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Interdisciplinary Educational and Physical Activity Interventions as Supportive Care Strategies for Women with Gynecological Cancers: A Comprehensive Review

Authors:
Patrycja Długosz
patrycjadlugosz1999@gmail.com,
https://orcid.org/0000-0003-4517-4832,
University Clinical Hospital No. 4 in Lublin
ul. Doktora Kazimierza Jaczewskiego 8, 20-090 Lublin

Magdalena Próchnicka
maadiii1210@gmail.com,
https://orcid.org/0000-0002-0641-2079,
University Clinical Hospital No. 4 in Lublin
ul. Doktora Kazimierza Jaczewskiego 8, 20-090 Lublin

Dominika Nowak
mika1200@onet.pl,
https://orcid.org/0000-0002-0195-1102,
University Clinical Hospital No. 4 in Lublin
ul. Doktora Kazimierza Jaczewskiego 8, 20-090 Lublin

Adam Zarzycki,
adam.zarzycki0709@gmail.com,
https://orcid.org/0009-0004-9589-1842,
University Clinical Hospital No. 4 in Lublin
ul. Doktora Kazimierza Jaczewskiego 8, 20-090 Lublin

Jan Noskowicz
jasieknoskowicz@gmail.com,
https://orcid.org/0009-0009-6578-0398,
Independent Public Healthcare Institution of the Ministry of Internal Affairs and Administration named after Sergeant Grzegorz Załoga in Katowice ul. Wita Stwosza 39/41, 40-042 Katowice

Jan Urban
jan.urban019@gmail.com,
https://orcid.org/0009-0004-8583-6970,
Independent Public Healthcare Institution of the Ministry of Internal Affairs and Administration named after Sergeant Grzegorz Załoga in Katowice ul. Wita Stwosza 39/41, 40-042 Katowice

Michał Siwek
Michal.siwek21371388@gmail.com,
https://orcid.org/0000-0002-0930-9333,
University Clinical Hospital No. 4 in Lublin ul. Doktora Kazimierza Jaczewskiego 8, 20-090 Lublin

Jakub Hamouta
kubahamouta@gmail.com,
https://orcid.org/0009-0003-6368-223X,
1st Military Clinical Hospital with Outpatient Clinic SPZOZ in Lublin Raclawickie Avenue 23, 20-049 Lublin

Julia Konat
juliakonat11@gmail.com,
https://orcid.org/0009-0008-6607-6725,
Provincial Specialist Hospital in Lublin Krasnickie Avenue 100, 20-718 Lublin

Wiktor Doroszuk
wiktor.doroszuk@gmail.com,
https://orcid.org/0009-0004-2446-726X ,
1st Military Clinical Hospital with Outpatient Clinic SPZOZ in Lublin Raclawickie Avenue 23, 20-049 Lublin

Corresponding author:
Patrycja Długosz
patrycjadlugosz1999@gmail.com

Abstract:
Purpose: This review synthesizes current evidence on supportive care strategies aimed at improving the quality of life (QoL) for women undergoing treatment for gynecological cancers. It addresses physical, psychological, and socio-demographic factors influencing outcomes and explores evidence-based interventions, including physical activity, mindfulness, trauma-informed care, and eHealth technologies.
Methods: A comprehensive literature review was conducted, examining studies focusing on supportive care interventions, psychological assessment tools, exercise programs, mindfulness techniques, and the influence of socio-demographic variables on health outcomes in women with gynecological cancers.
Results: The review highlights the significant burden of gynecological cancers on women's physical and psychological well-being. Effective supportive care strategies include tailored exercise programs, mindfulness-based interventions, trauma-informed care, and addressing sexual health concerns. Moreover, the importance of customized psychological support, interventions to promote adaptive coping skills, and eHealth approaches is highlighted. The review also identifies the influence of socio-demographic factors such as age, BMI, race/ethnicity, and socio-economic status on access to care and outcomes.
Conclusion: This review underscores the need for comprehensive, integrated, and personalized supportive care strategies to enhance the quality of life for women with gynecological cancers. Future research should prioritize large-scale randomized controlled trials, studies on specific populations, and the integration of artificial intelligence and interdisciplinary collaboration to optimize personalized treatment approaches.

Keywords: gynecological cancers, supportive care, quality of life, physical activity, mindfulness, eHealth

1. Introduction

1.1. Burden of gynecological cancers (incidence, mortality, impact on women's lives)

The multifaceted burden of gynecological malignancies encompasses a range of considerations, including incidence rates, mortality statistics, psychological ramifications, and socioeconomic dimensions.

In 2020, gynecological cancers constituted 15.2% (approximately 1.4 million) of newly diagnosed cancer cases among women globally [1]. Individuals diagnosed with gynecological malignancies endure a considerable psychological burden. Empirical evidence suggests that between 30% and 40% of cancer patients manifest psychological distress, which can detrimentally impact their quality of life, adherence to treatment regimens, and overall survival outcomes [1]. Affected individuals frequently grapple with anxiety, depression, and post-traumatic stress disorder (PTSD) as a result of both the illness itself and the associated therapeutic interventions [23].

The coping mechanisms employed by women diagnosed with gynecological cancers are paramount in the regulation of their stress levels. Research indicates a reliance on avoidance techniques, reflecting a pervasive sense of helplessness and abandonment among this patient population. The provision of effective psychological counseling is imperative to enhance their coping strategies and overall psychological well-being [43].

The economic ramifications linked to gynecological cancers are considerable. Patients frequently encounter 'financial toxicity' stemming from treatment expenses, which further intensifies psychological distress, particularly among individuals with lower income levels [5]. This underscores the imperative for comprehensive cancer prevention and management strategies that are specifically adapted to the unique requirements of patients with gynecological cancers. Acknowledging the heterogeneous characteristics of psychological distress and executing timely psychological interventions are essential [5].

1.2. Overview of challenges faced by women with these cancers (physical, psychological, social)

A considerable number of women report experiencing substantial fatigue associated with cancer, which complicates the execution of daily activities and is frequently accompanied by psychological distress. This distress may present itself in the form of anxiety, depression, and feelings of frustration or hopelessness associated with their cancer treatment [13]. The distinctive characteristics of gynecological cancers, including their implications on femininity and reproductive health, further intensify these psychological difficulties [16].

Women diagnosed with advanced gynecological cancers initially exhibit diminished physical functioning, which may show signs of improvement over time; however, numerous individuals continue to confront persistent physical and mental health challenges following treatment. Variables such as socioeconomic status, comorbidities, and a history of psychiatric disorders have been correlated with inferior QoL outcomes [13].

Women frequently contend with societal expectations associated with their roles as caregivers, spouses, and mothers. These roles can induce additional stress, particularly when treatment adversely affects their capacity to fulfill these responsibilities, resulting in social isolation or feelings of inadequacy [1]. Adverse effects of interventions, including surgery and chemotherapy, can have significant repercussions on women's physical and emotional well-being. For example, concerns related to hair loss, menopausal symptoms, and changes in body image are often reported as major contributors to psychological distress [13].

Persistent concerns regarding disease progression and recurrence are widespread among women undergoing treatment. This apprehension can engender a sense of vulnerability and a perceived loss of control over their health, subsequently affecting overall quality of life [17].

The implementation of effective coping mechanisms is crucial for navigating the intertwined challenges of fatigue and psychological distress. Nonetheless, there is frequently a necessity for education surrounding these symptoms and access to comprehensive supportive care, particularly for younger women who may encounter additional complications, such as treatment-induced menopause and reintegration into the workforce [1].

1.3. What are the key components of supportive care that address psychological and physical symptoms for women undergoing treatment for gynecological cancer?

Supportive care should prioritize the dual aspects of physical and psychological well-being. This necessitates comprehensive interventions that acknowledge the interrelationship between cancer-related fatigue and psychological distress, as these symptoms possess the capacity to exacerbate one another. The formulation of nonpharmacological management strategies is of paramount importance.

Participants in a qualitative investigation underscored the necessity of addressing cancer-related fatigue and psychological distress through personalized approaches that consider their distinct experiences and requirements. The involvement of family members and peers in the treatment regimen can significantly enhance symptom management. Support networks play a crucial role in alleviating feelings of distress and can offer both emotional and practical assistance [18].

The dissemination of knowledge regarding cancer-related fatigue, including its differentiation from ordinary fatigue and effective management strategies, is imperative. This educational process can empower women to navigate their symptoms more effectively [1].

The incorporation of trauma-informed care methodologies is essential for addressing the emotional and psychological distress associated with the cancer diagnosis and its subsequent treatment. Such approaches are attuned to past traumas and persistent psychological challenges, thereby facilitating improved patient outcomes [4].

Promoting low-intensity exercises, such as walking, tai chi, and other gentle activities, can aid in the management of symptoms related to fatigue and distress. These activities not only foster physical health but also contribute to the enhancement of psychological well-being [1].

Addressing the specific familial roles and responsibilities that women may feel compelled to assume can effectively mitigate psychological distress. A comprehensive care approach that incorporates family dynamics is essential [19].

2. Psychological Impact and Assessment

Empirical evidence suggests that women diagnosed with gynecological malignancies exhibit depression prevalence rates surpassing 23%, with more than 50% manifesting either subclinical or clinically significant anxiety subsequent to their diagnosis [5]. Furthermore, preoperative assessments indicate that anxiety symptoms frequently outstrip depressive symptoms, thereby implying variability in psychological states throughout the course of medical treatment[3].

Cancer-related fatigue is recognized as a prevalent symptom that detrimentally impacts quality of life and is associated with elevated levels of both anxiety and depression in women receiving treatment for gynecological cancers [1].

In terms of established assessment instruments for quantifying these psychological outcomes:

a. Distress Thermometer: This instrument is employed to assess psychological distress levels at critical junctures throughout the treatment trajectory, thereby facilitating the identification of patients who may necessitate supplementary psychological intervention [5].

b. Perceived Stress Scale (PSS-10): This is designed to measure perceived stress levels, thereby assisting in the correlation of psychological outcomes with sociodemographic factors[2].
c. Although not specifically referenced in the provided summaries, the FACT-G (Functional Assessment of Cancer Therapy-General) is widely utilized for evaluating the quality of life in cancer patients, encompassing psychometric dimensions pertinent to their emotional and psychological welfare.

The impact of diagnosis, therapeutic modalities, and disease progression on psychological health is manifest in numerous studies. Variables such as the specific type of cancer (e.g., ovarian cancer, which is linked to increased distress due to unfavorable prognosis and apprehension regarding recurrence) denote significant emotional burdens [5].

The therapeutic environment, encompassing surgical and chemotherapeutic interventions, introduces additional complexity to the psychological landscape, frequently intensifying pre-existing emotional challenges or instigating new stressors attributable to treatment-related adverse effects[4].

3. Physical Activity and Exercise Interventions

3.1. Evidence for the benefits of physical activity and structured exercise programs

Engagement in moderate-intensity aerobic and resistance training, performed three times weekly for a period of 8 to 12 weeks, has been demonstrated to significantly improve self-reported physical functioning. Exercise regimes under professional supervision generally exhibit greater efficacy compared to unsupervised programs; however, the latter can still provide beneficial outcomes for older individuals who have survived cancer [10].

Systematic engagement in exercise, particularly moderate-intensity aerobic training, has demonstrated effectiveness in alleviating cancer-related fatigue both during and following treatment. This effect is especially pronounced in training protocols that extend for a minimum of 12 weeks, with a frequency of three sessions each week [11].

Consistent participation in physical activity is associated with improvements in overall quality of life, which includes notable reductions in symptoms of anxiety and depression. Specific exercise regimens that integrate both aerobic and resistance training modalities have proven to be especially efficacious [10].

The implementation of supervised exercise programs is underscored as a crucial element contributing to the benefits observed in various research studies. The presence of supervision not only serves to motivate participants but also ensures the safety of exercise execution, thereby optimizing the resultant health outcomes [11].

A variety of guidelines offer customized exercise prescriptions aimed at enhancing health-related outcomes for distinct types of cancer. For example, a protocol of aerobic exercise conducted at 60% to 80% of the maximal heart rate for periods ranging from 30 to 60 minutes, executed three times per week, is recommended [10]. Additionally, the combination of aerobic and resistance training appears to confer supplementary advantages [10].

A considerable argument exists for the integration of physical activity, even in the realm of palliative care, proposing that any level of activity might deliver benefits, such as the reduction of symptoms and the enhancement of quality of life [12].

3.2. Impact on quality of life, fatigue, neuropathy, lymphedema, and other physical symptoms

Physical activity is consistently emphasized as a pivotal determinant influencing the quality of life in individuals who have survived cancer. The cited document reveals that participants who maintained physical activity guidelines reported a superior quality of life, lesser depressive symptoms, and a decline in psychological discomfort. Noteworthy interactions indicated that the advantages of physical activity on quality of life and depressive symptoms were significantly more pronounced in women experiencing elevated levels of neuropathy symptoms [13].

Numerous investigations have documented the correlation between physical activity and fatigue. In the Greek breast cancer study, fatigue revealed a notable negative correlation with quality of life ($r = -0.7410$, $p = 0.00001$), indicating that rising fatigue is linked to a significant drop in quality of life [13]. Likewise, the general standard of living for breast cancer patients receiving chemotherapy faced decline due to symptoms like fatigue, which diminished their physical and emotional capabilities [13].

There was a notable correlation between neuropathy symptoms, especially CIPN, and quality of life outcomes. The document addressing neuropathy in gynecologic cancer survivors suggested that individuals reporting higher neuropathy symptoms experienced more significant benefits from physical activity, implying that such activity could alleviate some of the detrimental effects of neuropathy on quality of life [14].

The study revealed that physical activity has the potential to enhance various dimensions of quality of life for survivors afflicted by lymphedema, although notable improvements were predominantly observed in White breast cancer survivors over time [15]. This underscores the significance of physical activity as a non-pharmacological intervention that may enhance the quality of life among individuals affected by lymphedema [15].

The document indicated that the adverse effects associated with standard cancer treatments frequently encompass a range of physical symptoms, including pain and dyspnea, which impair quality of life [16]. These physical symptoms were often correlated with chemotherapy and highlight the necessity for increased physical activity to alleviate these repercussions [13].

3.3. Considerations for exercise prescription (type, intensity, duration, frequency) and safety

A multimodal exercise strategy that incorporates both aerobic and resistance training modalities is typically advocated. The specific modalities employed should correspond with the exercise objectives established by the patient, and adaptations may be required to attain both physiological and functional enhancements [10].

Exercise should generally be conducted at a minimum of moderate intensity. Nevertheless, it is imperative that patients receive education regarding the definitions of low, moderate, and high-intensity exercise, and they should be empowered to self-regulate their intensity based on their subjective feelings on any particular day [10,17]

High-intensity exercise may be requisite for patients with particular needs (e.g., the rapid enhancement of fitness prior to surgical intervention), yet prudence is essential to prevent the exacerbation of symptoms or the onset of injury [11,18]

The initial recommendations for exercise duration may differ: for patients who are deconditioned, shorter exercise bouts (5-10 minutes) may be necessary at first, with the objective of accumulating a minimum of 20 minutes of exercise per day [11].

As the patient advances, the objective should be to extend exercise session durations to at least 20 minutes on the majority of days during the week [11]].

Exercise sessions should ideally be distributed throughout the week, integrating multiple brief bouts for patients who are deconditioned. Importantly, it is advisable to avoid scheduling two consecutive days without planned exercise [10].

Continuous monitoring of the patient's symptoms during and following exercise is vital. Any unusual alterations in symptoms may necessitate a modification of the exercise regimen or prompt the need for medical consultation [19].

The exercise prescription must be tailored to accommodate specific cancer-related complications (e.g., thrombocytopenia, fatigue, neuropathy) and should exhibit sufficient flexibility to adapt to the patient's daily health status [10].

Education concerning contraindications and the potential risks associated with various forms of exercise is critical to ensure patient safety, particularly for individuals experiencing treatment-related adverse effects [19,20].

3.4. Role of tailored exercise programs and barriers to exercise and strategies to overcome them.

Specialized exercise routines are important in cancer management, as they directly respond to the particular demands of cancer sufferers and those who have survived, acknowledging their unique health struggles, the implications of treatment, and their personal dreams. The guidelines underscore that a universal approach is inadequate; instead, bespoke exercise prescriptions should be formulated through individualized assessments to optimize patient outcomes and minimize potential risks [11]

The obstacles to engaging in physical exercise that cancer patients frequently encounter encompass a deficiency in knowledge regarding safe exercise practices, apprehension about the possibility of aggravating symptoms or sustaining injuries, and issues related to accessibility, such as the availability of appropriate facilities or programs [11,21]. Furthermore, barriers may also possess a psychological dimension, arising from patients experiencing fatigue, a lack of motivation, or concerns regarding their physical limitations [21].

The implementation of techniques such as goal setting, self-monitoring, and educational initiatives can enhance adherence to exercise regimens. The provision of social support and the consideration of both general and cancer-specific concerns can empower patients to confront

the challenges associated with physical activity[10,22]. Exercise programs ought to be meticulously designed to correspond with the specific health conditions and exercise capacities of the patients, taking into consideration variables such as levels of fatigue, pain, and other treatment-related side effects [22]. Informing patients about what constitutes typical experiences and establishing realistic goals can assist in alleviating fears related to engaging in exercise [11]. The inclusion of patients in supervised exercise interventions has demonstrated greater efficacy, as these programs provide enhanced motivation and accountability, thereby encouraging consistent participation [21,23]. Recognizing and accommodating patients' schedules can promote adherence to exercise regimens, ensuring that even amidst busy periods, patients are able to allocate time for physical activity [6,12].

4. Mindfulness-Based Interventions

4.1 Evidence for the effectiveness of MBIs in improving psychological well-being

Mindfulness-based interventions (MBIs) have demonstrated efficacy in enhancing psychological well-being among individuals who have survived cancer. A comprehensive meta-analysis indicated that participants who participated in MBIs exhibited significantly elevated levels of eudaimonic, hedonic, and social well-being when compared to individuals in control cohorts. The meta-analysis encompassed data from 31 distinct studies involving a cumulative total of 2,651 participants, thereby establishing a standardized mean difference (SMD) of 0.599, which signifies a considerable positive impact of MBIs on psychological well-being [7].

Moreover, the results imply that these interventions are efficacious across a spectrum of therapeutic orientations and treatment modalities, thereby underscoring their significance in clinical practice for the enhancement of psychological outcomes in cancer survivorship [7,9].

4.2. Potential Mechanisms of Action

The potential mechanisms of action delineated within the accompanying academic literature can be methodically classified into several principal pathways, each substantiated by empirical data derived from targeted scholarly investigations:

a. Emotion Regulation (The Link Between Sleep and Mental Health)

Insufficient quality of sleep possesses the potential to hinder emotion regulation, an essential mechanism that correlates sleep with psychological health outcomes. Sleep deprivation adversely affects three distinct stages of emotion regulation:

Recognizing the imperative to adjust emotional states, identifying effective strategies for emotional regulation, Implementing proficient methodologies for emotion regulation. Deteriorated sleep quality exacerbates negative emotional responses to stressors and attenuates the advantages linked with positive experiences. Interventions such as Cognitive Behavioral

Therapy for insomnia (CBTi) may enhance mental health outcomes by restoring adaptive emotion regulation[24].

b. Multimodal Physical-Psychological Synergy (Pelvic Floor Physical Therapy for Dyspareunia)

Fortifying pelvic floor musculature, alleviating hypertonicity, and enhancing blood circulation. Addressing fear avoidance, pain catastrophizing, and body image issues through cognitive-behavioral interventions. Guidance on pain management and graded exposure to sexual activity diminishes avoidance behaviors. Ongoing self-management practices following intervention facilitate sustained improvements[25].

c. Biological and Metabolic Pathways (The Role of Physical Activity in Cancer)

Mitigates hyperinsulinemia and insulin resistance, which are linked to cancer progression. Decreases pro-inflammatory cytokines (e.g., IL-6, TNF-α) and bolsters anti-tumor immunity. Modifies levels of leptin and adiponectin, hormones implicated in obesity and cancer vulnerability. Physical exercise may alleviate hypoxia and enhance vascularization, potentially inhibiting metastasis [26].

d. Behavioral and Cognitive Strategies (eHealth Interventions for Cancer-Related Fatigue)

Cognitive-Behavioral Therapy (CBT) aims to amend maladaptive cognitive structures that contribute to fatigue. Mindfulness and relaxation techniques alleviate stress and foster enhanced coping mechanisms. Graded activity encourages incremental increases in physical activity to restore endurance. Peer support and interaction with healthcare professionals reinforce adherence through social support and accountability [25].

5. Addressing Sexual Health

Dyspareunia, defined as persistent discomfort during sexual intercourse, afflicts over fifty percent of individuals who have survived gynecological malignancies, with a multitude of anatomical, physiological, psychological, and relational factors contributing to this condition. The document underscores that in addition to dyspareunia, these survivors frequently encounter other sexual dysfunctions, including diminished libido and sexual desire, which may precipitate relational challenges and profoundly disrupt their quality of life [27]. Moreover, the interplay of somatic symptoms and psychological distress, particularly in individuals with prior trauma, cultivates a complex experience that adversely affects overall health and patient satisfaction [25]. Multifaceted pelvic floor physical therapy (PFPT) is recognized as a salient intervention for mitigating dyspareunia in cancer survivors. PFPT integrates psychosexual education, manual therapy, and pelvic floor muscle exercises, and is designated in clinical survivorship guidelines as a primary, non-invasive therapeutic option. The investigation referenced in the document indicated notable short-term enhancements in pain experienced during intercourse and various psychosexual metrics post-intervention, with subsequent evaluations demonstrating that these advancements were maintained for at least one year thereafter [7,25]. The document articulates

that concerns regarding body image are widespread among gynecological cancer survivors, further complicating their sexual health challenges. The physiological ramifications of oncological treatments can intensify these concerns, contributing to depressive symptoms and exacerbating the distress encountered in sexual functioning [25]. Consequently, addressing body image through interventions such as PFPT not only targets physical manifestations but also seeks to rehabilitate a constructive self-image, which is essential for enhancing both psychological well-being and sexual health [7,28].

6. Trauma-Informed Care

6.1. Principles of trauma-informed care and Prevalence of trauma history in women with gynecological cancers

The core beliefs of trauma-sensitive treatment within gynecologic oncology showcase the vital role of comprehensively recognizing and managing the aftereffects of trauma on patients. Essential components include:

a. **Safety:** Guaranteeing that the healthcare setting remains secure for the patient, encompassing both physical and emotional aspects.
b. **Reliability and Openness:** Fostering trust through the provision of clear information to patients about the treatment pathway and related decisions.
c. **Peer Support:** Providing assistance from individuals possessing analogous experiences, which can facilitate patients' feelings of validation and comprehension.
d. **Collaboration and Empowerment:** Engaging patients in their own care and decision-making processes to enhance a sense of agency and empowerment.
e. **Cultural, Historical, and Gender Considerations:** Acknowledging and honoring the varied backgrounds of patients, inclusive of cultural, historical, and gender-related dynamics [4].

The paper clarifies that women diagnosed with gynecological cancers often face heightened emotional distress related to their trauma histories, particularly when they have undergone sexual assault. Women bearing such histories are at an elevated risk of encountering anxiety, depression, and post-traumatic stress disorder (PTSD) throughout their treatment regimen. This highlights the imperative for healthcare practitioners to implement trauma-informed methodologies and perform screenings to aid in the identification and support of patients who may be influenced by previous traumas [4].

For further detailed insights, one is encouraged to consult the specific sections pertaining to trauma-informed care and its consequential effects on patient outcomes within the context of gynecological oncology [4].

6.2. Strategies for implementing trauma-informed practices in oncology settings. Benefits of trauma-informed care (improved outcomes, increased patient satisfaction)

Healthcare practitioners ought to attain a comprehensive understanding of the principles and methodologies associated with trauma-informed care. This necessitates an awareness of the implications of trauma on patients and the critical importance of recognizing trauma during

clinical interactions [29]. The deployment of screening instruments is essential for the identification of patients who might benefit from extensive psychological support and mental health referrals. This methodology underscores the necessity of early detection to adequately address trauma-related requirements [2930]. Offering training programs for oncology personnel is vital to augment their comprehension and competencies pertaining to trauma-informed care. This initiative will better prepare them to address the distinct needs of individuals with traumatic histories, thereby fostering a more empathetic approach to patient care [4]. The establishment of a healthcare setting that emphasizes emotional safety and promotes patient autonomy can significantly alleviate the probability of re-traumatization. This may encompass enhancements to the physical environment, the reduction of discomfort during medical examinations, and the provision for patients to have supportive individuals present [4]. The adoption of trauma-informed care has been correlated with enhanced health outcomes for patients. The acknowledgment and appropriate management of trauma can result in diminished emotional distress, improved coping mechanisms, and overall better health [4]. Patients who perceive that their experiences of trauma are understood and supported generally report elevated levels of satisfaction with their care. This heightened satisfaction stems from a robust therapeutic alliance and the tailored approaches of healthcare providers [4].

7. The Role of Coping Strategies

7.1. Overview of different coping styles (adaptive vs. maladaptive)

Coping approaches can primarily be split into two essential divisions: adaptive (or positive) coping approaches and maladaptive (or negative) coping approaches. Adaptive coping strategies encompass constructive approaches that individuals employ to navigate stress and emotional adversities. These strategies are associated with enhanced psychological outcomes and an elevated quality of life.

Illustrative examples include:

a. Acceptance: Embracing the reality of what has transpired and developing the capacity to coexist with it.

b. Emotional Support: Pursuing solace and comprehension from others.

c. Planning: Engaging in proactive measures to confront the stressor.

d. Positive Reframing: Identifying an optimistic facet within a negative circumstance.

e. Hobbies and Self-Care: Involving oneself in activities that elicit joy and attending to one's well-being through exercise, nutritious eating, etc.

f. Humor: Leveraging humor as a mechanism for coping with the circumstance.

These strategies can significantly bolster well-being, as individuals utilizing them frequently report diminished distress and an enhanced sense of agency over their circumstances [29].

Maladaptive coping strategies are inclined to intensify rather than mitigate stress and emotional suffering. Such strategies are frequently characterized by avoidance or denial and can precipitate adverse psychological ramifications.

Illustrative examples of maladaptive coping encompass:
a. Self-Distraction: Engaging in activities that divert attention from thoughts of the stressor, including sleeping or daydreaming.
b. Substance Use: Utilizing alcohol or drugs as a means of evading reality.
c. Venting: Concentrating on and articulating negative emotions; while it may offer transient relief, it can exacerbate overall distress.
d. Self-Blame: Attributing fault to oneself for the situation, potentially engendering feelings of worthlessness.
e. Behavioral Disengagement: Ceasing efforts to cope with the stressor [29].
Empirical evidence indicates that individuals exhibiting higher resilience typically employ a greater prevalence of adaptive coping strategies, which positively correlates with an enhanced quality of life. Conversely, those who depend on maladaptive strategies may encounter heightened anxiety, depression, and a diminished sense of well-being [8].

In conclusion, comprehending the differentiation between adaptive and maladaptive coping strategies is crucial, as it can guide interventions designed to enhance psychological resilience and overall health outcomes among patients, particularly within oncology contexts [8].

7.2. Interventions to promote adaptive coping skills.

An exploration into resilience reveals its essential value for cancer patients, proposing that approaches to strengthen resilience could enable more adaptive coping methods during their health journey. This may necessitate the establishment of programs designed to impart skills pertinent to emotional regulation and stress management, consequently enhancing the overall quality of life [8].
The imperative for customized psychological support for cancer patients is acknowledged, as various coping mechanisms are correlated with their comprehensive mental adaptation to the disease. Interventions might encompass counseling tailored to assist patients in recognizing and fortifying their adaptive coping strategies. This could entail collaboration with psychologists to refine coping styles, thereby promoting psychological wellbeing [8,29].
A supplementary document clarifies the distinction between adaptive coping methods aimed at problems and maladaptive methods centered on emotions. Interventions may prioritize the instruction of patients in problem-solving methodologies and the encouragement of the utilization of social support frameworks as coping mechanisms, which have been linked to enhanced resilience and overall wellbeing [8].

The implementation of educational programs is advocated as beneficial for cancer patients, wherein they can acquire knowledge regarding effective coping strategies and the modalities for their application. Such educational initiatives may encompass workshops or group sessions that deliberate on adaptive coping strategies, including acceptance, positive reframing, and the pursuit of support [8].

Engagement in survivor networks and peer support groups is recognized as having a markedly positive influence on coping abilities. These networks can cultivate adaptive coping through the sharing of experiences and the provision of collective support [29].

8. Influence of Socio-Demographic Factors

8.1. Impact of age, BMI, race/ethnicity, socio-economic status, education level, and other factors on outcomes and access to care.

Contained within this document is a detailed analysis of the effects of age, Body Mass Index (BMI), race/ethnicity, socio-economic status, educational attainment, and additional significant variables on healthcare outcomes and access to medical treatment, as delineated in the scholarly literature.

Advanced age is frequently correlated with diminished physical functionality; conversely, younger individuals may encounter challenges related to emotional well-being. Notably, older adults are likely to exhibit a decline in quality of life (QoL) attributed to their frailty and the severity of their medical conditions [2]. In the realm of gynecological cancer, age emerges as a significant determinant influencing both psychological health and overall QoL longitudinally [31].

Elevated BMI is associated with diminished QoL indices among survivors of breast cancer. Specifically, a comparison of survivors with a BMI exceeding 30 against those with a lower BMI reveals that individuals in the higher BMI category report poorer health outcomes and increased manifestations of symptoms associated with adjuvant endocrine therapy . Among patients with gynecological malignancies, a higher BMI has been linked to adverse vitality, social functioning, and general health indices [31].

Racial disparities are evident within populations of cancer survivors. For instance, Black women diagnosed with hormone receptor-positive breast cancer generally report lower levels of physical activity when compared to their White counterparts, potentially impacting their health-related quality of life and the burden of symptoms experienced [31]. The interplay of race and socio-economic determinants frequently influences access to care and treatment outcomes, underscoring the necessity for tailored interventions [27].

Individuals with elevated socio-economic status typically report superior health outcomes. In the context of breast cancer, higher income levels and educational qualifications are positively correlated with enhanced QoL and reduced fatigue levels [27]. In the case of gynecological cancers, monthly income and other socio-economic indicators substantially influenced the trajectories of psychological distress among affected individuals [5].

Lower levels of educational attainment are associated with adverse health outcomes and restricted access to medical care. Patients with diminished educational backgrounds reported a higher prevalence of symptoms and lower QoL. The level of education can significantly

influence the comprehension of health information, which may subsequently impact treatment decisions and adherence to therapeutic regimens [32].

8.2. Strategies for addressing disparities in care and Cultural considerations.

The manuscript addressing trends in the cancer burden underscores the urgent necessity for comprehensive cancer prevention and control frameworks that are customized to the distinct challenges presented by various populations, particularly in transitioning nations such as China. The inequities in cancer incidence and mortality must be explicitly tackled in scholarly research to facilitate the development of bespoke targeted cancer control initiatives [33].

Enhancing awareness regarding cancer is of paramount importance, particularly in regions characterized by low levels of knowledge concerning the disease. Health promotion endeavors aimed at disseminating cancer-related information and ameliorating perceptions of the disease can substantially mitigate associated risk factors [33].

The availability of high-caliber registry data is critical for the effective surveillance of cancer. The document asserts that sustained efforts should be allocated toward the enhancement and attainment of more dependable national cancer data to effectively inform cancer control strategies [33].

The provision of healthcare must be attuned to the sociocultural contexts of patients. The document elucidating women's experiences during treatment for gynecological cancer emphasizes the significant impact of societal expectations and reproductive health on these experiences, implying that interventions ought to be culturally congruent to enhance their effectiveness [1].

Acknowledging the ramifications of trauma on health, particularly within the realm of gynecologic oncology, can lead to improved patient satisfaction and clinical outcomes. The integration of trauma-informed practices is instrumental in identifying patients who may require additional support, which is vital for addressing disparities in mental health [4].

The insights derived from the document analyzing the coping strategies of ovarian cancer survivors amidst the COVID-19 pandemic illustrate the critical role of community and survivor networks in providing support and fostering resilience [29].

Comprehending patient preferences and incorporating culturally pertinent interventions can augment participation in care and present more efficacious treatment options. This dimension was emphasized in discussions regarding the influence of patient characteristics on the success of interventions [34].

9. eHealth and Technology

eHealth interventions possess the capacity to mitigate obstacles associated with geographical separation and restricted accessibility to healthcare providers, thereby rendering supportive care more attainable for cancer patients, particularly those residing in remote locations [9]. These interventions may encompass mobile health (mHealth) applications, websites, and online platforms, thereby offering a diverse array of engagement methodologies that can address the varied preferences of patients . eHealth facilitates the development of customized interventions that take into account individual preferences and characteristics, which may augment adherence

and improve the efficacy of treatments for conditions such as cancer-related fatigue (CRF) [34]. Particular programs, such as mindfulness or Cognitive Behavioral Therapy (CBT) administered via eHealth, have demonstrated enhancements in mental health outcomes, including diminished anxiety and improved quality of life for individuals diagnosed with cancer [9,30].

Empirical studies indicate that eHealth interventions can result in improved health outcomes, encompassing reductions in distress, anxiety, and depression, while simultaneously enhancing the overall quality of life [9]. The provision of interventions through online platforms has the potential to be more cost-effective for both healthcare systems and patients, thereby offering a scalable approach to support cancer survivors. Patients may engage with eHealth interventions at their own preferred pace and convenience, which could lead to elevated participation rates and increased satisfaction[9].

The adoption of eHealth interventions may be impeded by perceived obstacles regarding the utility and usability of technology among healthcare professionals and patients. Although numerous interventions have exhibited promise, the effectiveness of eHealth solutions may exhibit variability, with certain studies reporting inconsistent findings concerning health outcomes [34]. eHealth interventions necessitate access to technology and a degree of digital literacy, which may pose limitations for certain demographic groups, particularly older patients or those lacking reliable internet connectivity [9].

10. Future Directions and Research Needs

A significant predominance of research endeavors has been directed towards breast cancer patients, particularly those who exhibit enhanced health and activity levels, which fails to accurately represent the comprehensive characteristics of the broader cancer demographic. This results in a notable disparity in comprehending the impacts of various treatments and interventions on disparate cancer cohorts and subtypes [17].

Although empirical evidence underscores the advantageous effects of exercise, the findings exhibit considerable variability regarding its safety and efficacy across different malignancies and the specific treatment-related adverse effects it mitigates. For example, while robust evidence substantiates the role of exercise in improving cardiorespiratory fitness and quality of life during therapeutic interventions, there remains a paucity of knowledge concerning its influence on long-term survival outcomes [17].

Research underscores the imperative for tailored interventions that account for patient preferences and distinctive characteristics. Contemporary methodologies may inadequately address individual variability, which could significantly influence treatment adherence and resultant outcomes [17,34].

There exists a discernible deficiency in the effective incorporation of mobile health (mHealth) interventions into conventional cancer care protocols. Research has indicated that these technological tools possess the potential to alleviate distress among cancer patients, yet they emphasize a lack of comprehensive content that adequately addresses the diverse needs of patients [9].

Artificial intelligence (AI) systems and personalized medicine can play pivotal roles in shaping future research priorities:

a. AI possesses the capability to scrutinize extensive volumes of patient data to discern trends and treatment responses that are customized for individual patients, thereby addressing the existing gaps in clinical evidence [34].
b. By leveraging patient preferences and characteristics, AI can facilitate the formulation of personalized treatment strategies that consider the unique requirements of each patient, thereby enhancing the probability of successful outcomes and treatment adherence [17].
c. AI may enable the development of more patient-centered clinical trials, wherein patient preferences and real-time data inform trial modifications, ensuring that ongoing studies retain their relevance and efficacy [34].
d. The integration of AI tools could promote the active participation of diverse patient populations in clinical trials, ensuring that findings are generalizable across various demographics, thus addressing existing disparities within cancer research [34].

Conclusion:

This comprehensive review underscores the critical need for a holistic and personalized approach to supportive care for women diagnosed with gynecological cancers. The multifaceted challenges these women face, ranging from the psychological burden of diagnosis and treatment to physical symptoms and disruptions in sexual health, necessitate a coordinated and evidence-based response.

Effective supportive care strategies must integrate psychological interventions such as counseling, CBT, and MBIs to address anxiety, depression, PTSD, and promote emotional regulation. Physical activity and tailored exercise programs are essential for combating cancer-related fatigue, improving physical functioning, and mitigating the adverse effects of treatment. Addressing sexual health concerns through PFPT and interventions targeting body image is crucial for improving overall well-being.

Furthermore, the implementation of trauma-informed care is vital to recognize and address the impact of past traumas on treatment outcomes and patient satisfaction. Promoting adaptive coping strategies through education and support groups can enhance resilience and empower women to navigate the challenges of cancer.

Addressing the influence of socio-demographic factors and cultural considerations is essential to ensure equitable access to care and tailored interventions. Leveraging eHealth technologies and AI-driven personalized medicine holds great promise for overcoming geographical barriers, enhancing patient engagement, and optimizing treatment outcomes.

Future research must prioritize large-scale randomized controlled trials, focusing on specific cancer subtypes and diverse patient populations. Interdisciplinary collaboration among various healthcare professionals is essential to develop comprehensive and patient-centered care models. By addressing these gaps and implementing evidence-based strategies, we can significantly improve the quality of life and long-term outcomes for women battling gynecological cancers.

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Author's contribution

Conceptualization: Patrycja Długosz, Dominika Nowak, Magdalena Próchnicka, Adam Zarzycki, Michał Siwek, Jan Noskowicz, Jan Urban, Jakub Hamouta, Julia Konat, Wiktor Doroszuk

Formal analysis: Patrycja Długosz, Dominika Nowak, Magdalena Próchnicka, Adam Zarzycki, Michał Siwek, Jan Noskowicz, Jan Urban, Jakub Hamouta, Julia Konat, Wiktor Doroszuk

Methodology: Patrycja Długosz, Dominika Nowak, Magdalena Próchnicka, Adam Zarzycki, Jan Noskowicz, Jan Urban, Wiktor Doroszuk, Michał Siwek, Jakub Hamouta, Julia Konat

Investigation: Patrycja Długosz, Dominika Nowak, Adam Zarzycki, Magdalena Próchnicka, Michał Siwek, Jan Noskowicz, Julia Konat

Resources: Patrycja Długosz Dominika Nowak, Michał Siwek, Wiktor Doroszuk, Patrycja Długosz, Julia Konat

Writing- rough preparation: Patrycja Długosz Dominika Nowak, Adam Zarzycki, Jakub Hamouta, Julia Konat, Wiktor Doroszuk, Jan Urban, Jan Noskowicz, Magdalena Próchnicka, Michał Siwek

Writing- review and editing: Patrycja Długosz Dominika Nowak, Magdalena Próchnicka, Adam Zarzycki, Michał Siwek, Jan Noskowicz, Jakub Hamouta, Julia Konat, Wiktor Doroszuk, Jan Urban

Supervision: Patrycja Długosz

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