

<b>YEAR</b>	<b>AUTHORS</b>	<b>PROJECT</b>	<b>INTERVENTION TYPE AND CHARACTERISTICS</b>
2016	Shaw et al.	FAMILY CONNECT	<p><b>TELEPHONE SESSIONS + WRITTEN MATERIALS</b></p> <ul style="list-style-type: none"> <li>- Manualized and standardized assessment of caregiver need across the domains of patient care (emotional, physical self-care, information).</li> <li>- List of resources and strategies</li> <li>- Individualized information related to local patient and/or caregiver support services and practical and financial resources available for caregivers</li> </ul>
2016	Dionne-Odom et al.	ENABLE III	<p><b>TELEPHONE SESSIONS + WRITTEN MATERIAL</b></p> <ul style="list-style-type: none"> <li>- Manualized intervention by nurse coaches over the phone.</li> <li>- Charting Your Course–Caregiver (CYC-CG) by email: guidebook of resource material supporting the nurse coaching sessions.</li> <li>- 3-weekly telephone coaching sessions using CYC-CG: <ul style="list-style-type: none"> <li>o Session 1: “Being a caregiver”: goals of palliative care, coping and problem-solving attitude</li> <li>o Session 2: “Caregiver self-care”: healthy eating, exercise, meditation, spirituality, and patient's symptom management</li> <li>o Session 3: communication, decision making, advance care planning.</li> </ul> </li> <li>- monthly calls to reinforce and assist new issues</li> </ul>
2016	Moscher et al.	Telephone Symptom Management Intervention	<p><b>TELEPHONE SESSIONS + WRITTEN MATERIAL</b></p> <p>Patients and their caregivers participated simultaneously through speakerphone</p> <p><b>TMS group:</b></p> <ul style="list-style-type: none"> <li>- symptom management strategies by evidence-based cognitive-behavioral and emotion-focused strategies for managing anxiety and depressive symptoms, pain, fatigue, and breathlessness</li> <li>- written material on discussed major points and home practice assignments</li> <li>- CD with instructions for relaxation exercises.</li> </ul> <p><b>Education/Support group:</b></p> <ul style="list-style-type: none"> <li>- orientation to the medical center and treatment team</li> <li>- psychoeducation</li> <li>- resources for health information, psychosocial support, and financial concerns</li> <li>- Evaluating health information on the Internet</li> </ul>
2015	Dionne-Odom et al.	ENABLE III	<p><b>TELEPHONE SESSIONS + WRITTEN MATERIAL</b></p> <ul style="list-style-type: none"> <li>- Manualized intervention by nurse coaches over the phone.</li> <li>- Charting Your Course–Caregiver (CYC-CG) by email: guidebook of resource material supporting the nurse coaching sessions.</li> <li>- 3-weekly telephone coaching sessions using CYC-CG: <ul style="list-style-type: none"> <li>o Session 1: “Being a caregiver”: goals of palliative care, coping and problem-solving attitude</li> <li>o Session 2: “Caregiver self-care”: healthy eating, exercise, meditation, spirituality, and patient's symptom management</li> <li>o Session 3: communication, decision making, advance care planning.</li> </ul> </li> <li>- monthly calls to reinforce and assist new issues</li> </ul>
2014	Chambers et al.	Low-intensity Psychological Interventions	<p><b>TELEPHONE SESSIONS + WRITTEN MATERIAL+AUDIO CD</b></p> <p><b>NURSE SELF MANAGEMENT</b></p> <ul style="list-style-type: none"> <li>- Single-session of psychoeducation</li> <li>- Audio CD with relaxation exercises</li> </ul> <p><b>PSYCHOLOGIST-DELIVERED COGNITIVE BEHAVIORAL</b></p> <ul style="list-style-type: none"> <li>- Psychoeducation</li> </ul>

			<ul style="list-style-type: none"> <li>- Problem-solving</li> <li>- Cognitive therapy</li> <li>- Enhancement of support network</li> <li>- Behavioural homework</li> </ul>
2014	DuBenske et al.	CHESS	<p>EHEALTH SYSTEM: “Coping with Lung Cancer: A Network of Support”</p> <p>CHESS Group:</p> <ul style="list-style-type: none"> <li>- access to ready and organized access to information</li> <li>- channel for communication and support with peers, experts, and users’ social networks</li> <li>- coaching services</li> </ul> <p>Internet Group:</p> <ul style="list-style-type: none"> <li>- Standard care</li> <li>- Computer with internet access (if needed)</li> <li>- List of lung cancer and palliative care websites based</li> </ul>
2014	Kinney et al.	FAMILY Care	<p>TELEPHONE SESSIONS + WRITTEN MATERIAL</p> <p>TeleCARE group:</p> <ul style="list-style-type: none"> <li>- educational brochure and tailored visual aids</li> <li>- sessions tailored based on the participant's responses to key items assessed at baseline</li> <li>- telephone session on risk communication and behavior change approaches</li> <li>- client style of motivational interviewing</li> <li>- all sessions audio-taped</li> <li>- final summarizing tailored letter immediately after the telephone session</li> </ul> <p>Control Group:</p> <ul style="list-style-type: none"> <li>- educational brochure</li> </ul>
2014	Northouse et al.	FOCUS Program	<p>EHEALTH SYSTEM</p> <p>Web-based format of “Family Involvement Module”:</p> <ul style="list-style-type: none"> <li>- tailored messages based on information provided at baseline and during the web-based sessions</li> <li>- tailored variables</li> <li>- tailored strategies: personalization, tailored feedback, content matching</li> <li>- tailored links to other websites</li> <li>- tailored activities to promote dyadic interactions</li> </ul> <p>Dyads completed sessions together, sitting side-by-side at the computer.</p>
2013	Badger et al.	Telephone-delivered health education and interpersonal counselling	<p>TELEPHONE SESSIONS</p> <p>TIP-C intervention: counselling on</p> <ul style="list-style-type: none"> <li>- mood and affect management</li> <li>- emotional expression</li> <li>- interpersonal communication and relationships</li> <li>- social support</li> <li>- cancer information</li> </ul> <p>THE intervention: education on</p> <ul style="list-style-type: none"> <li>- normal vs disease status, routine tests, prevention and associated terminology</li> <li>- treatment, side effects and strategies to combat</li> <li>- lifestyle interventions (nutrition, physical activity)</li> <li>- referrals and resources</li> </ul>

2013	Badger et al.	Telephone-delivered health education and interpersonal counselling	<p>TELEPHONE SESSIONS</p> <p>TIP-C intervention and VC: counselling on</p> <ul style="list-style-type: none"> <li>- mood and affect management</li> <li>- emotional expression</li> <li>- interpersonal communication and relationships</li> <li>- social support</li> <li>- cancer information</li> </ul> <p>THE intervention: education on</p> <ul style="list-style-type: none"> <li>- normal vs disease status, routine tests, prevention and associated terminology</li> <li>- treatment, side effects and strategies to combat</li> <li>- lifestyle interventions (nutrition, physical activity)</li> <li>- referrals and resources</li> </ul>
2013	Clark et al.	Structured Multidisciplinary Intervention on maintaining Quality of Life	<p>IN-PERSON INTERVENTION + TELEPHONE SESSIONS</p> <p>6 Structured multidisciplinary sessions, caregivers attended sessions 1 (Health behavior changes), 3 (Coping with cancer), 4 (Social needs), and 6 (Communication strategies)</p> <p>10 brief telephone session on:</p> <ul style="list-style-type: none"> <li>- Review of self-care</li> <li>- Mood management skills</li> <li>- Spiritual needs</li> <li>- Physical therapy</li> <li>- Health behavior changes</li> <li>- Communication and social support</li> <li>- Social needs</li> <li>- Mood assessment</li> <li>- Physical therapy</li> </ul>
2013	Chih et al.	CHESS	<p>EHEALTH SYSTEM</p> <p>CHESS System:</p> <ul style="list-style-type: none"> <li>- access to ready and organized access to information</li> <li>- channel for communication and support with peers, experts, and users' social networks</li> <li>- coaching services</li> </ul> <p>Both groups received CHESS access, but clinicians of CHESS+CR group received reports before clinic visit</p>
2013	Northouse et al.	FOCUS Program	<p>HOME VISITS INTERVENTION + TELEPHONE SESSIONS</p> <p>Content of both programs was the same:</p> <ul style="list-style-type: none"> <li>- family involvement</li> <li>- optimistic attitude</li> <li>- coping effectiveness</li> <li>- uncertainty reduction</li> <li>- symptom management</li> </ul> <p>Brief PROGRAM: 2 home visits and 1 phone call Extensive PROGRAM: 4 home visits and 2 phone sessions</p>
2013	Hogberg et al.	web-based communication for psychosocial support	<p>EHEALTH SYSTEM</p> <p>Web based format with 2 sections:</p> <ol style="list-style-type: none"> <li>1) "My care contacts": to change bookings and renew prescriptions</li> <li>2) "Psychosocial support": information, advice and guidance for need conditions</li> </ol>
2013	Scott & Beatty	Self-guided cognitive behaviour	<p>EHEALTH SYSTEM</p> <p>6-week internet cognitive behaviour therapy (CBT) programme:</p> <ul style="list-style-type: none"> <li>- starting treatment</li> </ul>

		therapy Internet intervention	<ul style="list-style-type: none"> <li>- coping with physical symptoms and side effects</li> <li>- coping with emotional distress</li> <li>- body image, identity and sexuality</li> <li>- your family and friends</li> <li>- completing treatment</li> </ul> <p>Each module provides psycho-education, cognitive-behavioural worksheets / strategies, and survivor stories and quotes + personal blog for online-journal writing, and a resources section.</p>
2012	Stern et al.	Home Telehealth	<p>TELEPHONE SESSIONS</p> <p>Nurses with expertise in palliative care and available 24 hours per day communicated with patients and family caregivers via telephone or videophone</p>
2012	Namkoong et al.	CHESS	<p>EHEALTH SYSTEM</p> <p>Computer-mediated social support group offering text-based, asynchronous bulletin boards on information, communication, and coaching resources</p> <p>CHESS modules:</p> <ul style="list-style-type: none"> <li>- Information</li> <li>- Support</li> <li>- Tools</li> </ul>
2012	Schover et al.	CAREss	<p>EHEALTH SYSTEM + TELEPHONE INTERVENTIONS</p> <p>same content and cognitive-behavioral homework:</p> <ul style="list-style-type: none"> <li>- standardized homework exercises completed on paper</li> <li>- therapists discussed homework (FF) in session or emailed feedback to the couple and can be contacted at any time (WEB)</li> <li>- therapist's exercises to increase expression of affection, improve sexual communication, increase comfort in initiating sexual activity, and facilitate resuming sex without performance anxiety (using a sensate focus framework)</li> </ul> <p>Booster phone calls were made at 1 and 3 months to discuss progress and ways to overcome remaining barriers</p>
2012	Zulman et al.	FOCUS Program	<p>EHEALTH SYSTEM</p> <p>Contents:</p> <ul style="list-style-type: none"> <li>- family involvement</li> <li>- optimistic attitude</li> <li>- coping effectiveness</li> <li>- uncertainty reduction</li> <li>- symptom management</li> </ul>
2011	Badger et al.	Telephone-delivered health education and interpersonal counselling	<p>TELEPHONE SESSIONS</p> <p>TIP-C intervention: counselling on</p> <ul style="list-style-type: none"> <li>- mood and affect management</li> <li>- emotional expression</li> <li>- interpersonal communication and relationships</li> <li>- social support</li> <li>- cancer information</li> </ul> <p>HEAC group: written materials about</p> <ul style="list-style-type: none"> <li>- prostate cancer diagnosis and treatments</li> <li>- health-related topics (eg. nutrition, exercise to decrease fatigue, resources for cancer survivors, and quitting smoking)</li> </ul>
2011	Porter et al.	Coping Skills Training	<p>TELEPHONE SESSIONS</p> <p>Sessions 1–7. Training in specific coping skills:</p>

			<ul style="list-style-type: none"> <li>- progressive muscle relaxation</li> <li>- pleasant imagery relaxation</li> <li>- activity pacing method</li> <li>- cognitive restructuring</li> <li>- problem solving strategies</li> <li>- goal setting and pleasant activity scheduling</li> <li>- effective communication of thoughts and feelings</li> </ul> <p>Sessions 8–12. Training in alternative relaxation, imagery exercises, and application of the coping</p> <p>Sessions 13-14. Maintenance strategies</p> <p>The nurse used a 3-step behavioral rehearsal procedure: the dyad practiced the skill together, and the nurse provided feedback to the dyad on their practice.</p>
2007	Northouse et al.	FOCUS Program	<p><b>HOME VISITS + TELEPHONE INTERVENTIONS</b></p> <p>Contents:</p> <ul style="list-style-type: none"> <li>- family involvement</li> <li>- optimistic attitude</li> <li>- coping effectiveness</li> <li>- uncertainty reduction</li> <li>- symptom management</li> </ul> <p>FOCUS Program: 3 home visits and 2 phone sessions spaced 2 weeks</p>
2005	Northouse et al.	FOCUS Program	<p><b>HOME VISITS + TELEPHONE INTERVENTIONS</b></p> <p>Contents:</p> <ul style="list-style-type: none"> <li>- family involvement</li> <li>- optimistic attitude</li> <li>- coping effectiveness</li> <li>- uncertainty reduction</li> <li>- symptom management</li> </ul> <p>FOCUS Program: 3 home visits and 2 phone sessions spaced 2 weeks</p>
2002	Farnham et al.		<p><b>EHEALTH SYSTEM</b></p> <p>HutchWorld: web portal with</p> <ul style="list-style-type: none"> <li>- tools for social interactions, access to information, and diversionary activities</li> <li>- variety of solo or group activities</li> <li>- customization of user's graphical representation</li> <li>- forum where questions could be posted and answered</li> <li>- chat and gesture to one another, exchange gifts, play games, or explore to environment</li> <li>- integrating email, relevant web sites, journaling and other activities increased the ease of accessing key information</li> </ul>