Supplementary file 2 – Datapoints extracted from included RCTs

1. Author
2. Year of publication
3. Countries of origin
4. Study start and end dates
5. Patient partners
   a. As authors
      i. Demographics
      ii. Roles
   b. As acknowledged collaborators
      i. Demographics
      ii. Roles
6. Prehabilitation definition
   a. In introduction or background
   b. In methods
7. Prehabilitation characteristics
   a. Multimodal (y/n)
8. Prehabilitation Components (eg, exercise, nutrition, psychosocial, cognitive)
   a. Type of exercise
      i. Unimodal
      ii. Multimodal
      iii. Interval training
      iv. Other
      v. Components (eg, cardio, strength, stretching, respiratory exercise)
   b. Type of nutrition
      i. Counselling
      ii. Supplementation
      iii. Combined
      iv. Other
   c. Type of psychosocial
      i. Motivational interviewing
      ii. Anxiety management
      iii. Stress management
      iv. Other
   d. Type of cognitive
   e. Other co-interventions
9. Enhanced recovery after surgery (ERAS) (y/n)
10. Weight loss objective (y/n)
11. Duration of prehabilitation
    a. Average
    b. Program
       i. Minimum participation
       ii. Maximum participation
    c. Per session
12. Frequency of prehabilitation
13. Intervention time-point
    a. Preoperative only
    b. Preoperative plus rehab after surgery
14. Location of prehabilitation
15. Supervision
   a. Self-directed
   b. Coach-led
   c. Combined

16. Session format
   a. Individual
   b. Group
   c. Combined

17. Personalization
   a. Description of personalization

18. Motivation techniques
   a. Description of motivation techniques
   b. 

19. Control (e.g., standard care or active controls such as rehabilitation after surgery)
   a. Standard care
      i. Description of standard care
   b. Static instructions
      i. Description of static instructions
   c. Other prehabilitation
      i. Description of other prehabilitation
   d. Rehabilitation
      i. Description of rehabilitation
   e. Other
      i. Description of other

20. Surgical specialty
   a. Orthopedic
   b. Major non-oncology
   c. Cardiac/vascular
   d. Oncology
   e. Mixed
   f. Other

21. Surgical procedure(s)

22. Population characteristics
   a. Total sample size
   b. Sample size per arm
   c. Age (average, range)
   d. Sex (% females vs. males)
   e. Gender (% women vs. men vs. non-binary/transgender/other)
   f. Presence of specific risk factors
      i. Multimorbidity (>2 comorbidities)
      ii. ASA score
      iii. Frailty
      iv. Malnutrition
      v. Obesity
      vi. Baseline functional status
      vii. Disability
      viii. Presence of cancer
         i. Use of neoadjuvant therapies
23. Outcomes (counts, summary statistics, effect estimates with 95%CI; per time window)
   a. Health
      i. Complications
         1. Any
         2. Cardiopulmonary
         3. Surgical
         4. Infectious
      ii. Discharge disposition
      iii. Physical functional recovery
      iv. Disability
      v. Quality of life
      vi. Mortality
   b. Experience
      i. Pain
      ii. Patient satisfaction
   c. Resource use
      i. Length of stay
      ii. Costs
   d. Intervention Safety
      i. Any intervention-attributable adverse events
      ii. Cardiopulmonary adverse events during intervention period
      iii. Falls during intervention period
      iv. Assessor-confirmed intervention-attributable adverse events

24. Adherence
   a. Outcome type
      i. Binary
         1. Threshold used
      ii. Continuous
   b. Adherence rate
   c. Method of measurement

25. Feasibility measures
26. Barriers and facilitators to implementation