**Supplemental table 5.** Results of adjusted multivariable linear regression models investigating associations of the continuous score adherence to the World Cancer Research Fund/ American Institute of Cancer Research (WCRF/AICR) lifestyle recommendations when the recommendations for physical activity and sedentary behaviour were not included in the score, with health related quality of life scoresin colorectal cancer survivors for the overall study population, and stratified by gender, by body mass index (BMI) and by number of comorbidities.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| WCRF/AICR adherence score without PA (continuous) | Global QOL1(n=135) | Physical functioning1(n=135) | Role functioning1(n=135) | Social functioning1(n=135) | Fatigue (CIS)1(n=134) | Disability (WHODAS)1(n=131) | Distress (HADS)1(n=133) |
|  | β | (95% CI) | β | (95% CI) | β | (95% CI) | β | (95% CI) | β | (95% CI) | β | (95% CI) | β | (95% CI) |
| Overall study population2 | 1.2  | (-1.6, 4.0) | 1.3 | (-1.8, 4,3) | -1.5 |  (-5.5, 2.4) | -0.7 |  (-3.6, 2.2) | -2.9 |  (-6.9, 1.1) | -1.4 |  (-3.7, 0.9) | -0.8 |  (-1.7, 0.2) |
| Gender3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Male | -2.0 | (-5.0, 1.1) | -0.4 | (-4.1, 3.4) | -3.1 | (-7.7, 1.5) | 0.2 | (-4.2, 4.5) | -1.4 | (-6.2, 3.5) | 0.4 | (-2.2, 3.1) | 0.1 | (-1.1, 1.3) |
|  | Female | 8.3 | (1.9, 14.8) | 4.5 | (-2.1, 11.0) | 4.1 | (-5.4, 13.7) | -1.7 | (-6.1, 2.7) | -7.1 | (-16.1, 1.9) | -4.5 | (-10.1, 1.1) | -2.3 | (-4.2, -0.5) |
| BMI2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | Normal weight (BMI<25) | -5.1 | (-13.0, 2.7) | -3.9 | (-13.8, 6,1) | -6.7 | (-16.7, 3.2) | -1.8 | (-7.6, 4.0) | 1.8 | (-11.3, 14.9) | 1.8 | (-5.3, 8.8) | -1.8 | (-4.6, 1.0) |
|  | Overweight- obese (BMI≥25) | 4.3 | (0.8, 7.7) | 4.4 | (0.7, 8.2) | 2.1 | (-3.1, 7.4) | 1.2 | (-2.8, 5.3) | -5.8 | (-10.6, -1.1) | -3.4 | (-6.3, -0.7) | -0.7 | (-1.9, 0.4) |
| Number of comorbidities4  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 0-1 | 0.7 | (-2.8, 4.2) | 3.6 | (-0.7, 7.9) | -0.6 | (-5.4, 4.1) | 0.3 | (-2.3, 2.8) | -4.0 | (-9.2, 1.1) | -2.5 | (-4.9, -0.1) | -1.0 | (-2.4, 0.4) |
|  | ≥2 | 1.7 | (-3.1, 6.5) | -1.0 | (-5.7, 3.7) | -1.9 | (-8.8, 5.1) | 0.4 | (-5.1, 5.9) | -1.2 | (-7.5, 5.2) | -0.3 | (-4.3, 3.8) | -0.6 | (-2.0, 0.7) |

Abbreviations: PA, Physical Activity; WCRF, World Cancer Research Fund; QOL, quality of life; β, unstandardized regression coefficient CI, confidence interval.

1Regression coefficients indicate the difference in mean global quality of life, physical, role and social functioning, disability, fatigue and distress according to each unit increase in WRCF/AICR adherence score. 2Adjusted for age, gender, number of comorbidities, smoking, education level, tumour stage, chemotherapy, time since diagnosis, total energy intake, stoma, gastro-intestinal problems, moderate to vigorous physical activity and prolonged sedentary behaviour.

3Adjusted for age, number of comorbidities, smoking, education level, tumour stage, chemotherapy, time since diagnosis, total energy intake, stoma, gastro-intestinal problems moderate to vigorous physical activity and prolonged sedentary behaviour.

4Adjusted for age, gender, smoking, education level, tumour stage, chemotherapy, time since diagnosis, total energy intake, stoma, gastro-intestinal problems, moderate to vigorous physical activity and prolonged sedentary behaviour.