**Table1.** Evidence-Based Recommendations for Use of Psychosocial Interventions to Prevent or Relieve Depression in Patients With Cancer

Treatment Status RCT Evidence Level of Evidence\* Major Depression Subthreshold Depression

Relaxation techniques

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Newly diagnosed patients | ([Arakawa, 1997](#_ENREF_3)) | I | No | Yes |
|  | ([Bindemann, Soukop, & Kaye, 1991](#_ENREF_4)) |  | No | Yes |
|  | ([Edgar, Rosberger, & Collet, 2001](#_ENREF_12)) |  | No | Yes |
| Post surgery | ([Fawzy et al., 1990](#_ENREF_15)) | I | No | Yes |
|  | ([Petersen & Quinlivan, 2002](#_ENREF_31)) |  | No | Yes |
| Undergoing chemotherapy | ([Ando et al., 2009](#_ENREF_2)) | I | No | Yes |
|  | ([Burish, Carey, Krozely, & Greco, 1987](#_ENREF_5)) |  | No | Yes |
|  | ([Burish & Lyles, 1981](#_ENREF_6)) |  | No | Yes |
|  | ([Jacobsen et al., 2002](#_ENREF_20)) |  | No | Yes |
|  | ([Mantovani et al., 1996](#_ENREF_26)) |  | No | Yes |
| Undergoing radiotherapy | ([Decker, Cline-Elsen, & Gallagher, 1992](#_ENREF_9)) | I | No | Yes |
| Terminal phase of illness | ([Liossi & White, 2001](#_ENREF_25)) | II | No | Yes |
| Psychoeducation |  |  |  |  |
| Newly diagnosed patients | ([McQuellon et al., 1998](#_ENREF_29)) | I | No | Yes |
|  | ([Pruitt et al., 1993](#_ENREF_33)) |  | No | Yes |
| Undergoing surgery | ([McArdle et al., 1996](#_ENREF_28)) | II | No | Yes |
| Undergoing chemotherapy | ([Rawl et al., 2002](#_ENREF_34)) | II | No | Yes |
| Supportive-expressive therapies |  |  |  |  |
| Postsurgery | ([Watson, Denton, Baum, & Greer, 1988](#_ENREF_44)) | II | No | Yes |
| Undergoing chemotherapy | ([Mantovani, et al., 1996](#_ENREF_26)) | II | No | Yes |
| Undergoing radiotherapy | ([Evans & Connis, 1995](#_ENREF_14)) | II | No | Yes |
| Patients with metastatic disease | ([Kissane et al., 2007](#_ENREF_22)) |  I | Yes | Yes |
|  | ([Edelman, Bell, & Kidman, 1999](#_ENREF_11)) |  | No | Yes |
|  | ([Goodwin et al., 2001](#_ENREF_16)) |  | No | Yes |
|  | ([Classen, Butler, & Koopman, 2001](#_ENREF_8)) |  | No | Yes |
| Cognitive behavioral therapies |  |  |  |  |
| Undergoing chemotherapy | ([Pitceathly et al., 2009](#_ENREF_32)) | I | Yes | Yes |
|  | ([Marchioro et al., 1995](#_ENREF_27)) |  | No | Yes |
| Patients with metastatic disease | ([Savard et al., 2006](#_ENREF_35)) | I | Yes | Yes |
|  | ([Edelman, et al., 1999](#_ENREF_11)) |  | No | Yes |
| Undergoing radiotherapy | ([Evans & Connis, 1995](#_ENREF_14)) | II | No | Yes |
| Completion of active treatment | ([Simpson, Carlson, & Trew, 2001](#_ENREF_37)) | II | No | Yes |

Abbreviations: CANMAT, Canadian Network for Mood and Anxiety Treatments; RCT, randomized controlled trial.

\*CANMAT levels of evidence: I, at least two RCTs with adequate sample sizes, preferably placebo-controlled, and/or meta-analysis with narrow CIs; II, at least one RCT with adequate sample size and/or meta-analysis with wide CIs; III, nonrandomized, controlled prospective studies or case series or high-quality retrospective studies; IV, expert opinion/consensus.

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 **Table2.** Evidence-Based Recommendations by Cancer Treatment Status for Use of Psychosocial Interventions to Prevent or Reduce Anxiety

|  |  |  |  |
| --- | --- | --- | --- |
| Disease or Treatment Status | RCT Evidence\* | Psychiatric Study Entry Criteria | Evidence Level |

|  |  |  |  |
| --- | --- | --- | --- |
| CoCognitive and cognitive behavioral interventions |  |  |  |
| Newly diagnosed | ([Trask, Paterson, Griffith, Riba, & Schwartz, 2003](#_ENREF_43)) | Psychological distress | II |
| Undergoing radiotherapy | ([Evans & Connis, 1995](#_ENREF_14)) |  \_ | II |
| Completion of treatment | ([Savard, Simard, Ivers, & Morin, 2005](#_ENREF_36)) | Insomnia | I |
|  | ([Espie et al., 2008](#_ENREF_10)) | Insomnia |  |
|  | ([Dolbeault et al., 2009](#_ENREF_10)) |  \_ |  |
|  Terminal phase of illness | ([Moorey et al., 209](#_ENREF_30)) | Anxiety or depression | II |
|  Mixed status | ([Telch & Telch, 1986](#_ENREF_40))([Telch & Telch, 1986](#_ENREF_40)) | Psychosocial DistressPsychosocial distress | II |
|  | ([Greer et al., 1992](#_ENREF_17)) | \_ |  |
|  | ([Strong et al., 2008](#_ENREF_39)) |  Depression |  |
| Relaxation Training |  | \_ |  |
|  Newly diagnosed | ([Bindemann, et al., 1991](#_ENREF_4)) | \_ | II |
|  Postsurgery | ([Petersen & Quinlivan, 2002](#_ENREF_31))([Cheung, Molassiotis, & Change, 2003](#_ENREF_7)) | \_ | I |
|  Prebrachytherapy | ([León-Pizarro et al., 2007](#_ENREF_23)) | \_ | II |
|  Undergoing chemotherapy | ([Burish & Lyles, 1981](#_ENREF_6))([Burish, et al., 1987](#_ENREF_5))([Arakawa, 1997](#_ENREF_3))([Jacobsen, et al., 2002](#_ENREF_20))([Jacobsen, et al., 2002](#_ENREF_20)) | \_\_\_\_ | I |
|  Undergoing radiotherapy | ([Decker, et al., 1992](#_ENREF_9)) | \_ | II |
|  Completion of treatment | ([Elsesser, van Berkel, & Sartory, 1994](#_ENREF_13))([Hidderley & Holt, 2004](#_ENREF_18)) | \_\_\_ | II |
| Supportive counseling Newly diagnosed  Undergoing radiotherapy Metastatic disease | ([White et al.](#_ENREF_45))([Evans & Connis, 1995](#_ENREF_14))([Spiegel, Bloom, & Yalom, 1981](#_ENREF_38)) | \_\_— | II II II |
| Education Newly diagnosedPresurgeryUndergoing chemotherapy | ([McQuellon, et al., 1998](#_ENREF_29))([Thomas, Daly, Perryman, & Stockton, 2000](#_ENREF_41))([Katz, Irish, & Devins, 2004](#_ENREF_21))([Ali & Khalil, 1989](#_ENREF_1))([Jacobs, Ross, Walker, & Stockdale, 1983](#_ENREF_19)) | \_\_\_\_\_ | III II |

Abbreviation: RCT, randomized controlled trial.

\*RCTs demonstrating significant anxiety reduction in the intervention group relative to control group.

 †Evidence level: I, multiple RCTs with adequate sample sizes; II, at least one RCT with adequate sample size

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