**Table 2: Trial Burden Score for Included Trials**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Author** | **Title** | **Published Year** | **Age range (Mean)** | **Cancer Diagnosis** | **Proposed sample size (N)** | **Recruitment (N)** | **Under recruitment (%)** | **Loss To Follow up (N)** | **Retention rate(%)** | **Physical Burden** | **Psychological Burden** | **Economic burden** | **Familial burden** | **Societal Burden** | **Trial Burden Score (TBS)** |
| Traka et al. | Transcriptional changes in prostate of men on active surveillance after a 12-mo glucoraphanin-rich broccoli intervention-results from the Effect of Sulforaphane on prostate CAncer PrEvention (ESCAPE) randomized controlled trial. | 2019 | 66.6 | Stage1/2 | 78 | 61 | 21 | 4 | 95 | 13 | 12 | 4 | 10 | 0 | **39** |
| Aydın et al. | The Effect of Pelvic Floor Muscle Training On Incontinence Problems After Radical Prostatectomy | 2018 | 61.4 | Stage 2 | 64 | 60 | 6.25 | 0 | 100 | 11 | 11 | 4 | 8 | 0 | **34** |
| Penedo et al. | Technology-Based Psychosocial Intervention to Improve Quality of Life and Reduce Symptom Burden in Men with Advanced Prostate Cancer: Results from a Randomized Controlled Trial | 2020 | 68 | Stage 3/4 | 230 | 192 | 16.5 | 29 | 84 | 8 | 16 | 4 | 9 | 1 | **38** |
| Monninkhof et al. | Standard whole prostate gland radiotherapy with and without lesion boost in prostate cancer: Toxicity in the FLAME randomized controlled trial | 2018 | 70 | Stage 2 | 566 | 571 | 0 | 10 | 98 | 16 | 17 | 5 | 10 | 0 | **48** |
| Skolarus et al. | Self-Management in Long-Term Prostate Cancer Survivors: A Randomized, Controlled Trial | 2019 | 66.7 | PCS | 550 | 556 | 0 | 48 | 91 | 3 | 14 | 4 | 6 | 1 | **28** |
| Saadipoor et al. | Randomized, double-blind, placebo-controlled phase II trial of nanocurcumin in prostate cancer patients undergoing radiotherapy | 2018 | 70.2 | Stage 2 | 64 | 64 | 0 | 1 | 95 | 11 | 14 | 6 | 10 | 0 | **41** |
| Hoffman et al. | Randomized Trial of Hypofractionated, Dose-Escalated, Intensity-Modulated Radiation Therapy (IMRT) Versus Conventionally Fractionated IMRT for Localized Prostate Cancer | 2018 | 57.8 | Stage 1 | 226 | 222 | 1.76 | 19 | 91 | 11 | 11 | 5 | 10 | 1 | **38** |
| Tøndel et al. | Radiotherapy for prostate cancer–Does daily image guidance with tighter margins improve patient reported outcomes compared to weekly orthogonal verified irradiation? Results from a randomized controlled trial. | 2018 | 72.15 | Stage 2 | 260 | 257 | 1.15 | 5 | 98 | 11 | 17 | 5 | 10 | 0 | **43** |
| Villumsen et al. | Home-based 'exergaming' was safe and significantly improved 6-min walking distance in patients with prostate cancer: a single-blinded randomised controlled trial | 2019 | 68 | Stage 2/3 | 46 | 46 | 0 | 5 | 89 | 9 | 12 | 5 | 10 | 0 | **36** |
| Ndjavera et al. | Exercise-induced attenuation of treatment side-effects in patients with newly diagnosed prostate cancer beginning androgen-deprivation therapy: a randomised controlled trial | 2019 | 72 | Stage 4 | 44 | 50 | 0 | 13 | 74 | 11 | 18 | 6 | 11 | 0 | **46** |
| Galvão et al. | Exercise Preserves Physical Function in Prostate Cancer Patients with Bone Metastases | 2018 | 70 | Stage 4 | 90 | 57 | 36.6 | 8 | 89 | 11 | 19 | 6 | 11 | 1 | **48** |
| Russell et al. | Short-term effects of transdermal estradiol in men undergoing androgen deprivation therapy for prostate cancer: a randomized placebo-controlled trial | 2018 | 73.8 | Stage 2 | 32 | 37 | 0 | 1 | 97 | 11 | 16 | 6 | 10 | 0 | **43** |
| Paur et al. | Tomato-based randomized controlled trial in prostate cancer patients: Effect on PSA | 2017 | 63.5 | Stage 2 | 160 | 86 | 46.25 | 7 | 91 | 7 | 11 | 6 | 8 | 0 | **32** |
| Hussain et al. | Enzalutamide in Men with Nonmetastatic, Castration-Resistant Prostate Cancer | 2018 | 73.5 | Stage 2 | 1560 | 1418 | 9.102 | 206 | 85 | 11 | 16 | 5 | 10 | 0 | **42** |
| Parsons et al. | Effect of a Behavioral Intervention to Increase Vegetable Consumption on Cancer Progression Among Men With Early-Stage Prostate Cancer: the MEAL Randomized Clinical Trial | 2020 | 63.6 | Stage 1 | 464 | 478 | 0 | 3 | 99 | 9 | 11 | 5 | 7 | 1 | **33** |
| Tantawy et al. | Effect of 4 weeks of whole-body vibration training in treating stress urinary incontinence after prostate cancer surgery: a randomised controlled trial | 2019 | 63 | Stage 2 | 70 | 64 | 8.5 | 3 | 95 | 6 | 12 | 5 | 8 | 1 | **32** |
| Lee et al. | Randomized Phase III Noninferiority Study Comparing Two Radiotherapy Fractionation Schedules in Patients With Low-Risk Prostate Cancer | 2016 | 67 | Stage 2 | 1067 | 1115 | 0 | 66 | 94 | 14 | 17 | 5 | 10 | 0 | **46** |
| Armstrong et al. | ARCHES: A Randomized, Phase III Study of Androgen Deprivation Therapy With Enzalutamide or Placebo in Men With Metastatic Hormone-Sensitive Prostate Cancer | 2019 | 69.5 | Stage 4 | 1150 | 1150 | 0 | 73 | 93 | 12 | 13 | 5 | 11 | 0 | **41** |
| Smith et al. | Addition of radium-223 to abiraterone acetate and prednisone or prednisolone in patients with castration-resistant prostate cancer and bone metastases (ERA 223): a randomised, double-blind, placebo-controlled, phase 3 trial | 2019 | 71 | Stage 4 | 800 | 806 | 0 | 48 | 94 | 11 | 15 | 5 | 11 | 0 | **42** |
| James et al. | Abiraterone for Prostate Cancer Not Previously Treated with Hormone Therapy | 2017 | 67 | Stage 4 | 1917 | 1917 | 0 | 69 | 96 | 11 | 16 | 5 | 11 | 0 | **43** |
| Freeland et al. | A Randomized Controlled Trial of a 6-Month Low-Carbohydrate Intervention on Disease Progression in Men with Recurrent Prostate Cancer: Carbohydrate and Prostate Study 2 (CAPS2) | 2020 | 72 | Stage 2/3 | 60 | 57 | 5 | 12 | 78 | 11 | 15 | 6 | 10 | 1 | **43** |
| Jarrard et al. | A phase II randomized placebo-controlled trial of pomegranate fruit extract in men with localized prostate cancer undergoing active surveillance | 2021 | 63.4 | Stage 2 | 30 | 29 | 3.3 | 1 | 96 | 9 | 11 | 6 | 8 | 0 | **34** |

\*N.B Traffic Light Identification System: High Burden, Medium Burden and Low Burden