

AUTHOR / YEAR/ COUNTRY	PROGRAM NAME	TARGET POPULATION	PROGRAM STRUCTURE		INTERVENTIONS
			TYPE OF SESSIONS	SESSION FEATURES	
Pourfallahi et al. (2020) ²¹ - Iran -	Support Care Cancer	Cancer patients on chemotherapy treatment (n: 80)	Individual Intervention	10 sessions weekly - 5 face-to-face sessions (45' a 90') + 5 follow-up telephone sessions (7' a 10')	Cognitive behavioural intervention a) Emotional support program
Sowada (2019) ²² - USA -	Qigong	Fatigue management in cancer survivors	Prevalence of group-based interventions	Predominance of records with 12 weekly sessions	Predominance of records in the field of cognitive behavioural intervention
Samami et al. (2021) ²³ - Iran -	Supportive program on coping strategies and stress in women diagnosed with breast cancer	Women with breast cancer, up to one year after diagnosis, undergoing chemotherapy. (n =60)	Group Intervention	6 sessions weekly (90') + 1 follow up assessment at the end of the 1st month + homework	Cognitive behavioural intervention a) Diaphragmatic breathing b) Progressive muscle relaxation training, c) Coping strategies training d) Stress management e) Emotional regulation
Chow et al. (2020) ²⁴ - China -	EIP	Women with newly diagnosed gynecological cancer ((n = 202)	Individual intervention	4 sessions - 1st, 2nd and 4th: face-to-face sessions (45' to 60') 3rd: telephone session (20 to 35')	Psychoeducational intervention
Chen et al. (2021) ²⁵ - USA-	FOCUS	Adult Cancer patients and their caregivers /family members (n=60)	Dyadic intervention	6 to 9 weeks of intervention 3 sessions: 2 home visits (6 weeks apart) + 1 telephone session of 30' + educational material	Cognitive behavioural intervention a) Psychosocial intervention b) Motivational interviewing c) Aid relationship d) Psychoeducational intervention
Pace et al. (2019) ²⁶ - USA -	CBCT (Cognition-Based Compassion Training) + CHE (Cancer Health Education)	Solid Tumor Survivors who have completed treatments other than hormone therapy and their caregivers/family (n=40 dyads)	Dyadic intervention	CBCT: 8 sessions weekly + 2 follow up sessions CHE: 8 face-to-face sessions (120'/ weekly) + 10' homework + telephone contacts	Cognitive behavioural intervention a) Compassion training based on cognition and psychoeducation
Hamidian et al. (2019) ²⁷ - Iran -	Cognitive Emotional Training on Post-traumatic Growth	Patients with Breast Cancer (n=85)	Group intervention	3 weeks 5 sessions (2x/week, 60' a 90')	Cognitive behavioural intervention a) Cognitive-emotional training in post-traumatic growth
Fergus et al. (2022) ²⁸ - Canada -	Couplelinks	Young couples dealing with breast cancer on a chemotherapy treatment (n=86)	Dyadic intervention	8 weeks: 6 asynchronous online sessions + weekly homework + telephone follow-up	Psychoeducational intervention a).Assertive communication training
Chen et al. (2022) ²⁹ - China -	Caring for Couples Coping with Colorectal Cancer "4Cs: CRC" Program	Couples dealing with colorectal cancer (n= 20 dyads)	Dyadic intervention	6 weeks: 5 online sessions weekly + 3 face-to-face sessions, twice a week (60' to 90')	Cognitive behavioural intervention
Lai et al. (2021) ³⁰ - Taiwan -	Cognitive Behavioural Therapy plus Coping Manage-ment for Depression and Anxiety (CBTM)	Breast cancer patients during the recovery period. Experimental group (n= 36), Control group (n= 34)	Group intervention	12 sessions /2h / weekly	Cognitive behavioural intervention focused on identity a)Problem-solving training, b)Restructuring dysfunctional beliefs, c)Promoting coping, d)Relaxation and rehabilitation techniques. e)Symptom management
Nasution et al. (2020) ³¹ - Indonesia -	Spiritual Intervention towards Coping and Spiritual Well-being	Patient with gynecological cancer (n=108)	Group intervention	2 weeks: 4 sessions (60' a 90')	Psychotherapeutic intervention with a focus on spirituality: a)Relaxation techniques, b)Assertive communication training c) Promoting coping
Matthys et al. (2021) ³² - Belgium, Denmark, Ireland, Italy, the Netherlands and the United Kingdom	DIAdIC Study: FOCUS + iFOCUS	Patient with advanced cancer and their direct caregiver / family member	Dyadic intervention	12 weeks: iFOCUS: 4 online sessions (30') + FOCUS: 2 home visits (90') + video session 30'	Cognitive behavioural intervention a)Promoting the family process, b)Cognitive restructuring, c)Promoting coping, d)Emotional regulation e)Symptom management, f)Problem-solving training
Johns et al. (2020a) ³³ - USA -	MODEL Care – Mindfully Optimizing Delivery of End-of-Life Care	Adults with metastatic cancer and their caregivers (n=26)	Dyadic intervention	6 sessions weekly (120') + 20' /daily mindfulness sessions	Psychotherapeutic intervention: a) Mindfulness training, b)Interpersonal effectiveness training c)Assertive communication training
Lambert et al. (2021) ³⁴ - Canada -	TIME	Prostate cancer patients and their caregivers	Dyadic intervention	10 Weeks: 5 asynchronous online modules + digital library suggested interval of 2 weeks between modules;	Cognitive behavioural intervention a)Management of physical symptoms, b) Stress management, d)Assertive communication training, e)Problem-solving training, e)Support in the decision-making process
Kim & Yoo (2022) ³⁵ - Correia do Sul -	Advanced practice psycho-educational program led by nurses	Colon Rectal Cancer Survivors (n=39)	Mixed intervention	6 sessions weekly (120') 5 group sessions + 1 individual session	Psychotherapeutic intervention: a) Coping skills training b)Problem-solving training, c)Stress management and emotional regulation
Reb et al. (2020) ³⁶ - USA -	Day By Day (DBD)	Patients with stage III or IV gynecological or lung cancer (n = 31) exhibiting dysfunctional levels of fear of progression or emotional distress	Individual Intervention	8 weeks: 7 videocall/ telephone sessions (1st face-to-face assessment followed by 6 non-face-to-face sessions)	Psychotherapeutic intervention: a)Cognitive restructuring b)Behavior modification c) Relaxation therapy / mindfulness training d)Decision-making support
Johns et al. (2020b) ³⁷ - USA -	Group intervention program based on Acceptance and Commitment Therapy (ACT)	Patient after breast-conserving surgery with fear of cancer recurrence.	Group intervention	6 sessions: 120' weekly + education sessions	Psychotherapeutic intervention: Acceptance and Commitment Therapy (ACT)
Peixoto et al. (2023) ³⁸ - Portugal -	Educational nursing intervention to promote adaptation in survivors	Cancer survivors	Mixed intervention	8 sessions weekly: 60' group sessions (1,3,5, 7) + 30' individual or dyadic intervention (2,4,6 e 8)	Psychoeducational Intervention