

ESM 6. Treatment Adherence and Management Time

Article title: Multimodal Digital Health Interventions versus Standard Perioperative Management in Lung Cancer Surgery: A Systematic Review, Meta-Analysis, and Evidence Gap Map

Journal: Supportive Care in Cancer

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Supplementary Table S6: Treatment Adherence and Healthcare Personnel Management Time

Study	Adherence definition	Adherence (%)	Management time (I)	Management time (C)	P value
Xu 2025	DTx platform engagement not fully standardized	NR	1.48 +/- 3.22 min/patient	16.67 +/- 6.41 min/patient	<0.001
Lv 2025	Proportion using app at least once during study period	97%	NR	NR	NR
Li 2025	Average completion of prescribed exercise sessions	101.2% (mean 151.4 min/week)	NR	NR	NR
Dai/Jing 2025	Scheduled ePRO assessment completion	NR; high retention reported	NR	NR	NR
Jiang 2024	WeChat-based follow-up completion	NR	NR	NR	NR
Sui 2020	WeChat education/rehabilitation participation	NR	NR	NR	NR
Patel 2023	Participation in Move For Surgery pre-conditioning	Trial completion 93.1% overall	NR	NR	NR
Chen 2026	Intelligent breathing-training adherence	NR	NR	NR	NR

NR = not reported. Definitions were too heterogeneous for quantitative synthesis.