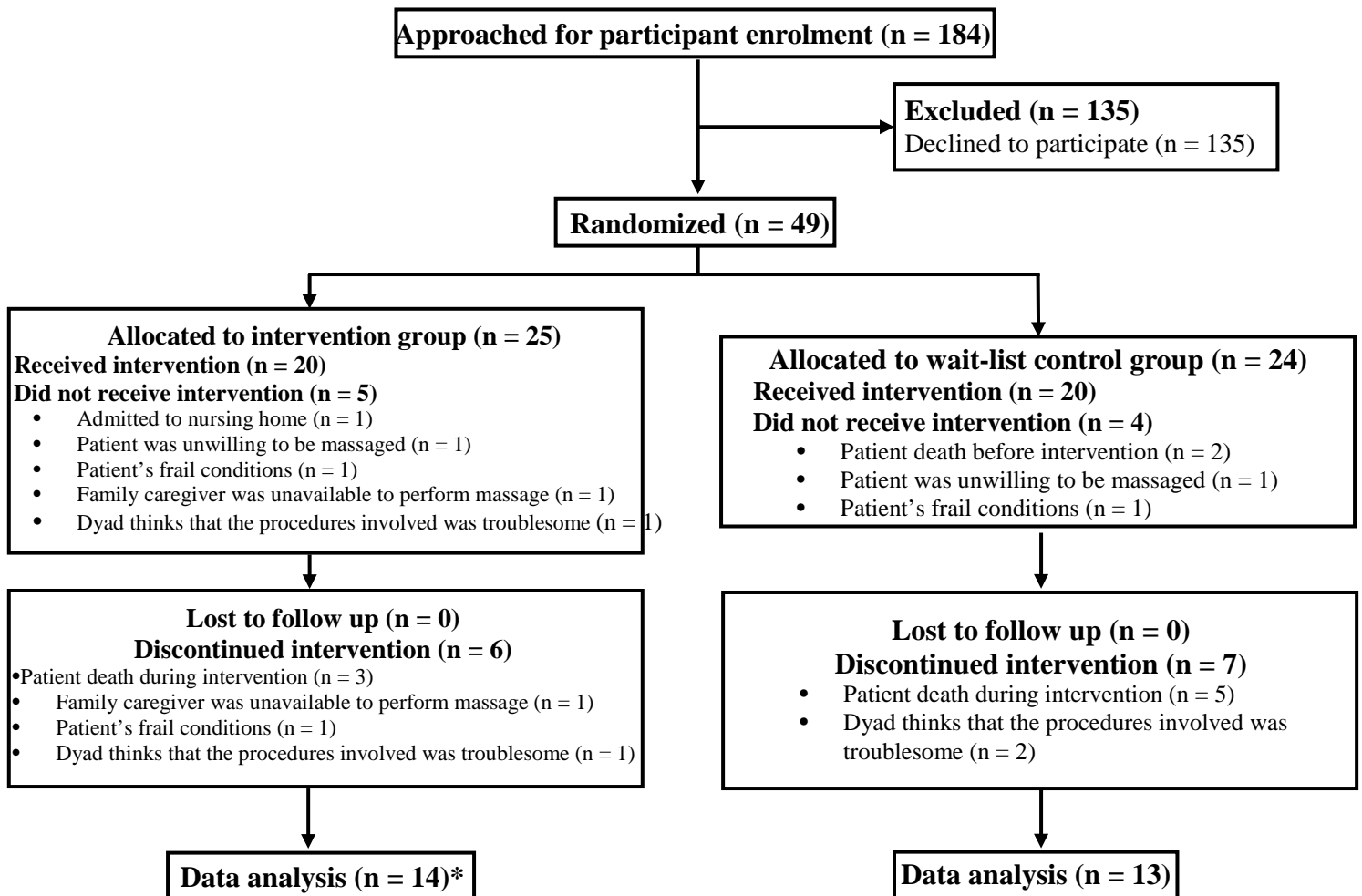


## Basic Results Summary

### The feasibility of caregiver-delivered massage program for cancer patients undergoing palliative care

ISRCTN16470761

#### Participant Flow



\* Data from family caregivers of 14 dyads were analysed, but patients of two of these dyads did not provide post-intervention data (patient in bad mood (n = 1); patient in frail conditions (n = 1)), and they were therefore excluded.

### ***Baseline characteristics of participants***

The major baseline characteristics (age and gender) of the patients and their caregivers are presented in tables 1 and 2 respectively. Other baseline characteristics examined for patients include living arrangement, site of cancer and type of treatment received. Baseline characteristics examined for caregivers include working status, average daily working hours, relationship with patients, and average daily hours spent on caregiving. There was a fair level of similarity in the demographic and clinical characteristics of the participants in the intervention and control groups, except that there were considerably more participants who were aged 60-69 in the control group, compared to the intervention group.

*Table 1: Major Baseline characteristics of the patients (n = 40)*

<b>Patient characteristics</b>	<b>n (%)</b>	
	Control (n = 20)	Intervention (n = 20)
<i>Age (years)</i>		
50 – 59	0 (0.0)	1 (5.0)
60 – 69	7 (35.0)	0 (0.0)
≥ 70	13 (65.0)	19 (95.0)
<i>Gender</i>		
Male	9 (45.0)	7 (35.0)
Female	11 (55.0)	13 (65.0)

*Table 2: Major Baseline characteristics of the caregivers (n = 40)*

<b>Caregiver characteristics</b>	<b>n (%)</b>	
	Control (n = 20)	Intervention (n = 20)
<i>Age (years)</i>		
< 50	1 (5.0)	2 (10.0)
50 – 59	9 (45.0)	10 (50.0)
60 – 69	7 (35.0)	4 (20.0)
≥ 70	3 (15.0)	4 (20.0)
<i>Gender</i>		
Male	7 (35.0)	8 (40.0)
Female	13 (65.0)	12 (60.0)

## ***Outcome measures***

The primary outcomes of patients and caregivers, regarding the between-group comparisons in the form of  $p$  values, are presented in tables 3 and 4 respectively.

*Table 3: Primary outcomes for patients*

<b>Item</b>	<b>P (between group)</b>	
	<b>Pre-test</b>	<b>Post-test</b>
<b><i>Distress levels</i></b>		
<i>Distress thermometer</i>	0.790	0.565
<b><i>Symptom burden</i></b>		
<i>Edmonton Symptom Assessment System</i>		
Pain	0.118	0.259
Tire	0.298	0.413
Nausea	0.689	0.793
Depression	0.573	0.783
Anxiety	0.899	0.917
Drowsiness	0.107	0.568
Appetite	0.249	0.889
Well-being	0.810	0.914
Shortness of breath	0.999	0.339
<b><i>Patients' quality of life</i></b>		
<i>EORTC QLQ-C15-PAL</i>		
Physical functioning	0.526	0.957
Emotional functioning	0.794	0.644
Fatigue	0.873	0.747
Nausea and vomiting	0.756	0.608
Pain	0.208	0.222
Dyspnoea	0.469	0.264
Insomnia	0.028	0.021
Appetite loss	0.083	0.768
Constipation	0.404	0.650
Quality of life	0.010	0.528
<b><i>Distress levels (objective measure)</i></b>		
<i>Salivary cortisol concentration #</i>	0.955	0.632

Table 4: Primary outcomes for caregivers

Item	P (between group)	
	Pre-test	Post-test
<b><i>Distress levels</i></b>		
<i>Distress thermometer</i>	0.821	0.495
<b><i>Perceived preparedness in caregiving</i></b>		
<i>Preparedness for caregiving scale</i>	0.881	0.914
<b><i>Perceived competence in caregiving</i></b>		
<i>Caregiving Competence Scale</i>	0.852	0.305
<b><i>Quality of life</i></b>		
<i>Short Form 12 Health Survey Questionnaire</i>		
Physical functioning	0.509	0.449
Role physical	0.873	0.751
Bodily pain	0.569	0.302
General health	0.368	0.075
Vitality	0.213	0.624
Social functioning	0.902	0.619
Role emotional	0.757	0.928
Mental health	0.595	0.675
Physical health component score	0.536	0.315
Mental health component score	0.937	0.875
<b><i>Distress levels (objective measure)</i></b>		
<i>Salivary cortisol concentration #</i>	0.008	0.905

### ***Adverse events***

There were no adverse events associated with this trial.