

Time-point	Gillis 2014		Gillis 2021	Li 2012		Minella 2016	
	Prehab (cases) n = 38	Non-Prehab (controls) n = 39	Prehab (cases) n = 55	Prehab (cases) n = 42	Non-Prehab (controls) n = 45	Prehab 6MWD<400m. n = 36	Prehab 6MWD>400m. n = 70
SF-36 TOTAL							
Baseline	.	.	51.0 ± 22.0
Pre-surgery	.	.	59.0 ± 19.0
1-month post-surgery
2 months post-surgery
SF-36: Physical function							
Baseline	72.9 ± 27.4	76.8 ± 22.1	50 [30-75]	82.0 ± 21.0	.	.	.
Pre-surgery	73.5 ± 25.0	72.6 ± 29.7	55 [35-70]	80.0 ± 22.0	80.0 ± 24.0	.	.
1-month post-surgery	61.8 ± 31.6	62.1 ± 30.5	.	64.0 ± 29.0	70.0 ± 28.0	.	.
2 months post-surgery	74.3 ± 26.1	72.3 ± 24.2	.	73.0 ± 25.0	71.0 ± 31.0	.	.
SF-36: Role physical							
Baseline	52.9 ± 46.1	53.0 ± 49.6	0 [0-88]	71.0 ± 42.0	.	.	.
Pre-surgery	62.3 ± 44.3	56.6 ± 50.4	50 [0-100]	74.0 ± 38.0	58.0 ± 43.0	.	.
1-month post-surgery	24.2 ± 42.3	15.8 ± 35.1	.	37.0 ± 43.0	37.0 ± 43.0	.	.
2 months post-surgery	40.7 ± 45.6	35.0 ± 44.6	.	58.0 ± 40.0	58.0 ± 40.0	.	.
SF-36: Bodily pain							
Baseline	68.1 ± 27.7	75.8 ± 24.6	52 [41-84]	78.0 ± 24.0	.	.	.
Pre-surgery	74.7 ± 22.6	73.6 ± 25.3	74 [52-100]	77.0 ± 23.0	78.0 ± 29.0	.	.
1-month post-surgery	59.9 ± 30.7	64.1 ± 28.2	.	67.0 ± 22.0	59.0 ± 24.0	.	.
2 months post-surgery	74.2 ± 24.7	73.2 ± 26.7	.	75.0 ± 24.0	75.0 ± 24.0	.	.
SF-36: General health							
Baseline	62.0 ± 20.4	63.5 ± 10.9	57.0 ± 38.0	72.0 ± 17.0	.	.	.
Pre-surgery	66.4 ± 22.8	60.0 ± 25.8	60.0 ± 21.0	75.0 ± 16.0	69.0 ± 24.0	.	.
1-month post-surgery	66.0 ± 19.3	64.9 ± 18.4	.	75.0 ± 18.0	65.0 ± 20.0	.	.
2 months post-surgery	65.7 ± 22.9	68.2 ± 19.5	.	69.0 ± 17.0	66.0 ± 18.0	.	.
SF-36: Vitality							
Baseline	53.1 ± 19.9	59.6 ± 21.6	45.0 ± 21.0	64.0 ± 21.0	.	.	.
Pre-surgery	60.3 ± 22.7	59.2 ± 23.4	56.0 ± 21.0	68.0 ± 20.0	59.0 ± 23.0	.	.
1-month post-surgery	51.9 ± 25.4	53.6 ± 23.6	.	61.0 ± 19.0	54.0 ± 22.0	.	.
2 months post-surgery	61.0 ± 21.8	62.6 ± 17.7	.	65.0 ± 17.0	58.0 ± 21.0	.	.
SF-36: Social functioning							
Baseline	71.0 ± 25.8	77.6 ± 21.2	63 [38-88]	88.0 ± 25.0	.	.	.
Pre-surgery	72.3 ± 28.8	75.4 ± 31.9	63 [50-88]	84.0 ± 27.0	69.0 ± 44.0	.	.
1-month post-surgery	53.2 ± 30.4	60.4 ± 26.5	.	59.0 ± 46.0	59.0 ± 47.0	.	.
2 months post-surgery	75.6 ± 23.3	72.4 ± 27.3	.	65.0 ± 17.0	58.0 ± 21.0	.	.
SF-36: Role emotional							
Baseline	69.5 ± 44.8	68.4 ± 38.8	33 [0-100]	58.0 ± 21.0	.	.	.
Pre-surgery	62.8 ± 48.8	53.4 ± 49.8	84 [0-100]	82.0 ± 21.0	72.0 ± 26.0	.	.
1-month post-surgery	46.7 ± 53.9	46.3 ± 48.5	.	72.0 ± 26.0	63.0 ± 32.0	.	.
2 months post-surgery	69.4 ± 38.6	52.9 ± 47.5	.	79.0 ± 22.0	71.0 ± 28.0	.	.
SF-36: Mental health							
Baseline	67.8 ± 18.5	72.7 ± 15.4	66.0 ± 18.0	77.0 ± 17.0	.	.	.
Pre-surgery	71.6 ± 21.5	69.6 ± 24.8	66.0 ± 21.0	77.0 ± 18.0	70.0 ± 23.0	.	.
1-month post-surgery	70.6 ± 17.5	70.6 ± 19.9	.	76.0 ± 18.0	69.0 ± 21.0	.	.
2 months post-surgery	79.0 ± 16.1	72.4 ± 20.9	.	79.0 ± 18.0	70.0 ± 21.0	.	.
SF-36: Physical component score (PCS)							
Baseline	.	.	49.0 ± 21.0	47.0 ± 10.0	.	44.3 [39.4-51.6]	53.2 [46.1-57.5]
Pre-surgery	.	.	57.0 ± 19.0	48.0 ± 8.0	47.0 ± 11.0	+0.5 [-2.2- 6.1]	+1.3 [-0.7-5.2]
1-month post-surgery	.	.	.	40.0 ± 8.0	40.0 ± 9.0	-2.0 [14.8-6.0]	-8.0 [-13.3-2.0]
2 months post-surgery	.	.	.	44.0 ± 11.0	44.0 ± 12.0	+0.3 [-5.8-8.4]	+2.2 [-2.7-8.0]
SF-36: Mental component score (MCS)							
Baseline	.	.	54.0 ± 23.0	51.0 ± 10.0	.	50.3 [43.9-59.9]	51.9 [44.7-58.8]
Pre-surgery	.	.	59.0 ± 21.0	50.0 ± 10.0	45.0 ± 14.0	+1.5 [-3.0-3.6]	+1.9 [-1.6-6.9]
1-month post-surgery	.	.	.	44.0 ± 14.0	44.0 ± 14.0	-4.0 [-10.8-6.0]	-0.6 [-8.8-5.2]
2 months post-surgery	.	.	.	51.0 ± 10.0	46.0 ± 11.0	+2.7 [-7.0-8.2]	+4.9 [-2.5-11.0]

Table 2: QoL outcomes using SF-36. mean values ±SD. The **green** columns indicate results for patients in a prehabilitation group. **Red** text = median values [IQR]. **Bold** text indicates that results were statistically significant.