

Supplement B. List of selected studies

- A1. Hatchett A, Hallam JS, Ford MA. Evaluation of a social cognitive theory-based email intervention designed to influence the physical activity of survivors of breast cancer. *Psychooncology* 2013;22(4):829-36. <https://doi.org/10.1002/pon.3082>
- A2. Lee MK, Yun YH, Park H, Lee ES, Jung KH, Noh D. A web-based self-management exercise and diet intervention for breast cancer survivors: Pilot randomized controlled trial. *Int J Nurs Stud* 2014;51(12):1557-67. <https://doi.org/10.1016/j.ijnurstu.2014.04.012>
- A3^a. Galiano-Castillo N, Cantarero-Villanueva I, Fernandez-Lao C, Ariza-Garcia A, Diaz-Rodriguez L, Del-Moral-Avila R, et al. Telehealth system: a randomized controlled trial evaluating the impact of an internet-based exercise intervention on quality of life, pain, muscle strength, and fatigue in breast cancer survivors. *Cancer* 2016;122(20):3166-74. <https://doi.org/10.1002/cncr.30172>
- A3^b. Galiano-Castillo N, Arroyo-Morales M, Lozano-Lozano M, Fernandez-Lao C, Martin-Martin L, Del-Moral-Avila R, et al. Effect of an internet-based telehealth system on functional capacity and cognition in breast cancer survivors: a secondary analysis of a randomized controlled trial. *Support Care Cancer* 2017;25(11):3551-9. <https://doi.org/10.1007/s00520-017-3782-9>
- A4. Kim HJ, Kim SM, Shin H, Jang JS, Kim YI, Han DH. A mobile game for patients with breast cancer for chemotherapy self-management and quality-of-life improvement: randomized controlled trial. *J Med Internet Res* 2018;20(10):e273. <https://doi.org/10.2196/jmir.9559>
- A5. Ariza-Garcia A, Arroyo-Morales M, Lozano-Lozano M, Galiano-Castillo N, Postigo-Martin P, et al. A web-based exercise system (e-CuidateChemo) to counter the side effects of chemotherapy in patients with breast cancer: Randomized controlled trial. *J Med Internet Res* 2019;21(7):e14418. <https://doi.org/10.2196/14418>
- A6. Dong X, Yi X, Gao D, Gao Z, Huang S, Chao M, et al. The effects of the combined exercise intervention based on internet and social media software (CEIBISMS) on quality of life, muscle strength and cardiorespiratory capacity in Chinese postoperative breast cancer patients: a randomized controlled trial. *Health Qual Life Outcomes* 2019;17(1). <https://doi.org/10.1186/s12955-019-1183-0>
- A7^a. Lynch BM, Nguyen NH, Moore MM, Reeves MM, Rosenberg DE, Boyle T, et al. Maintenance of physical activity and sedentary behavior change, and physical activity and sedentary behavior change after an abridged intervention: Secondary outcomes from the ACTIVATE Trial. *Cancer* 2019;125(16):2856-60. <https://doi.org/10.1002/cncr.32142>
- A7^b. Vallance JK, Nguyen NH, Moore MM, Reeves MM, Rosenberg DE, Boyle T, et al. Effects of the ACTIVity and TEchnology (ACTIVATE) intervention on health-related quality of life and fatigue outcomes in breast cancer survivors. *Psychooncology* 2020;29(1):204-11. <https://doi.org/10.1002/pon.5298>
- A8. McNeil J, Brenner DR, Stone CR, O'Reilly R, Ruan Y, Vallance JK, et al. Activity tracker to prescribe various exercise intensities in breast cancer survivors. *Med Sci Sports Exerc* 2019;51(5):930-40. <https://doi.org/10.1249/mss.0000000000001890>
- A9. Nemli A, Tekinsoy Kartın P. Effects of exercise training and follow-up calls at home on physical activity and quality of life after a mastectomy. *Jpn J Nurs Sci* 2019 Jul;16(3):322-8. <https://doi.org/10.1111/jjns.12243>
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- A11. Hou I, Lin H, Shen S, Chang KJ, Tai HC, Tsai AJ, et al. Quality of life of women after a first diagnosis of breast cancer using a self-management support mHealth app in Taiwan: randomized controlled trial. *JMIR Mhealth Uhealth* 2020;8(3):e17084. <https://doi.org/10.2196/17084>
- A12. Santa-Maria CA, Coughlin JW, Sharma D, Armanios M, Blackford AL, Schreyer C, et al. The effects of a remote-based weight loss program on adipocytokines, metabolic markers, and telomere length in breast cancer survivors: the POWER-

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- A14. Holtdirk F, Mehnert A, Weiss M, Mayer J, Meyer B, Brode P, et al. Results of the optimune trial: a randomized controlled trial evaluating a novel internet intervention for breast cancer survivors. PLoS ONE 2021;16(5):e0251276. <https://doi.org/10.1371/journal.pone.0251276>
- A15^a. Reeves MM, Terranova CO, Winkler EAH, McCarthy N, Hickman IJ, Ware RS, et al. Effect of a remotely delivered weight loss intervention in early-stage breast cancer: randomized controlled trial. Nutrients 2021;13(11):4091. <https://doi.org/10.3390/nu13114091>
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- A16. Sheean P, Matthews L, Visotcky A, Banerjee A, Moosreiner A, Kelley K, et al. Every day counts: a randomized pilot lifestyle intervention for women with metastatic breast cancer. Breast Cancer Res Treat 2021;187(3):729-41. <https://doi.org/10.1007/s10549-021-06163-1>
- A17. Changizi M, Ghahremani L, Ahmadloo N, Kaveh MH. The patient health engagement model in cancer management: Effect of physical activity, distress management, and social support intervention to improve the quality of life in breast cancer patients. Int J Breast Cancer 2022;2022. <https://doi.org/10.1155/2022/1944852>
- A18. Ochi E, Tsuji K, Narisawa T, Shimizu Y, Kuchiba A, Suto A, et al. Cardiorespiratory fitness in breast cancer survivors: a randomised controlled trial of home-based smartphone supported high intensity interval training. BMJ Support Palliat Care 2022;12(1):33-7. <https://doi.org/10.1136/bmjspcare-2021-003141>