 6MWT, 6-minute walk test.