

SUPPLEMENTARY DIGITAL MATERIAL 2

Supplementary Table II.—Cognitive outcomes measures used in the studies to determine efficacy of interventions.

Outcome measure <i>Cognitive skills evaluated</i>	Scales reported	Studies using the tool
Self-report measures		
Functional Assessment of Cancer Therapy- Cognition FACT-Cog <i>Perceived cognitive impairment, opinions of others, perceived cognitive ability, cognition affecting quality of life.</i>	Perceived Cognitive impairment (PCI), Opinions of Others (OTH), Perceived Cognitive Ability (PCA), Cognition affecting quality of life (QoL)	Bray (2017), Campbell (2018), Ding (2020), Dos Santos (2020), Ferguson (2016), Freeman (2015), Johnston (2011), Larkey (2016), King (2015), Mihuta (2018), Milbury (2013), Myers (2019), Park (2018), Rogers (2009), Tong (2018), Von Ah (2012).
European Organisation for Research and Treatment of Cancer Quality of life questionnaire EORTC-QLQ-C30 <i>Difficulty in functioning over the previous week</i>	Cognition scale	Bjorneklett (2013), Carayol (2019), King (2015), May (2009), Oh (2012), Pasyar (2019), Rahmani (2014), Rottmann (2015), Schmidt (2014), Steindorf (2014), Vadiraja (2009).
Cognitive Failures Questionnaire (CFQ) <i>Mistakes made over the last 6 months – forgetfulness, distractibility and false triggering (interrupted processing)</i>	Total score	Bellens (2020), Damholdt (2016), Gokal (2018),
Patients Assessment of Own Functioning (PAOFI) <i>Perceived difficulty with</i>	Total score	Ercoli (2015), Wu (2018)

<i>memory, language and communication, use of hands, sensory-perceptual, and higher level cognitive and intellectual functions</i>		
Brief Assessment of Prospective Memory <i>Difficulty in basic activities of daily living and instrumental activities of daily living.</i>	Total score	King (2015), Mihuta (2018).
Alertness Behaviour subscale <i>Impact of cognitive impairment on daily functioning</i>	Subscale score	Goedendorp (2014)
Attentional Function Index (AFI) <i>Perceived effectiveness in activities requiring attention and working memory, ability to formulate plans, carry out tasks, and function effectively in daily life</i>	Total score	Johns (2016)
Beck Cognitive Insight Scale (BCIS) <i>Cognitive insight.</i>	Total score	Bellens (2020)
Breast Cancer Prevention Trial (BCPT) Symptom Checklist <i>Cognitive symptoms (forgetfulness, difficulty concentrating, and being easily distracted)</i>	Cognitive problems scale	Derry (2015)
Fatigue Assessment Questionnaire <i>Cognitive fatigue items</i>	Cognitive fatigue scale	Steindorf (2014)
Metamemory in Adulthood Questionnaire (MIA) <i>Perception of memory abilities as generally stable or subject to</i>	Total score	McDougall (2011).

<i>long-term decline.</i>		
Memory Self-Efficacy Questionnaire (MSEQ) <i>Performance predictions on self-efficacy level and on strength and confidence</i>	Total score	McDougall (2011).
Multiple Ability Self-Report Questionnaire (MASQ) <i>Problems of daily cognitive function across language, visuo-perceptual, verbal memory, visual memory, and attention.</i>	Total score	Ferguson (2012)
Behavioral Rating Inventory of Executive Function (BRIEF) <i>Self-report measure of executive functioning</i>	Global executive composite score	Kesler (2013)
Patient-Reported Outcomes Measurement Information System (PROMIS) <i>Perceived mental acuity, concentration, verbal and nonverbal memory, verbal fluency, and perceived changes in these cognitive functions.</i>	Cognitive function scale	Hartman (2018)
Squire Subjective Memory Questionnaire (SSMQ) <i>Perceived cognition</i>	Total score	Von Ah (2012)
Objective performance-based cognitive measures		
Trail Making Tests <i>Visual attention, task switching, visual search speed, scanning, speed of processing, mental flexibility and executive functioning</i>	A and B.	Bellens (2020), Campbell (2018), Dos Santos (2020), Ercoli (2015), King (2015), Mihuta (2018), Myers (2019), Park (2017), Peterson

		(2018), Schmidt (2014), Steindorf (2014), Tong (2018)
Wechsler Adult Intelligence Scale (WAIS) <i>Intellectual functioning and memory</i>	Digit symbol, Digit Span test (forwards and backwards), Block design, Letter number sequencing	Cherrier (2013), Dos Santos (2020), Ferguson <i>et al.</i> (2016), Gokal <i>et al.</i> (2018), Kesler (2013), Larkey <i>et al.</i> (2016), Mihuta <i>et al.</i> (2018), Park <i>et al.</i> (2017), Peterson <i>et al.</i> (2018), Tong <i>et al.</i> (2018)
Controlled oral word association test (COWAT) <i>Verbal fluency, executive functioning</i>	Total score: Verbal and semantic fluency F-A-S task Verbal fluency task	Campbell <i>et al.</i> (2018), Milbury (2018), Myers (2019), Park (2017), Peterson (2018), Tong (2018)
Rey Auditory Verbal Learning Test (RAVLT) <i>Verbal memory, immediate memory span, new learning, susceptibility to interference, recognition memory</i>	Total score	Cherrier (2013), Damholdt (2016), Ercoli (2015), Milbury (2013), Myers (2019), Tong (2018), Von Ah (2012)
Stroop test <i>Mental vitality and flexibility, attention, inhibition and self-regulation</i>	Total score	Campbell (2018), Cherrier (2013), Gokal (2018), Johns (2016), Mihuta (2018)
Hopkins Verbal Learning Test Revised (HVLTR) <i>Verbal learning and memory (recall, delayed recall, retention and a recognition discrimination index)</i>	Total score	Campbell (2018), Kesler (2013), McDougall (2011), Park (2017)
California Verbal Learning Test <i>Verbal learning and memory</i>	Total score	Ferguson (2012, 2016), Mihuta (2018)
Cogstate	Total score	Bray (2017), Northey (2019)

<i>Online tests of psychomotor function, attention, memory, executive function, verbal learning and social-emotional cognition</i>		
NIH Toolbox Cognition Battery (NIHTB-CB) <i>Attention, executive functioning, episodic memory, working memory, language, processing speed</i>	Total score	Hartman (2018), Meneses (2018)
Paced Auditory Serial Addition Test (PASAT) <i>Auditory information processing speed and flexibility, and calculation ability</i>	Total score	Damholdt (2016), Ercoli (2015)
Symbol Digit Modalities Test (SDMT) <i>Divided attention, visual scanning, tracking and motor speed</i>	Total score	Kesler (2013), Ferguson (2016), Goedendorp (2014), Milbury (2013), Tong (2018)
Useful field of view (UFOV®) test <i>Visual processing speed with divided visual attention</i>	Total score	Meneses (2018), Von Ah (2012)
Wechsler Memory Scale <i>Spatial addition symbol span, design memory, logical memory, verbal paired associates, visual reproduction</i>	Spatial span	Gokal <i>et al.</i> (2018), Mihuta <i>et al.</i> (2018), Peterson (2018)
Brief Visuospatial Memory Test—Revised <i>Visual memory</i>	Total score	McDougall (2011)
Clock-drawing test (CDT) <i>Used to screening for cognitive impairment and dementia</i>	Unspecified	Tong (2018)
CNS Vital Signs (online)	Total score	Wu (2018)

<i>Memory – immediate and delayed, executive control, processing and psychomotor speed</i>		
D2 test for attention and concentration <i>Cancellation test of attention and concentration</i>	Total score	Dos Santos (2020)
Delis-Kaplan Executive Function System (D-KEFS) <i>Verbal and nonverbal executive functions</i>	Total score	Ferguson (2012), Kesler (2013)
Everyday Cognition (Ecog) scale <i>Everyday memory, everyday language, everyday visuospatial abilities, everyday planning, everyday organization, everyday divided attention</i>	Total score	Reich (2017)
Finger Tapping Test <i>Motor speed</i>	Total score	Mihuta <i>et al.</i> (2018)
Frontal Assessment Battery (FAB) <i>Short cognitive and behavioral battery to assess the frontal lobe functions</i>	Total score	Miki (2014)
General Cognitive Screener (BCOG) <i>General cognitive functioning</i>	Total score	Peterson (2018)
Grober and Buschke test <i>Anterograde episodic memory</i>	Total score	Dos Santos (2020)
Letter comparison task <i>Spatial working memory</i>	Unspecified.	Salerno <i>et al.</i> (2019)
My CQ <i>Attention, working memory, episodic memory, executive function and processing speed</i>	Unspecified	Bellens (2020)

NeuroTrax test battery (online) <i>Memory, executive function, attention, visual spatial, verbal function, problem solving, working memory</i>	Total score	Hartman <i>et al.</i> (2018)
Prospective and Retrospective Memory Questionnaire (PRMQ) <i>RM = memory of past experiences, PM = memory of future plans.</i>		Ding (2020)
Repeatable Battery for the Assessment of Neuropsychological Status (RBANS) <i>Immediate memory, visuospatial/ constructional, language, attention, delayed memory.</i>	Not specified	King (2015)
Rey Complex Figure Test <i>Visuospatial recall memory, visuospatial recognition memory, response bias, processing speed, visuospatial constructional ability</i>	Total score	Mihuta <i>et al.</i> (2018)
Rivermead Everyday Behavioural Memory Test <i>Everyday memory performance</i>	Standardised profile score	McDougall (2011), Von Ah (2012)
Sustained Attention to Response Task (SART) <i>Sustained attention</i>	Total score	Gokal (2018)
Test of Attentional Performance <i>Active visual field, alertness, distractibility, executive control, sustained attention</i>	Total score	Carayol <i>et al.</i> (2019)
Sustained Attention to Response Task (SART)	Total score	Gokal <i>et al.</i> (2018)

<i>Working memory, Sustained attention, Impulse/inhibitory control</i>		
WebNeuro (online) <i>Sensorimotor, memory, executive planning, attention, social cognition</i>	Total score	Mihuta <i>et al.</i> (2018)
Wisconsin card sorting test (WCST) <i>Cognitive flexibility or the ability to generate alternate solutions to problems.</i>	Total score	Kesler (2013)



## References

1. Myers J. Chemotherapy-related cognitive impairment: The breast cancer experience. *Oncol Nurs Forum* 2012; 39(1):31-40.
2. Janelains M, Kesler S, Ahles T, Morrow G. Prevalence, mechanisms, and management of cancer-related cognitive impairment. *Int Rev Psychiatry* 2014; 26(1): 102–113.
3. Kanaskie M. Chemotherapy-related cognitive change: A principle-based concept analysis. *Oncol Nurs Forum* 2012; 39(3): 241-248.
4. Pergolotti M, Williams G, Campbell C, Munoz L, Muss H. Occupational therapy for adults with cancer: Why it matters. *Oncologist* 2016; 21: 314-9.
5. Nott M, Barden H, Chapparo C, Ranka J. Evidence based practice and knowledge translation: A survey of Australian occupational therapy practice with clients experiencing neurocognitive impairments. *Aust Occup Ther J* 2020; 67: 74-82.
6. Wallis A, Meredith P, Stanley M. Cancer care and occupational therapy: A scoping review. *Aust Occup Ther J* 2020; 67: 172–194.
7. Faithfull S, Samuel C, Lemanska A, Warnock C, Greenfield D. Self-reported competence in long term care provision for adult cancer survivors: A cross sectional survey of nursing and allied health care professionals. *Int J Nurs Stud* 2016; 53: 85-94.
8. Mulcahy S, Prendergast J, Foley G, Hare A, Murphy E, Guinan E *et al.* Exercise rehabilitation services provided by physiotherapy departments in cancer care in Ireland. *Ir Med J* 2018; 111(9): 817-818.
9. Ranka J, Chapparo C. Definition of terms. In J. Ranka, C Chapparo. *Occupational Performance Model (Australia): Monograph 1*. Sydney: Occupational Performance Network; 1997. p.58–60.
10. Boykoff N, Moieni M, Subramanian S. Confronting chemobrain: An in-depth look at survivors’ reports of impact on work, social networks, and health care response. *J Cancer Surviv* 2009; 3(4): 223-232.
11. Calvio L, Peugeot M, Bruns G, Todd B, Feuerstein M. Measures of cognitive function and work in occupationally active breast cancer survivors. *J Occup Environ Med* 2010; 52(2): 219-227.
12. Selamat M, Loh S, Mackenzie L, Vardy J. Chemobrain experienced by breast cancer survivors: A meta-ethnography study investigating research and care implications. *PLoS One* 2014;9(9):108002.
13. Simons D, Boot W, Charness N, Gathercole S, Chabris C, Hambrick D, *et al.* Do “brain-training” programs work? *Psychol Sci Public*

Interest 2016;17:103–186.

14. Sala G, Gobet F. Cognitive training does not enhance general cognition. *Trends Cogn Sci* 2019;23:9-20.
15. Lange M, Joly F, Vardy J, Ahles T, Dubois M, Tron L *et al*. Cancer-related cognitive impairment: an update on state of the art, detection, and management strategies in cancer survivors. *Ann Oncol* 2019; 30: 1925–1940.
16. Treanor CJ, McMenamin UC, O'Neill RF, Cardwell CR, Clarke MJ, Cantwell M, Donnelly M. Non-pharmacological interventions for cognitive impairment due to systemic cancer treatment. *Cochrane Database Syst Rev*. 2016;(8):CD011325.
17. Zeng Y, Dong J, Huang M, Zhang J, Zhang X, Xie M *et al*. Nonpharmacological interventions for cancer-related cognitive impairment in adult cancer patients: A network meta-analysis. *Int J Nurs Stud* 2020;104:103514.
18. Ehlers D, Aquinaga S, Cosman J, Severson J, Kramer A, McAuley E. The effects of physical activity and fatigue on cognitive performance in breast cancer survivors. *Breast Cancer Res Treat* 2017;165(3):699-707.
19. Myers J. Review complementary and integrative interventions for cancer-related cognitive changes. *Asia Pac J Oncol Nurs* 2015;2:215-26.
20. Barton D, Burger K, Novotany P, Fitch T, Kohli S, Soori G, *et al*. The use of Ginkgo biloba for the prevention of chemotherapy-related cognitive dysfunction in women receiving adjuvant treatment for breast cancer. *Support Care Cancer* 2013; 21(4): 1185-92.
21. Von Ah D, Jansen C, Allen D. Evidence-based interventions for cancer and treatment-related cognitive impairment. *Clin J Oncol Nurs* 2014; 18(6): 17-25.
22. Nathan P, Sunita K, Dilley K. Guidelines for identification of, advocacy for, and intervention in neurocognitive problems in survivors of childhood cancer. *Arch Pediatr Adolesc Med* 2007; 161(8): 798-806.
23. Taphoom M, Klein M. Cognitive deficits in adult patients with brain tumours. *Lancet Neurol* 2004; 3(3): 159-68.
24. Higgins J, Green S. *Cochrane Handbook for Systematic Reviews of Interventions Version 5.1.0*. London: The Cochrane Collaboration; 2011.
25. Checklist for randomized controlled trials. Joanna Briggs Institute; 2017 [Internet]. Available from: [https://joannabriggs.org/sites/default/files/2019-05/JBI\\_RCTs\\_Appraisal\\_tool2017\\_0.pdf](https://joannabriggs.org/sites/default/files/2019-05/JBI_RCTs_Appraisal_tool2017_0.pdf) [cited 2021, Sep 09].
26. Borenstein M, Hedges L, Higgins J, Rothstein H. *Introduction to meta-analysis*. Hoboken, NJ: Wiley-Blackwell; 2009.
27. Dos Santos M, Hardy-Léger I, Rigal O, Licaj I, Dauchy S, Levy C, *et al*. Cognitive rehabilitation program to improve cognition of cancer

- patients treated with chemotherapy: A 3-arm randomized trial. *Cancer* 2020; 126: 5328-5336.
28. Freeman L, White R, Ratcliff C, Sutton S, Stewart M, Palmer J, *et al.* A randomized trial comparing live and telemedicine deliveries of an imagery-based behavioral intervention for breast cancer survivors: reducing symptoms and barriers to care. *Psycho-Oncology* 2015; 24(8): 910-8.
  29. Von Ah D, Carpenter J, Saykin A, Monahan P, Wu J, Yu M, *et al.* Advanced cognitive training for breast cancer survivors: A randomized controlled trial. *Breast Cancer Res Treat* 2012; 135: 799–809.
  30. Peterson B, Johnson C, Case K, Shackelford D, Brown J, Lalonde T, *et al.* Feasibility of a combined aerobic and cognitive training intervention on cognitive function in cancer survivors: A pilot investigation. *Pilot Feasibility Stud* 2018; 4:50.
  31. Ferguson R, Sigmon S, Pritchard A, LaBrie S, Goetze R, Fink C, *et al.* A randomized trial of videoconference-delivered cognitive behavioral therapy for survivors of breast cancer with self-reported cognitive dysfunction. *Cancer* 2016; 122(11):1782-91.
  32. Johns S, Von Ah D, Brown L, Beck-Coon K, Talib T, Alyea J, *et al.* Randomized controlled pilot trial of mindfulness-based stress reduction for breast and colorectal cancer survivors: effects on cancer-related cognitive impairment. *J Cancer Surviv* 2016; 10(3): 437-48.
  33. Larke L, Roe D, Smith L, Millstine D. Exploratory outcome assessment of Qigong/Tai Chi Easy on breast cancer survivors. *Complement Ther Med* 2016; 29: 196-203.
  34. May A, Korstjens I, van Weert E, van den Borne B, Hoekstra-Weebers J, van der Schans C, *et al.* Long-term effects on cancer survivors' quality of life of physical training *versus* physical training combined with cognitive-behavioral therapy: results from a randomized trial. *Support Care Cancer* 2009; 17(6): 653-63.
  35. McDougall G, Becker H, Acee T, Vaughan P, Delville C. Symptom management of affective and cognitive disturbance with a group of cancer survivors. *Arch Psychiatr Nurs* 2011; 25(1): 24–35.
  36. Myers J, Mitchell M, Krigel S, Steinhoff A, Boyce-White A, Van Goethem, K, *et al.* Qigong intervention for breast cancer survivors with complaints of decreased cognitive function. *Support Care Cancer* 2019; 27:1395–1403.
  37. Schmidt M, Wiskemann J, Armbrust P, Schneeweiss A, Ulrich C, Steindorf, K. Effects of resistance exercise on fatigue and quality of life in breast cancer patients undergoing adjuvant chemotherapy: A randomized controlled trial. *Int J Cancer* 2015; 137: 471–480.

38. Steindorf K, Schmidt M, Klassen O, Ulrich C, Oelmann J, Habermann N, *et al.* Randomized, controlled trial of resistance training in breast cancer patients receiving adjuvant radiotherapy: Results on cancer-related fatigue and quality of life. *Ann Oncol* 2014; 25: 2237–2243.
39. Vadiraja H, Rao M, Negendra H, Rekha M, Vanitha N, Gopinath K *et al.* Effects of yoga program on quality of life and affect in early breast cancer patients undergoing adjuvant radiotherapy: A randomized controlled trial. *Complement Ther Med* 2009; 17(5): 274-80.
40. Functional assessment of cancer therapy-cognition FACT-Cog. FACIT; 2016 [Internet]. Available from: <https://www.facit.org/measures/FACT-Cog> [cited 2021, Sep 09].
41. European Organization for Research and Treatment of Cancer Quality of life questionnaire EORTC-QLQ-C30. EORTC; 1995 [Internet]. Available from: [https://www.eortc.org/research\\_field/quality-of-life/](https://www.eortc.org/research_field/quality-of-life/) [cited 2021, Sep 09].
42. WISC-IV Clinical Use and Interpretation. Wechsler Adult Intelligence Scale; 2008 [Internet]. Available from: <https://www.sciencedirect.com/topics/neuroscience/wechsler-adult-intelligence-scale> [cited 2021, Sep 09].
43. Controlled Oral Word Association Test. *Encyclopedia of Clinical Neuropsychology*; 2011 [Internet]. Available from: [https://link.springer.com/referenceworkentry/10.1007%2F978-0-387-79948-3\\_876](https://link.springer.com/referenceworkentry/10.1007%2F978-0-387-79948-3_876) [cited 2021, Sep 09].
44. Bellens A, Roelant E, Sabbe B, Peeters M, van Dam P. A video game based cognitive training for breast cancer survivors with cognitive impairment: A prospective randomized pilot trial. *The Breast* 2020; 53: 23-32.
45. Bray V, Dhillon H, Bell H, Kabourakis M, Fiero M, Yip D *et al.* Evaluation of a web-based cognitive rehabilitation program in cancer survivors reporting cognitive symptoms after chemotherapy. *J Clin Oncol* 2017; 35: 217-225.
46. Cherrier M, Anderson K, David D, Higano C, Gray H, Church A *et al.* A randomized trial of cognitive rehabilitation in cancer survivors. *Life Sci* 2013; 93(17): 617-22.
47. Damholdt M, Mehlsen M, O'Toole M, Andreasen R, Pedersen A, Zachariae R. Web-based cognitive training for breast cancer survivors with cognitive complaints—a randomized controlled trial. *Psycho-Oncology* 2016; 25:1293–1300.
48. Ercoli L, Petersen L, Hunter A, Castellon S, Kwan L, Kahn-Mills B *et al.* Cognitive rehabilitation group intervention for breast cancer survivors: results of a randomized clinical trial. *Psycho-Oncology* 2015; 24(11): 1360-7.
49. Kesler S, Hosseini H, Heckler C, Janelains M, Palesh O, Mustian K *et al.* Cognitive training for improving executive function in

- chemotherapy-treated breast cancer survivors. *Clin Breast Cancer* 2013; 13(4): 299-306.
50. King S, Green H. Psychological intervention for improving cognitive function in cancer survivors: A literature review and randomized controlled trial. *Front Oncol* 2015; 5: 72.
  51. Meneses K, Benz R, Bail J, Vo J, Triebel K, Fazeli P *et al.* Speed of processing training in middle-aged and older breast cancer survivors (SOAR): Results of a randomized controlled pilot. *Breast Cancer Res Treat* 2018; 168: 259–267.
  52. Mihuta M, Green H, Shum D. Web-based cognitive rehabilitation for survivors of adult cancer: A randomised controlled trial. *Psycho-Oncology* 2018; 27: 1172–1179.
  53. Park J, Jung Y, Kim K, Bae S. Effects of compensatory cognitive training intervention for breast cancer patients undergoing chemotherapy: A pilot study. *Support Care in Cancer* 2017; 25: 1887–1896.
  54. Wu L, Amidi A, Tanenbaum M, Winkel G, Gordon W, Hall S *et al.* Computerized cognitive training in prostate cancer patients on androgen deprivation therapy: A pilot study. *Support Care in Cancer* 2018; 26: 1917–1926.
  55. Ferguson R, McDonald B, Rocque M, Furstenberg C, Horrigan S, Ahles T *et al.* Development of CBT for chemotherapy-related cognitive change: results of a waitlist control trial. *Psycho-Oncology* 2012; 21(2):176-86.
  56. Goedendorp M, Knoop H, Gielissen M, Verhagen C, Bleijenberg G. The effects of cognitive behavioral therapy for post-cancer fatigue on perceived cognitive disabilities and neuropsychological test performance. *J Pain Symptom Manage* 2014; 47(1): 35-44.
  57. Bjornekleit H, Rosenblad A, Lindernalm C, Ojutkangas M, Letocha H, Strang P *et al.* Long-term follow up of a randomized study of support group intervention in women with primary breast cancer. *J Psychosom Res* 2013; 74(4): 346-53.
  58. Campbell K, Kam J, Neil-Sztramko S, Ambrose T, Handy T, Lim, H *et al.* Effect of aerobic exercise on cancer-associated cognitive impairment: A proof-of-concept RCT. *Psycho-Oncology* 2018; 27: 53–60.
  59. Carayol M, Ninot G, Senesse P, Bleuse J, Gourgou S, Sancho-Garnier H *et al.* Short- and long-term impact of adapted physical activity and diet counseling during adjuvant breast cancer therapy: The “APAD1” randomized controlled trial. *BMC Cancer* 2019; 19:737.
  60. Derry H, Jaremka L, Bennett J, Peng J, Andridge R, Shapiro C *et al.* Yoga and self-reported cognitive problems in breast cancer survivors: a randomized controlled trial. *Psycho-Oncology* 2015; 24(8): 958-66.

61. Ding K, Zhang X, Zhao J, Zuo H, Bi Z, Cheng H. Managing Cancer and Living Meaningfully (CALM) intervention on chemotherapy-related cognitive impairment in breast cancer survivors. *Integr Cancer Ther* 2020; 19: 1–10.
62. Gokal K, Munir F, Ahmed S, Kancherla K, Wallis D. Does walking protect against decline in cognitive functioning among breast cancer patients undergoing chemotherapy? Results from a small randomised controlled trial. *PLoS ONE* 2018;13(11):206874.
63. Hartman S, Nelson S, Myers E, Natarajan L, Sears D, Palmer B *et al.* Randomized controlled trial of increasing physical activity on objectively measured and self-reported cognitive functioning among breast cancer survivors: The Memory and Motion Study. *Cancer* 2018;124(1):192-202.
64. Hartman S, Nelson S, Marinac C, Natarajan L, Parker B, Patterson R. The effects of weight loss and metformin on cognition among breast cancer survivors: Evidence from the Reach for Health Study. *Psycho-Oncology* 2019; 28: 1640–1646.
65. Johnston M, Hays R, Subramanian S, Elashoff R, Axe E, Li J *et al.* Patient education integrated with acupuncture for relief of cancer-related fatigue randomized controlled feasibility study. *BMC Complement Altern Med* 2011;11:49.
66. Miki E, Kataoka T, Okamura H. Feasibility and efficacy of speed-feedback therapy with a bicycle ergometer on cognitive function in elderly cancer patients in Japan. *Psycho-Oncology* 2014; 23(8): 906-13.
67. Milbury K, Chaoul A, Biegler K, Wangyal T, Spelman A, Meyers C *et al.* Tibetan sound meditation for cognitive dysfunction: Results of a randomized controlled pilot trial. *Psycho-Oncology* 2013; 22(10): 2354-63.
68. Northey J, Pumpaa K, Quinlana C, Ikin A, Toohey K, Smeeb D *et al.* Cognition in breast cancer survivors: A pilot study of interval and continuous exercise. *J Sci Med Sport* 2019; 22: 580–585.
69. Oh B, Butow P, Mullan B, Clarke S, Beale P, Pavlakis N *et al.* Effect of medical Qigong on cognitive function, quality of life, and a biomarker of inflammation in cancer patients: a randomized controlled trial. *Support Care in Cancer* 2012; 20(6): 1235-42.
70. Pasyar N, Tashnizib N, Mansouria P, Tahmasebic S. Effect of yoga exercise on the quality of life and upper extremity volume among women with breast cancer related lymphedema: A pilot study. *Eur J Oncol Nurs* 2019;42:103–109.
71. Rahmani S, Talepasand S, Ghanbary-Motlagh A. Comparison of effectiveness the metacognition treatment and the mindfulness stress reduction on global and specific life quality of women with breast cancer. *Iran J Cancer Prev* 2014; 7(4): 184-96.

72. Reich R, Lengacher C, Alinat C, Kip K, Paterson C, Ramesar S *et al.* Mindfulness-based stress reduction in post-treatment breast cancer patients: Immediate and sustained effects across multiple symptom clusters. *J Pain Symptom Manage* 2017; 53(1): 85-95.
73. Rogers L, Hopkins-Price P, Vicari S, Pamentier R, Courneya K, Markwell S *et al.* A randomized trial to increase physical activity in breast cancer survivors. *Med Sci Sports Exerc* 2009; 41(4): 935–946.
74. Rottmann N, Dalton S, Bidstrup P, Wurtzen H, Hoybye M, Ross L *et al.* No improvement in distress and quality of life following psychosocial cancer rehabilitation. A randomised trial. *Psycho-Oncology* 2012; 21(5): 505-14.
75. Tong T, Pei C, Chen J, Lv Q, Zhang F, Cheng Z. Efficacy of acupuncture therapy for chemotherapy-related cognitive impairment in breast cancer patients. *Med Sci Monit* 2018; 24: 2919-2927.
76. Zimmer P, Baumann F, Oberste M, Wright P, Garthe A, Schenk A *et al.* Effects of exercise interventions and physical activity behaviour on cancer related cognitive impairments: A systematic review. *Biomed Res Int.* 2016; 1820954.
77. Breast cancer in Australia statistics. Cancer Australia; 2020 [Internet]. Available from: <https://www.canceraustralia.gov.au/affected-cancer/cancer-types/breast-cancer/statistics> [cited 2021, Sep 09].
78. Ganz P. Understanding the impact of breast cancer adjuvant endocrine therapy on cognitive function: a work in progress. *Br J Cancer* 2016; 114: 953–955.
79. Yang Y, Hendrix C. Cancer-related cognitive impairment in breast cancer patients: influences of psychological variables. *Asia Pac J Oncol Nurs* 2018; 5: 296–306.
80. Padgett L, Van Dyk K, Kelly N, Newman R, Hite S, Asher A. Addressing cancer-related cognitive impairment in cancer survivorship. *Oncol Issues* 2020; 35: 52-57.
81. Ferguson R, McDonald B, Saykin A, Ahles T. Brain structure and function differences in monozygotic twins: Possible effects of breast cancer chemotherapy. *J Clin Oncol* 25: 3866–3870.
82. Wefel J, Vardy J, Ahles T, Schagen S. International Cognition and Cancer Task Force recommendations to harmonise studies of cognitive function in patients with cancer. *Lancet Oncol* 2011; 12: 703–08.

83. Duncan M, Moschopoulou E, Herrington E, Deane J, Roylance R, Jones L *et al.* Review of systematic reviews of non-pharmacological interventions to improve quality of life in cancer survivors. *BMJ Open* 2017;7(11):15860