

Supplementary Files

Supplementary Table 1. Values for physical condition and physical activity (N = 17).

Variables	Baseline	Discharge	1month	3months	6months
BMI (kg/m ²)	22.7(20.6-25.1)	21.8(19.3-23.7)	21.1(19.7-23.4)	20.7(18.4-22.7)	20.9 (18.5-23.0)
Dietary intake (scale 1-10)	10.0(10.0-10.0)	3.0(2.5-4.0)	5.0(3.0-6.0)	7.0(5.0-9.0)	7.0 (5.0-9.5)
IPAQ Physical activity > 3 METs (hours/day)	10.0 (4.6-20.6)	2.5(0.9-6.1)	4.5 (2.1-9.2)	5.4 (2.3-23.4)	7.9 (2.1-21.1)
Energy expended in exercise (kcal/day)	508.8(282.9-1526.6)	120.0 (52.2-323.2)	284.1 (105.0-733.7)	328.1 (121.8-1259.9)	1771.4 (457.4-7072.6)
Step count (steps/day)	7000.0 (5562.0-10000.0)	3743.3 (2803.3-5933.3)	4943.6 (3384.9-7007.1)	6344.6(5077.2-8867.0)	6375.1 (5076.2-8754.0)
Serum hemoglobin (g/L)	140 (135-145)	119 (112-130)	121 (118-131)	131 (117-140)	129 (124-139)
Serum albumin (g/L)	43 (41-45)	3.2 (30-34)	39 (36-41)	4.1 (395-42)	41 (39-42)

Abbreviations: BMI, body mass index; IPAQ, International Physical Activity Questionnaire; METs, metabolic equivalents

^aValues are shown as medians and the interquartile range.

Supplementary Table 2. Statistical comparison of physical condition and physical activity (N = 17).

Statistical analysis							
Compared timing	BMI	Intake	IPAQ		Step count (steps/day)	Serum hemoglobin (g/dL)	Serum albumin (g/dL)
			Physical activity > 3 METs (hours/day)	Energy expended in exercise (kcal/day)			
Friedman test	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Wilcoxon two-sample test							
BL vs. D/C	0.001	0.000	0.001	0.002	0.000	0.000	0.000
BL vs. p1m	0.000	0.000	0.017	0.013	0.019	0.000	0.001
BL vs. p3m	0.000	0.003	0.210	0.149	0.381	0.001	0.002
BL vs. p6m	0.001	0.003	0.278	0.035	0.831	0.000	0.001
D/C vs. p1m	0.140	0.092	0.007	0.005	0.049	0.140	0.001
D/C vs. p3m	0.005	0.005	0.001	0.002	0.003	0.003	0.000
D/C vs. p6m	0.069	0.001	0.001	0.001	0.002	0.001	0.000
p1m vs. p3m	0.074	0.002	0.036	0.249	0.008	0.065	0.011
p1m vs. p6m	0.394	0.001	0.019	0.002	0.012	0.055	0.012
p3m vs. p6m	0.248	0.082	0.530	0.002	0.551	0.575	1.000

Abbreviations: BL, baseline (before surgery); D/C, discharge (after surgery); p1m, 1 month after discharge; p3m, 3 months after discharge; p6m, 6 months after discharge; BMI, body mass index; IPAQ, International Physical Activity Questionnaire; METs, metabolic equivalents.

Supplementary Table 3. Health-related quality of life and self-efficacy domain scores (N = 17).

Measurements and domains		Baseline	Discharge	1 month	3 months	6 months
HRQOL; EORTCQLQ-C30v3						
Global health status/QOL	(QL2)	83.3 (70.8-83.3)	58.3 (50.0-83.3)	75.0 (41.7-83.3)	83.3 (70.8-91.7)	83.3 (70.8-100.0)
Functional scales						
Physical	(PF2)	100.0 (93.3-100.0)	86.7 (70.0-90.0)	86.7 (70.8-90.0)	93.3 (86.7-100.0)	93.3 (86.7-96.7)
Role	(RF2)	100.0 (100.0-100.0)	83.3 (50.0-83.3)	83.3 (58.3-100.0)	100.0 (83.3-100.0)	100.0 (66.7-100.0)
Emotional	(EF)	91.7 (83.3-100.0)	91.7 (79.2-100.0)	91.7 (79.2-100.0)	91.7 (83.3-100.0)	100.0 (79.2-100.0)
Cognitive	(CF)	100.0 (83.3-100.0)	83.3 (75.0-100.0)	83.3 (83.3-100.0)	100.0 (83.3-100.0)	83.3 (83.3-91.7)
Social	(SF)	100.0 (83.3-100.0)	83.3 (66.7-100.0)	83.3 (66.7-100.0)	100.0 (100.0-100.0)	100.0 (83.3-100.0)
Symptom scales						
Fatigue	(FA)	0.0 (0.0-16.7)	33.3 (22.2-44.4)	22.2 (11.1-44.4)	22.2 (5.6-33.3)	33.3 (11.1-38.9)
Nausea and vomiting	(NV)	0.0 (0.0-0.0)	0.0 (0.0-16.7)	0.0 (0.0-16.7)	0.0 (0.0-16.7)	0.0 (0.0-16.7)
Pain	(PA)	0.0 (0.0-8.3)	16.7 (0.0-33.3)	16.7 (0.0-33.3)	0.0 (0.0-8.3)	0.0 (0.0-0.0)
Dyspnea	(DY)	0.0 (0.0-0.0)	0.0 (0.0-33.3)	0.0 (0.0-33.3)	0.0 (0.0-16.7)	0.0 (0.0-0.0)
Insomnia	(SL)	0.0 (0.0-0.0)	33.3 (0.0-33.3)	0.0 (0.0-33.3)	0.0 (0.0-0.0)	0.0 (0.0-16.7)
Appetite loss	(AP)	0.0 (0.0-0.0)	33.3 (0.0-33.3)	33.3 (0.0-33.3)	0.0 (0.0-33.3)	0.0 (0.0-33.3)
Constipation	(CO)	0.0 (0.0-0.0)	0.0 (0.0-33.3)	0.0 (0.0-33.3)	0.0 (0.0-33.3)	0.0 (0.0-33.3)
Diarrhea	(DI)	0.0 (0.0-0.0)	0.0 (0.0-33.3)	0.0 (0.0-33.3)	33.3 (0.0-33.3)	0.0 (0.0-33.3)
Financial difficulties	(FI)	0.0 (0.0-0.0)	0.0 (0.0-33.3)	0.0 (0.0-33.3)	0.0 (0.0-16.7)	0.0 (0.0-16.7)
Self-efficacy scales, SEAC						
Affect regulation efficacy	(ARE)	95.0 (80.8-100.0)	75.0 (51.7-89.2)	75.0 (65.0-90.0)	83.3 (66.7-95.8)	83.3 (69.2-98.3)
Symptom coping efficacy	(SCE)	96.7 (75.8-100.0)	65.0 (48.3-78.3)	70.0 (53.3-80.8)	80.0 (64.2-93.3)	80.0 (64.2-98.3)
ADL efficacy	(ADE)	100.0 (85.8-100.0)	75.0 (50.0-87.5)	70.0 (58.3-86.7)	83.3 (62.5-92.5)	83.3 (69.2-95.8)
Total self-efficacy	(SE)	96.7 (81.1-100.0)	72.2 (51.7-85.0)	71.1 (60.3-84.7)	82.2 (63.3-93.6)	77.8 (66.7-96.4)

Abbreviations: HRQOL, health-related quality of life; EORTC QLQ-C30v3, European Organization for Research and Treatment of Cancer quality of life questionnaire version 3; QOL, quality of life; QL2, global health status/QOL; PF2, physical functioning; RF2, role functioning; EF, emotional functioning; CF, cognitive functioning; SF, social functioning; FA, fatigue; NV, nausea and vomiting; PA, pain, DY, dyspnea; SL, insomnia; AP, appetite loss; CO, constipation; DI, diarrhea; FI, financial difficulties; SEAC, self-efficacy scale for advanced cancer; ARE, affect regulation efficacy; SCE, symptom coping efficacy; ADL, activities of daily living; ADE, ADL efficacy; SE, total self-efficacy.

*Values are shown as medians and the interquartile range.

Supplementary Table 4: Statistical comparisons of the health-related quality of life and self-efficacy scores (N = 17).

Statistical analysis																			
Compared timing	EORTCQLQ-C30v3																		SEAC
	Functional scales						Symptom scales/items												
	QL2	PF2	RF2	EF	CF	SF	FA	NV	PA	DY	SL	AL	CO	DI	FI	ARE	SCE	ADE	SE
Freidman test	0.000	0.000	0.000	0.481	0.064	0.001	0.000	0.212	0.000	0.031	0.006	0.001	0.095	0.001	0.355	0.003	0.000	0.001	0.000
BL vs.D/C	0.025	0.001	0.001	0.357	0.101	0.034	0.001	0.038	0.007	0.011	0.052	0.005	0.119	0.005	0.180	0.004	0.001	0.001	0.001
BL vs. p1m	0.044	0.001	0.003	0.908	0.223	0.006	0.005	0.068	0.022	0.025	0.058	0.003	0.033	0.005	0.102	0.023	0.004	0.002	0.002
BL vs. p3m	0.570	0.292	0.034	0.572	0.132	0.739	0.005	0.084	1.000	0.046	0.564	0.053	0.014	0.003	0.317	0.102	0.078	0.020	0.039
BL vs. p6m	0.189	0.011	0.034	0.873	0.028	0.763	0.001	0.084	0.655	0.180	1.000	0.096	0.008	0.008	0.257	0.136	0.118	0.059	0.076
D/C vs. p1m	0.569	0.491	0.677	0.221	0.480	0.096	0.090	1.000	0.391	0.247	0.414	0.577	0.414	1.000	0.564	0.169	0.124	0.387	0.196
D/C vs. p3m	0.006	0.007	0.020	0.103	0.558	0.031	0.042	0.783	0.007	0.096	0.059	0.107	1.000	0.075	0.564	0.033	0.001	0.083	0.006
D/C vs. p6m	0.005	0.014	0.003	0.121	0.617	0.070	0.223	0.885	0.007	0.132	0.052	0.058	0.873	0.564	1.000	0.033	0.013	0.013	0.009
p1m vs. p3m	0.005	0.005	0.014	0.509	0.863	0.007	0.401	0.783	0.010	0.705	0.187	0.029	0.414	0.655	0.317	0.153	0.002	0.083	0.022
p1m vs. p6m	0.005	0.008	0.026	0.401	0.461	0.013	0.747	0.888	0.016	0.414	0.059	0.039	0.782	0.655	0.075	0.075	0.050	0.004	0.026
p3m vs. p6m	0.631	0.014	0.723	0.917	0.132	0.480	0.496	1.000	0.564	0.564	0.739	0.414	0.655	0.705	0.655	0.157	0.779	0.061	0.133

Abbreviations: HRQOL, health-related quality of life; EORTCQLQ-C30v3, European Organization for Research and Treatment of Cancer quality of life questionnaire version 3; QL2, global health status/quality of life; PF2, physical functioning; RF2, role functioning; EF, emotional functioning; CF, cognitive functioning; SF, social functioning; FA, fatigue; NV, nausea and vomiting; PA, pain, DY, dyspnea; SL, insomnia; AP, appetite loss; CO, constipation; DI, diarrhea; FI, financial difficulties; SEAC, self-efficacy scale for advanced cancer; ARE, affect regulation efficacy; SCE, symptom coping efficacy; ADE, activities of daily living efficacy; SE, total self-efficacy; BL, baseline (before surgery); D/C, discharge (after surgery); p1m, 1 month after discharge; p3m, 3 months after discharge; p6m, 6 months after discharge.