

**Tabel 10. Uitgangsvraag 10 – Hoe is empowerment van de (ex)patient te vergroten zodat oncologische revalidatie mogelijk is?,
Overzicht van studie karakteristieken naar determinanten van revalidatie participatie en intentie tot participatie.**

Study (trial) ID	Study type	Source of funding/ conflicts of interest	Setting	Hypotheses	Eligibility criteria	Sample size/ Lost to follow up	Duration of the Study	Primary Outcome Measure (s) Secondary Outcome Measure (s)	Effect size - Primary outcome(s) Effect size - Secondary outcome (s)	Level of evidence
Thorson 2008	Systematic review including 3 determinants of exercise studies			Identify determinants of physical activity	Patients with prostate cancer			Self-reported leisure time exercise, interest in exercise	Perceived Behavioral control predicted 36% variance in exercise behavior (1 study). Perceived behavioral control and subjective norm predicted exercise intention (1 study). Younger patients more interested in exercise (1 study).	B
Karvinen 2009	Uncontrolled prospective study			To identify determinants of exercise behavior	Bladder cancer survivors >18 year	525		Exercise behavior (Leisure)	Adjuvant therapy ($p=0.04$), invasiveness ($p=0.05$) and age ($p=0.04$) were significantly associated with exercise. Constructs of the theory of planned behavior mediated these associations; Exercise correlated strongly with exercise intention and this correlated with perceived behavioral control, instrumental and affective attitude.	B
Jones 2007				To assess demographic, medical and social determinants of exercise intentions	Brain cancer patients > 18 yrs	106		Theory of planned behavior correlates.	Predictors of exercise intentions were affective attitude ($p=0.02$) and perceived behavioral control ($p<0.001$). Higher pre-diagnosis exercise levels correlated with higher intention ($p=0.04$) and affective attitude ($p=0.002$).	B

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White 2009	Systematic review			To provide a quantitative estimate of the reporting of internal and external validity	RCTs addressing effect physical activity				In contrast to internal validity, external validity was poorly reported.	C
Pinto 2009	Study alongside a RCT			To obtain descriptive data on adherence and to identify predictors of adherence	Breast cancer patients	43		Predictors of adherence	Baseline self efficacy (OR 1.61; p=0.03) was a significant predictor of achieving weekly goals, but not demographic and medical variables	B
Courneya 2002	Study alongside a RCT			To examine correlates of adherence	96 cancer survivors				Independent predictors of overall RCT exercise were past exercise, assignment to experimental condition and intention. For exercise adherence in the exercise condition, predictors were sex, extraversion, normative beliefs and perceived behavioral control	B
Courneya 2004	RCT	Public funding		To examine the Exercise Stage of Change, PBC, employment status, and treatment protocol as predictors of exercise adherence	Prostate cancer survivors scheduled for ADT, approval oncologist, no cardiac disease, less than 1 hours from exercise center	155/4	12 weeks	TPB constructs, QoL-FACT-P scale	Exercise adherence better for higher exercise stage of change, younger age, and higher exercise intention	B