

Supplementary Appendix B: Outcome differences within-groups and between-groups at post-intervention (per protocol analysis)

Measure	Group	Baseline	Post-intervention	Changes within-group		Changes between-group		Cohen's d
		Mean (SD) (n)	Mean (SD) (n)	P value	MSD (CI 95%)	P value	MSD (CI 95%)	
Primary outcomes								
<i>Resting echocardiographic measures</i>								
LVEF, %	Usual Care	65.46 (4.00) (n=62)	62.15 (3.89) (n=57)	<0.001	-3.08 (-4.27, -1.89)	0.000	-2.65 (-4.03, -1.27)	0.727
	CORe	66.36 (4.18) (n=60)	64.81 (3.41) (n=54)	0.031	-1.44 (-2.75, -0.13)			
GLS, % *	Usual Care	-20.51 (1.69) (n=60)	-19.48 (2.01) (n=51)	0.001	-1.11 (-1.72, -0.48)	0.024	-0.88 (-1.65, -0.12)	0.427
	CORe	-21.49 (2.06) (n=59)	-20.32 (1.92) (n=53)	0.001	-1.19 (-1.84, -0.53)			
Secondary outcomes								
<i>Biomarkers</i>								
NT-proBNP, pg/ml	Usual Care	81.48 (133.24) (n=60) ^a	55.22 (55.14) (n=54) ^a	0.15	-25.19 (-60.7, 10.31)	0.82	-2.65 (-23.33, 18.01)	0.050
	CORe	70.28 (71.41) (n=53) ^a	57.88 (50.81) (n=50) ^a	0.63	-11.5 (-33.48, 10.48)			
Troponin, ng/ml	Usual Care	0.018 (0.004) (n=55) ^a	0.017 (0.001) (n=28) ^a	1.00	0.000 (-0.002, 0.001)	0.63	-0.0001 (-0.0011, 0.0008)	0.007
	CORe	0.017 (0.005) (n=42) ^a	0.017 (0.002) (n=26) ^a	0.31	0.001 (-0.001, 0.002)			
<i>Functional assessment</i>								
	Usual Care	20.67 (3.70) (n=62)	20.05 (3.61) (n=56)	0.059	-0.65 (-1.33, 0.02)	0.043	-1.39 (-2.74, -0.04)	0.398

VO ₂ peak, ml/kg/min	CORe	21.35 (3.82) (n=58)	21.45 (3.41) (n=51)	0.98	0.01 (-0.91, 0.93)			
Repetitions of 30STS	Usual Care	19.58 (4.0) (n=62)	20.39 (4.51) (n=54)	0.057	0.83 (-0.02, 1.69)	0.027	-1.83 (-3.46, -0.21)	0.434
	CORe	20.58 (4.50) (n=59)	22.23 (3.93) (n=53)	0.001	1.47 (0.66, 2.28)			
Right handgrip dinamometry, kg	Usual Care	25.12 (4.18) (n=58)	24.42 (4.73) (n=57)	0.060	-0.77 (-1.58, 0.03)	0.76	-0.24 (-1.83, 1.34)	0.057
	CORe	25.38 (4.52) (n=60)	24.66 (3.63) (n=54)	0.47	-0.29 (-1.11, 0.52)			
Left handgrip dinamometry, kg	Usual Care	23.51 (4.75) (n=59)	22.08 (4.84) (n=57)	0.015	-1.50 (-2.70, -0.29)	0.027	-1.81 (-3.40, -0.21)	0.425
	CORe	24.68 (4.65) (n=60)	23.89 (3.57) (n=54)	0.48	-0.26 (-1.04, 0.50)			
<i>Anthropometrics</i>								
Weight, kg	Usual Care	69.77 (13.18) (n=62)	72.24 (14.58) (n=57)	0.002	2.43 (0.89,3.98)	0.049	-4.48 (-8.69, -0.27)	-0.325
	CORe	68.23 (14.12) (n=60)	67.76 (12.87) (n=54)	0.34	-0.19 (-2.18,1.79)			
BMI, kg/m ²	Usual Care	26.87 (5.31) (n=62)	27.71 (5.82) (n=57)	0.002	0.94 (0.35, 1.53)	0.087	1.61 (-0.43, 3.56)	-0.296
	CORe	26.36 (5.77) (n=60)	26.10 (4.99) (n=54)	0.37	-0.12 (-0.89, 0.66)			
<i>Psychosocial and lifestyle aspects</i>								
FACT-B	Usual Care	101.87 (17.71) (n=62)	102.42 (20.14) (n=57)	0.95	0.11 (-4.17, 4.39)	0.83	-1.19 (-8.22, 5.82)	0.064

	CORe	104.56 (15.59) (n=60)	103.62 (16.97) (n=54) ^a	0.66	-1.97 (-6.00, 2.05)			
HADS, depression	Usual Care	3.92 (3.18) (n=62) ^a	4.04 (3.30) (n=57) ^a	0.85	0.04 (-0.85, 0.92)	0.78	-0.09 (-1.34, 1.14)	0.029
	CORe	4.07 (3.01) (n=60) ^a	4.13 (3.28) (n=53) ^a	0.93	0.13 (-0.66, 0.92)			
HADS, anxiety	Usual Care	7.11 (4.21) (n=62) ^a	6.23 (3.78) (n=57) ^a	0.025	-1.12 (-2.09, -0.15)	0.78	0.45 (-0.87, 1.78)	-0.129
	CORe	6.65 (3.11) (n=60) ^a	5.77 (3.20) (n=53) ^a	0.20	-0.62 (-1.49, 0.24)			
PREDIMED*	Usual Care	8.32 (2.21) (n=62) ^a	9.49 (2.05) (n=57) ^a	0.000	1.23 (0.61, 1.85)	0.34	-0.47 (-1.25, 0.31)	0.227
	CORe	9.13 (2.08) (n=60) ^a	9.96 (2.10) (n=54) ^a	0.072	0.81 (-0.03, 1.60)			
GLTEQ	Usual Care	17.90 (10.59) (n=62) ^a	27.74 (12.05) (n=57) ^a	0.000	9.77 (6.22, 13.32)	0.56	1.95 (-2.39, 6.31)	-0.169
	CORe	20.52 (12.47) (n=60) ^a	25.78 (11.05) (n=54) ^a	0.009	5.02 (1.02, 9.01)			

Abbreviations: LVEF, left ventricular ejection fraction; GLS, global longitudinal strain; BMI, body mass index; NT- proBNP, N-terminal brain natriuretic propeptide; VO₂peak, peak oxygen uptake; 30STS, 30-s sit-to-stand; FACT-B+4, functional assessment of cancer therapy—breast plus arm morbidity; HADS, hospital anxiety and depression scale; PREDIMED, PREvención con Dieta MEDiterránea; GLTEQ, Godin Leisure Test Exercise Questionnaire; CORe, Cardio-Oncology Rehabilitation; SD, Standard Deviation; MSD, Minimal Significant Difference

Note: Significant difference between and within groups with $p \leq 0.05$

*Significant differences between groups observed at baseline ($p \leq 0.05$)

^a Non-parametric distribution and Mann-Whitney U-test or Wilcoxon test performed for between-group and within-group changes.