

	Timeframe Short-term is <7 mo. Long-term is <1.5 yr.	Fatigue	Adverse reactions	Pain	Pain intensity	Physical functioning (SF-36)	Quality of Life	Depression	Sleep
Exercise therapy vs control	Short-term	Exercise therapy probably reduces fatigue	NOT MEASURED	NOT MEASURED	NOT MEASURED	Exercise therapy may moderately improve physical functioning	NOT MEASURED	Uncertain	Exercise therapy may slightly improve sleep
	Long-term	Uncertain	Uncertain	NOT MEASURED	Uncertain	Uncertain	Uncertain – lower in exercise group in one, small study	Uncertain	Exercise therapy may slightly improve sleep
Exercise therapy vs cognitive behavioral therapy	Short-term	Exercise therapy may make little to no difference in fatigue	NOT MEASURED	NOT MEASURED	NOT MEASURED	Exercise therapy may make little to no difference in physical functioning	NOT MEASURED	NOT MEASURED	NOT MEASURED
	Long-term	Exercise therapy probably makes little to no difference to fatigue	Uncertain	NOT MEASURED	Uncertain	Uncertain	Uncertain – lower in the exercise group in one, small study	Exercise therapy probably makes little to no difference to depression	Exercise therapy may make little to no difference to sleep
Exercise therapy vs adaptive pacing therapy	Short-term	Exercise therapy may slightly reduce fatigue	NOT MEASURED	NOT MEASURED	NOT MEASURED	Exercise therapy may lightly improve physical functioning	NOT MEASURED	NOT MEASURED	NOT MEASURED
	Long-term	Exercise therapy may slightly reduce fatigue	Uncertain	NOT MEASURED	NOT MEASURED	Exercise therapy may lightly improve physical functioning	NOT MEASURED	Exercise therapy may slightly reduce depression	Exercise may slightly improve sleep
Exercise therapy vs antidepressants	Short-term	Uncertain	NOT MEASURED	NOT MEASURED	NOT MEASURED	NOT MEASURED	NOT MEASURED	Uncertain	NOT MEASURED
	Long-term	NOT MEASURED	NOT MEASURED	NOT MEASURED	NOT MEASURED	NOT MEASURED	NOT MEASURED	NOT MEASURED	NOT MEASURED
Exercise therapy plus anti-depressants vs antidepressants alone	Short-term	Uncertain	NOT MEASURED	NOT MEASURED	NOT MEASURED	NOT MEASURED	NOT MEASURED	Uncertain	NOT MEASURED
	Long-term	NOT MEASURED	NOT MEASURED	NOT MEASURED	NOT MEASURED	NOT MEASURED	NOT MEASURED	NOT MEASURED	NOT MEASURED

Notes:

- 1) Boldfaced items are those with moderate support.
- 2) The manual for adaptive pacing therapy does urge patients to increase their activity over time. Despite the name, this is not pacing.
- 3) Note the lack of information/measuring of adverse effects and negative symptoms such as pain and pain intensity.
- 4) Note there is variance on what was used for a control group in the included studies: being on a waiting list; a stretching/relaxation regimen; and “standard care”.