

癌因性疲憊症 之診療與照護指引

MANAGEMENT OF CANCER-RELATED FATIGUE
— A GUIDELINE FOR TAIWAN —

參考文獻



癌因性疲憊症之診療與照護指引
MANAGEMENT OF CANCER-RELATED FATIGUE
– A GUIDELINE FOR TAIWAN –

2023 年 11 月 第二版第一刷

參考文獻

柒、參考文獻

1. 衛生福利部統計處。111 年國人死因統計結果。2023 年 06 月 12 日發表於 <https://dep.mohw.gov.tw/DOS/lp-5069-113-xCat-y111.html>
2. 衛生福利部國民健康署。109 年癌症登記報告。2022 年 12 月 29 日發表於 <https://www.hpa.gov.tw/Pages/List.aspx?nodeid=269>
3. Lai YH et al. Fatigue experiences in hepatocellular carcinoma patients during six weeks of stereotactic radiotherapy. *Oncologist* 2007; 12:221-30. <https://doi.org/10.1634/theoncologist.12-2-221>
4. Weis J. Cancer-related fatigue: prevalence, assessment and treatment strategies. *Expert Rev Pharmacoecon Outcomes Res* 2011; 11:441-6. <https://doi.org/10.1586/erp.11.44>
5. Banipal RPS et al. Assessment of Cancer-related Fatigue among Cancer Patients Receiving Various Therapies: A Cross-sectional Observational Study. *Indian J Palliat Care* 2017; 23:207-11. https://doi.org/10.4103/ijpc.ijpc_135_16
6. Reck M et al. Pembrolizumab versus Chemotherapy for PD-L1-Positive Non-Small-Cell Lung Cancer. *N Engl J Med* 2016; 375:1823-33. <https://doi.org/10.1056/nejmoa1606774>
7. Bower JE et al. Fatigue in breast cancer survivors: occurrence, correlates, and impact on quality of life. *J Clin Oncol* 2000; 18:743-53. <https://doi.org/10.1200/jco.2000.18.4.743>
8. De Waele S & Van Belle S. Cancer-related fatigue. *Acta Clin Belg* 2010; 65:378-85. <https://doi.org/10.1179/acb.2010.65.6.002>
9. Kang SG et al. Fatigue and Mental Status of Caregivers of Severely Chronically Ill Patients. *Pain Res Manag* 2020; 2020:6372857. <https://doi.org/10.1155/2020/6372857>
10. Ren LL et al. Cancer-related fatigue in hospitalised patients treated for lymphoma and its burden on family caregivers. *Eur J Cancer Care (Engl)* 2022; 31:e13547. <https://doi.org/10.1111/ecc.13547>
11. Litzelman K et al. Predictors of psychoneurological symptoms in cancer caregivers over time: Role of caregiving burden, stress, and patient symptoms Support Care Cancer. *Support Care Cancer* 2023; 31:274. <https://doi.org/10.1007/s00520-023-07741-3>

12. Jean-Pierre P et al. Assessment of cancer-related fatigue: implications for clinical diagnosis and treatment. *Oncologist* 2007; 12 Suppl 1:11-21.
<https://doi.org/10.1634/theoncologist.12-s1-11>
13. Weis J et al. International Psychometric Validation of an EORTC Quality of Life Module Measuring Cancer Related Fatigue (EORTC QLQ-FA12). *J Natl Cancer Inst* 2017; 109(5).
<https://doi.org/10.1093/jnci/djw273>
14. Rau KM et al. A nationwide survey of fatigue in cancer patients in Taiwan: an unmet need. *Jpn J Clin Oncol* 2020; 50:693-700.
<https://doi.org/10.1093/jjco/hyaa038>
15. Wang YW et al. Characteristics of Cancer-Related Fatigue and an Efficient Model to Identify Patients with Gynecological Cancer Seeking Fatigue-Related Management. *Cancers (Basel)* 2023; 15:2181.
<https://doi.org/10.3390/cancers15072181>
16. Al Maqbali M et al. Prevalence of Fatigue in Patients With Cancer: A Systematic Review and Meta-Analysis. *J Pain Symptom Manage*. 2021; 61:167-89.e14.
<https://doi.org/10.1016/j.jpainsymman.2020.07.037>
17. Hsieh RK et al. Occurrence, severity, and impact of cancer-related fatigue in Taiwanese patients with cancer: A national survey. *J Clin Oncol* 2015; 33(29_suppl):77.
https://doi.org/10.1200/jco.2015.33.29_suppl.77
18. 葉恩典、劉樹泉、賴允亮。漫談癌症相關疲累。 *家庭醫學與基層醫療* 2010; 25:154-61。
<https://doi.org/10.6965/FMPMC.201004.0154>
19. Passik SD et al. Patient-related barriers to fatigue communication: initial validation of the fatigue management barriers questionnaire. *J Pain Symptom Manage* 2002; 24:481-93.
[https://doi.org/10.1016/s0885-3924\(02\)00518-3](https://doi.org/10.1016/s0885-3924(02)00518-3)
20. OCEBM Levels of Evidence Working Group. The 2011 Oxford Levels of Evidence. Oxford Centre for Evidence-Based Medicine.
<https://www.cebm.ox.ac.uk/resources/levels-of-evidence/ocebmllevels-of-evidence>
21. 台灣護理學會卓越中心知識轉譯組。英國牛津大學實證醫學中心 Oxford CEBM 建議等級 (2011)。台灣護理學會實證健康照護知識館。
https://www.ebhc.e-twna.org.tw/media/1108/3321%E8%AD%89%E6%93%9A%E7%AD%89%E7%B4%9A_oxford-cebm.pdf
22. Ebell MH et al. Strength of recommendation taxonomy (SORT): a patient-centered approach to grading evidence in the medical literature. *Am Fam Physician* 2004; 69:548-56.
<https://www.aafp.org/pubs/afp/issues/2004/0201/p548.html>

23. NCCN. NCCN Clinical Practice Guidelines in Oncology: Cancer-Related Fatigue, Version 2.2023; 2023.
https://www.nccn.org/professionals/physician_gls/PDF/fatigue.pdf
24. Yeh ET et al. An examination of cancer-related fatigue through proposed diagnostic criteria in a sample of cancer patients in Taiwan. BMC Cancer 2011; 11:387. <https://doi.org/10.1186/1471-2407-11-387>
25. Campos MP et al. Cancer-related fatigue: a review. Rev Assoc Med Bras (1992) 2011; 57:211-9.
<https://doi.org/10.1590/s0104-42302011000200021>
26. Bower JE. Cancer-related fatigue—mechanisms, risk factors, and treatments. Nat Rev Clin Oncol 2014; 11:597-609.
<https://doi.org/10.1038/nrclinonc.2014.127>
27. Chou YJ et al. The association between ICD-10 criteria for cancer-related fatigue and symptom distress among cancer patients during treatment in different geographic areas in Taiwan. Ann Oncol 2015; 26(suppl_9):406P.
<https://doi.org/10.1093/annonc/mdv531.39>
28. Wang XS et al. Validation study of the Chinese version of the Brief Fatigue Inventory (BFI-C). J Pain Symptom Manage 2004; 27:322-32.
<https://doi.org/10.1016/j.jpainsymman.2003.09.008>
29. Lin CC et al. Validation of the Taiwanese version of the Brief Fatigue Inventory. J Pain Symptom Manage 2006; 32:52-9.
<https://doi.org/10.1016/j.jpainsymman.2005.12.019>
30. Chou HL et al. Validity and reliability of the Taiwanese version of the general fatigue scale in cancer patients. Cancer Nursing 2016; 39:495-501.
<https://doi.org/10.1097/ncc.0000000000000341>
31. Shun SC et al. Psychometric testing of three Chinese fatigue instruments in Taiwan. J Pain Symptom Manage 2006; 32:155-67.
<https://doi.org/10.1016/j.jpainsymman.2006.02.011>
32. FACIT. FACIT-F, V.4.
<https://www.facit.org/measures/FACIT-F>
33. EORTC. EORTC QLQ-C30.
<https://qol.eortc.org/questionnaire/eortc-qlq-c30>
34. Bennett S et al. Educational interventions for the management of cancer-related fatigue in adults. Cochrane Database Syst Rev 2016; 11:CD008144.
<https://doi.org/10.1002/14651858.cd008144.pub2>

35. Armes J et al. A randomized controlled trial to evaluate the effectiveness of a brief, behaviorally oriented intervention for cancer-related fatigue. *Cancer* 2007; 110:1385-95.
<https://doi.org/10.1002/cncr.22923>
36. Duijts SF et al. Effectiveness of behavioral techniques and physical exercise on psychosocial functioning and health-related quality of life in breast cancer patients and survivors—a meta-analysis. *Psychooncology* 2011; 20:115-26.
<https://doi.org/10.1002/pon.1728>
37. Kangas M et al. Cancer-Related Fatigue: A Systematic and Meta-Analytic Review of Non-Pharmacological Therapies for Cancer Patients. *Psychol Bull* 2008; 134:700-41.
<https://doi.org/10.1037/a0012825>
38. Barsevick AM. Energy Conservation and Cancer-related Fatigue. *Rehabil Oncol* 2002; 20:14-7.
https://journals.lww.com/rehabonc/Abstract/2002/20030/Energy_Conservation_and_Cancer_related_Fatigue.13.aspx
39. Barsevick AM et al. A pilot study examining energy conservation for cancer treatment-related fatigue. *Cancer Nurs* 2002; 25:333-41.
<https://doi.org/10.1097/00002820-200210000-00001>
40. 周繡玲、唐婉如。癌症相關疲憊與能量保存活動處置。腫瘤護理雜誌 2008; 8:13-24。
<https://reurl.cc/0ZbQYb>
41. Barsevick AM et al. A randomized clinical trial of energy conservation for patients with cancer-related fatigue. *Cancer* 2004; 100:1302-10.
<https://doi.org/10.1002/cncr.20111>
42. Sadeghi E et al. Effects of Energy Conservation Strategies on Cancer Related Fatigue and Health Promotion Lifestyle in Breast Cancer Survivors: a Randomized Control Trial. *Asian Pac J Cancer Prev* 2016; 17:4783-90.
<https://doi.org/10.22034/apjcp.2016.17.10.4783>
43. Wu C et al. Nonpharmacological Interventions for Cancer-Related Fatigue: A Systematic Review and Bayesian Network Meta-Analysis. *Worldviews Evid Based Nurs* 2019; 16:102-10.
<https://doi.org/10.1111/wvn.12352>
44. Mock V. Evidence-Based Treatment for Cancer-Related Fatigue. *J Natl Cancer Inst Monogr* 2004; 32:112-8.
<https://doi.org/10.1093/jncimonographs/lgh025>
45. Zhang YB et al. Effectiveness of exercise interventions in the management of cancer-related fatigue: a systematic review of systematic reviews. *Support Care Cancer* 2023; 31:153.
<https://doi.org/10.1007/s00520-023-07619-4>

46. Penna GB et al. Physical rehabilitation for the management of cancer-related fatigue during cytotoxic treatment: a systematic review with meta-analysis. *Support Care Cancer* 2023; 31:129.
<https://doi.org/10.1007/s00520-022-07549-7>
47. Yuan Y et al. Effects of Home-Based Walking on Cancer-Related Fatigue in Patients With Breast Cancer: A Meta-analysis of Randomized Controlled Trials. *Arch Phys Med Rehabil* 2022; 103:342-52.
<https://doi.org/10.1016/j.apmr.2021.06.020>
48. Lin HP et al. Exercise effects on fatigue in breast cancer survivors after treatments: A systematic review and meta-analysis. *Int J Nurs Pract* 2022; 28:e12989.
<https://doi.org/10.1111/ijn.12989>
49. Abo S et al. People With Hematological Malignancies Treated With Bone Marrow Transplantation Have Improved Function, Quality of Life, and Fatigue Following Exercise Intervention: A Systematic Review and Meta-Analysis. *Phys Ther* 2021; 101:pzab130.
<https://doi.org/10.1093/ptj/pzab130>
50. Zhou L et al. Effect of Exercise on Fatigue in Patients with Lung Cancer: A Systematic Review and Meta-Analysis of Randomized Trials. *J Palliat Med* 2021; 24:932-43.
<https://doi.org/10.1089/jpm.2020.0504>
51. Ehlers DK et al. The effects of exercise on cancer-related fatigue in breast cancer patients during primary treatment: a meta-analysis and systematic review. *Expert Rev Anticancer Ther* 2020; 20:865-77.
<https://doi.org/10.1080/14737140.2020.1813028>
52. Sheikh-Wu SF et al. Interventions for Managing a Symptom Cluster of Pain, Fatigue, and Sleep Disturbances During Cancer Survivorship: A Systematic Review. *Oncol Nurs Forum* 2020; 47:E107-19.
<https://doi.org/10.1188/20.onf.e107-e119>
53. Liu D et al. Effects of Moderate-To-Vigorous Physical Activity on Cancer-Related Fatigue in Patients with Colorectal Cancer: A Systematic Review and Meta-Analysis. *Arch Med Res* 2020; 51:173-9.
<https://doi.org/10.1016/j.arcmed.2019.12.015>
54. Baguley BJ et al. The Effect of Nutrition Therapy and Exercise on Cancer-Related Fatigue and Quality of Life in Men with Prostate Cancer: A Systematic Review. *Nutrients* 2017; 9:1003.
<https://doi.org/10.3390/nu9091003>

55. Kessels E et al. The effect of exercise on cancer-related fatigue in cancer survivors: a systematic review and meta-analysis. *Neuropsychiatr Dis Treat* 2018; 14:479-94.
<https://doi.org/10.2147/ndt.s150464>
56. Oberoi S et al. Physical activity reduces fatigue in patients with cancer and hematopoietic stem cell transplant recipients: A systematic review and meta-analysis of randomized trials. *Crit Rev Oncol Hematol* 2018; 122:52-9.
<https://doi.org/10.1016/j.critrevonc.2017.12.011>
57. Mustian KM et al. Comparison of Pharmaceutical, Psychological, and Exercise Treatments for Cancer-Related Fatigue: A Meta-analysis. *JAMA Oncol* 2017; 3:961-8.
<https://doi.org/10.1001/jamaoncol.2016.6914>
58. Lipsett A et al. The impact of exercise during adjuvant radiotherapy for breast cancer on fatigue and quality of life: A systematic review and meta-analysis. *Breast* 2017; 32:144-55.
<https://doi.org/10.1016/j.breast.2017.02.002>
59. Tian L et al. Effects of aerobic exercise on cancer-related fatigue: a meta-analysis of randomized controlled trials. *Support Care Cancer* 2016; 24:969-83.
<https://doi.org/10.1007/s00520-015-2953-9>
60. Dennett AM et al. Moderate-intensity exercise reduces fatigue and improves mobility in cancer survivors: a systematic review and meta-regression. *J Physiother* 2016; 62:68-82.
<https://doi.org/10.1016/j.jphys.2016.02.012>
61. van Vulpen JK et al. Effects of physical exercise during adjuvant breast cancer treatment on physical and psychosocial dimensions of cancer-related fatigue: A meta-analysis. *Maturitas* 2016; 85:104-11.
<https://doi.org/10.1016/j.maturitas.2015.12.007>
62. Furmaniak AC et al. Exercise for women receiving adjuvant therapy for breast cancer. *Cochrane Database Syst Rev* 2016; 9:CD005001.
<https://doi.org/10.1002/14651858.cd005001.pub3>
63. Meneses-Echávez JF et al. Effects of Supervised Multimodal Exercise Interventions on Cancer-Related Fatigue: Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Biomed Res Int* 2015; 2015:328636.
<https://doi.org/10.1155/2015/328636>
64. Meneses-Echávez JF et al. Effects of supervised exercise on cancer-related fatigue in breast cancer survivors: a systematic review and meta-analysis. *BMC Cancer* 2015; 15:77.
<https://doi.org/10.1186/s12885-015-1069-4>

65. Tomlinson D et al. Effect of exercise on cancer-related fatigue. *Am J Phys Med Rehabil* 2014; 93:675-86.
<https://doi.org/10.1097/phm.0000000000000083>
66. Zou LY et al. Effects of aerobic exercise on cancer-related fatigue in breast cancer patients receiving chemotherapy: a meta-analysis. *Tumour Biol* 2014; 35:5659-67.
<https://doi.org/10.1007/s13277-014-1749-8>
67. Strasser B et al. Impact of resistance training in cancer survivors: a meta-analysis. *Med Sci Sports Exerc* 2013; 45:2080-90.
<https://doi.org/10.1249/mss.0b013e31829a3b63>
68. Cramp F & Byron-Daniel J. Exercise for the management of cancer-related fatigue in adults. *Cochrane Database Syst Rev* 2012; 11:CD006145.
<https://doi.org/10.1002/14651858.cd006145.pub3>
69. Mishra SI et al. Exercise interventions on health-related quality of life for people with cancer during active treatment. *Cochrane Database Syst Rev* 2012; 2012:CD008465.
<https://doi.org/10.1002/14651858.cd008465.pub2>
70. Kirshbaum M et al. Cancer-related fatigue: a review of nursing interventions. *Br J Community Nurs* 2010; 15:214-6.
<https://doi.org/10.12968/bjcn.2010.15.5.47945>
71. Spence RR et al. Exercise and cancer rehabilitation: a systematic review. *Cancer Treat Rev* 2010; 36:185-94.
<https://doi.org/10.1016/j.ctrv.2009.11.003>
72. Velthuis MJ et al. The effect of physical exercise on cancer-related fatigue during cancer treatment: a meta-analysis of randomised controlled trials. *Clin Oncol (R Coll Radiol)* 2010; 22:208-21.
<https://doi.org/10.1016/j.clon.2009.12.005>
73. Kuchinski AM et al. Treatment-related fatigue and exercise in patients with cancer: a systematic review. *Medsurg Nurs* 2009; 18:174-80.
<https://www.proquest.com/openview/051b51043024dcd3afab88fd1bcac541/1?pq-origsite=gscholar&cbl=30764>
74. Luctkar-Flude MF et al. Fatigue and physical activity in older adults with cancer: a systematic review of the literature. *Cancer Nurs* 2007; 30:E35-45.
<https://doi.org/10.1097/01.ncc.0000290815.99323.75>
75. Mitchell SA et al. Putting evidence into practice: evidence-based interventions for fatigue during and following cancer and its treatment. *Clin J Oncol Nurs* 2007; 11:99-113.
<https://doi.org/10.1188/07.cjon.99-113>

76. Puetz TW & Herring MP. Differential effects of exercise on cancer-related fatigue during and following treatment: a meta-analysis. *Am J Prev Med* 2012; 43:e1-24.
<https://doi.org/10.1016/j.amepre.2012.04.027>
77. Hilfiker R et al. Exercise and other non-pharmaceutical interventions for cancer-related fatigue in patients during or after cancer treatment: a systematic review incorporating an indirect-comparisons meta-analysis. *Br J Sports Med* 2018; 52:651-8.
<https://doi.org/10.1136/bjsports-2016-096422>
78. Tsou PH et al. Essential of Immediate Exercises on Cancer-Related Fatigue in Patients with Prostate Cancer Receiving Androgen Deprivation Therapy: A Meta-Analysis of Randomized Controlled Trials. *Semin Oncol Nurs* 2022: 151368.
<https://doi.org/10.1016/j.soncn.2022.151368>
79. Xiong X et al. Which Type of Exercise During Radiation Therapy Is Optimal to Improve Fatigue and Quality of Life in Men with Prostate Cancer? A Bayesian Network Analysis. *Eur Urol Open Sci* 2022; 43:74-86.
<https://doi.org/10.1016/j.euros.2022.07.008>
80. Yang B & Wang J. Effects of Exercise on Cancer-related Fatigue and Quality of Life in Prostate Cancer Patients Undergoing Androgen Deprivation Therapy: A Meta-analysis of Randomized Clinical Trials. *Chin Med Sci J* 2017; 32:13-21.
<https://doi.org/10.24920/j1001-9242.2007.002>
81. Vashistha V et al. The Effects of Exercise on Fatigue, Quality of Life, and Psychological Function for Men with Prostate Cancer: Systematic Review and Meta-analyses. *Eur Urol Focus* 2016; 2:284-95.
<https://doi.org/10.1016/j.euf.2016.02.011>
82. Larkin D et al. Managing cancer-related fatigue in men with prostate cancer: A systematic review of non-pharmacological interventions. *Int J Nurs Pract* 2014; 20:549-60.
<https://doi.org/10.1111/ijn.12211>
83. Hou W et al. Is physical activity effective against cancer-related fatigue in lung cancer patients? An umbrella review of systematic reviews and meta-analyses. *Support Care Cancer* 2023; 31:161.
<https://doi.org/10.1007/s00520-023-07627-4>
84. Machado P et al. Effectiveness of exercise training on cancer-related fatigue in colorectal cancer survivors: a systematic review and meta-analysis of randomized controlled trials. *Support Care Cancer* 2022; 30:5601-13.
<https://doi.org/10.1007/s00520-022-06856-3>

85. Liang Y et al. Exercise for physical fitness, fatigue and quality of life of patients undergoing hematopoietic stem cell transplantation: a meta-analysis of randomized controlled trials. *Jpn J Clin Oncol* 2018; 48:1046-57.
<https://doi.org/10.1093/jjco/hyy144>
86. van Haren IE et al. Physical exercise for patients undergoing hematopoietic stem cell transplantation: systematic review and meta-analyses of randomized controlled trials. *Phys Ther* 2013; 93:514-28.
<https://doi.org/10.2522/ptj.20120181>
87. 洪世欣、郭鳳霞、樊君儀、詹明珊、劉曉君、莊紫雲。成人癌因性疲憊非藥物處置之臨床照護指引 [Clinical Guidelines for Management of Nonpharmacological Cancer-Related Fatigue in Adult Patients]。榮總護理 2022; 39:112-34.
<https://reurl.cc/Mym9Yk>
88. Barbagelata K et al. Aquatic Therapy Reduces Pain and Fatigue in Breast Cancer Survivors: A Systematic Review. *Rehabil Oncol* 2021; 39:E35-41.
<https://doi.org/10.1097/01.REO.0000000000000247>
89. Wayne PM et al. Tai Chi and Qigong for cancer-related symptoms and quality of life: a systematic review and meta-analysis. *J Cancer Surviv* 2018; 12:256-67.
<https://doi.org/10.1007/s11764-017-0665-5>
90. Song S et al. Ameliorative effects of Tai Chi on cancer-related fatigue: a meta-analysis of randomized controlled trials. *Support Care Cancer* 2018; 26:2091-102.
<https://doi.org/10.1007/s00520-018-4136-y>
91. Al-Majid S et al. Effects of exercise on biobehavioral outcomes of fatigue during cancer treatment: results of a feasibility study. *Biol Res Nurs* 2015; 17:40-8.
<https://doi.org/10.1177/1099800414523489>
92. Schmidt ME et al. 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; 137:471-80.
<https://doi.org/10.1002/ijc.29383>
93. Husebø AM et al. Effects of scheduled exercise on cancer-related fatigue in women with early breast cancer. *Sci World J* 2014; 2014:271828.
<https://doi.org/10.1155/2014/271828>
94. Andersen C et al. The effects of a six-week supervised multimodal exercise intervention during chemotherapy on cancer-related fatigue. *Eur J Oncol Nurs* 2013; 17:331-9.
<https://doi.org/10.1016/j.ejon.2012.09.003>

95. Cantarero-Villanueva I et al. The effectiveness of a deep water aquatic exercise program in cancer-related fatigue in breast cancer survivors: a randomized controlled trial. *Arch Phys Med Rehabil* 2013; 94:221-30.
<https://doi.org/10.1016/j.apmr.2012.09.008>
96. Cheville AL et al. A home-based exercise program to improve function, fatigue, and sleep quality in patients with Stage IV lung and colorectal cancer: a randomized controlled trial. *J Pain Symptom Manage* 2013; 45:811-21.
<https://doi.org/10.1016/j.jpainsymman.2012.05.006>
97. Ergun M et al. Effects of exercise on angiogenesis and apoptosis-related molecules, quality of life, fatigue and depression in breast cancer patients. *Eur J Cancer Care (Engl)* 2013; 22:626-37.
<https://doi.org/10.1111/ecc.12068>
98. Donnelly CM et al. A randomised controlled trial testing the feasibility and efficacy of a physical activity behavioural change intervention in managing fatigue with gynaecological cancer survivors. *Gynecol Oncol* 2011; 122:618-24.
<https://doi.org/10.1016/j.ygyno.2011.05.029>
99. Oh B et al. Impact of medical Qigong on quality of life, fatigue, mood and inflammation in cancer patients: A randomized controlled trial. *Ann Oncol* 2010; 21:608-14.
<https://doi.org/10.1093/annonc/mdp479>
100. Carson JW et al. Yoga of Awareness program for menopausal symptoms in breast cancer survivors: results from a randomized trial. *Support Care Cancer* 2009; 17:1301-9.
<https://doi.org/10.1007/s00520-009-0587-5>
101. Burnham TR & Wilcox A. Effects of exercise on physiological and psychological variables in cancer survivors. *Med Sci Sports Exerc* 2002; 34:1863-7.
<https://doi.org/10.1097/00005768-200212000-00001>
102. Courneya KS et al. The group psychotherapy and home-based physical exercise (group-hope) trial in cancer survivors: physical fitness and quality of life outcomes. *Psychooncology* 2003; 12:357-74.
<https://doi.org/10.1002/pon.658>
103. Pinto BM et al. Psychological and fitness changes associated with exercise participation among women with breast cancer. *Psychooncology* 2003; 12:118-26.
<https://doi.org/10.1002/pon.618>
104. Headley JA et al. The effect of seated exercise on fatigue and quality of life in women with advanced breast cancer. *Oncol Nurs Forum* 2004; 31:977-83.
<https://doi.org/10.1188/04.onf.977-983>

105. Windsor PM et al. A randomized, controlled trial of aerobic exercise for treatment-related fatigue in men receiving radical external beam radiotherapy for localized prostate carcinoma. *Cancer* 2004; 101:550-7.
<https://doi.org/10.1002/cncr.20378>
106. Campbell A et al. A pilot study of a supervised group exercise programme as a rehabilitation treatment for women with breast cancer receiving adjuvant treatment. *Eur J Oncol Nurs* 2005; 9:56-63.
<https://doi.org/10.1016/j.ejon.2004.03.007>
107. Mock V et al. Exercise manages fatigue during breast cancer treatment: a randomized controlled trial. *Psychooncology* 2005; 14:464-77.
<https://doi.org/10.1002/pon.863>
108. Pinto BM et al. Home-based physical activity intervention for breast cancer patients. *J Clin Oncol* 2005; 23:3577-87.
<https://doi.org/10.1200/jco.2005.03.080>
109. Thorsen L et al. Effectiveness of physical activity on cardiorespiratory fitness and health-related quality of life in young and middle-aged cancer patients shortly after chemotherapy. *J Clin Oncol* 2005; 23:2378-88.
<https://doi.org/10.1200/jco.2005.04.106>
110. Chang PH et al. Effects of a walking intervention on fatigue-related experiences of hospitalized acute myelogenous leukemia patients undergoing chemotherapy: a randomized controlled trial. *J Pain Symptom Manage* 2008; 35:524-34.
<https://doi.org/10.1016/j.jpainsymman.2007.06.013>
111. Hwang JH et al. Effects of supervised exercise therapy in patients receiving radiotherapy for breast cancer. *Yonsei Med J* 2008; 49:443-50.
<https://doi.org/10.3349/ymj.2008.49.3.443>
112. McNeely ML et al. Effect of exercise on upper extremity pain and dysfunction in head and neck cancer survivors: a randomized controlled trial. *Cancer* 2008; 113:214-22.
<https://doi.org/10.1002/cncr.23536>
113. Mustian KM et al. A 4-week home-based aerobic and resistance exercise program during radiation therapy: a pilot randomized clinical trial. *J Support Oncol* 2009; 7:158-67.
<http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3034389>
114. Segal RJ et al. Randomized controlled trial of resistance or aerobic exercise in men receiving radiation therapy for prostate cancer. *J Clin Oncol* 2009; 27:344-51.
<https://doi.org/10.1200/jco.2007.15.4963>

115. Shelton ML et al. A randomized control trial of a supervised versus a self-directed exercise program for allogeneic stem cell transplant patients. *Psychooncology* 2009; 18:353-9.
<https://doi.org/10.1002/pon.1505>
116. Dodd MJ et al. A randomized controlled trial of home-based exercise for cancer-related fatigue in women during and after chemotherapy with or without radiation therapy. *Cancer Nurs* 2010; 33:245-57.
<https://doi.org/10.1097/ncc.0b013e3181ddc58c>
117. Galvão DA et al. Combined resistance and aerobic exercise program reverses muscle loss in men undergoing androgen suppression therapy for prostate cancer without bone metastases: a randomized controlled trial. *J Clin Oncol* 2010; 28:340-7.
<https://doi.org/10.1200/jco.2009.23.2488>
118. Monga U et al. Exercise prevents fatigue and improves quality of life in prostate cancer patients undergoing radiotherapy. *Arch Phys Med Rehabil* 2007; 88:1416-22.
<https://doi.org/10.1016/j.apmr.2007.08.110>
119. Battaglini C et al. The effects of an individualized exercise intervention on body composition in breast cancer patients undergoing treatment. *Sao Paulo Med J* 2007; 125:22-8.
<https://doi.org/10.1590/s1516-31802007000100005>
120. McKenzie DC & Kalda AL. Effect of upper extremity exercise on secondary lymphedema in breast cancer patients: a pilot study. *J Clin Oncol* 2003; 21:463-6.
<https://doi.org/10.1200/jco.2003.04.069>
121. 陳淑芬、高淑霽、劉曉君、郭鳳霞、洪世欣。建立成人癌因性疲憊症非藥物處置之臨床照護指引 [Establishment of a Non-Pharmacologic Cancer-Related Fatigue Management Clinical Guideline for Adult Patients]。榮總護理 2012; 29:382-94。
<https://doi.org/10.6142/VGHN.29.4.382>
122. 莊瑞焜、謝錦城。癌症治療期間與治療後運動介入之效益 [Effects of Exercise Intervention in Cancer Survivors during and after Treatments]。物理治療 2009; 34:119-24。
<https://www.airitilibrary.com/Publication/alDetailedMesh?DocID=15632555-200904-200906150001-200906150001-119-124&PublishTypeID=P001>
123. Barsevick AM et al. Management of cancer-related fatigue. *Clin J Oncol Nurs* 2008; 12(5 Suppl):21-5.
<https://doi.org/10.1188/08.cjon.s2.21-25>
124. Zhou HJ et al. Effects of exercise interventions on cancer-related fatigue in breast cancer patients: an overview of systematic reviews. *Support Care Cancer* 2022; 30:10421-40.
<https://doi.org/10.1007/s00520-022-07389-5>

125. Reverte-Pagola et al. Supervised and Non-Supervised Exercise Programs for the Management of Cancer-Related Fatigue in Women with Breast Cancer: A Systematic Review and Meta-Analysis. *Cancers (Basel)* 2022; 14:3428.
<https://doi.org/10.3390/cancers14143428>
126. Haussmann A et al. Meta-Analysis of Randomized Controlled Trials on Yoga, Psychosocial, and Mindfulness-Based Interventions for Cancer-Related Fatigue: What Intervention Characteristics Are Related to Higher Efficacy? *Cancers (Basel)* 2022; 14:2016.
<https://doi.org/10.3390/cancers14082016>
127. O'Neill M et al. The Effect of Yoga Interventions on Cancer-Related Fatigue and Quality of Life for Women with Breast Cancer: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Integr Cancer Ther* 2020; 19:1534735420959882.
<https://doi.org/10.1177/1534735420959882>
128. Dong B et al. Yoga has a solid effect on cancer-related fatigue in patients with breast cancer: a meta-analysis. *Breast Cancer Res Treat* 2019; 177:5-16.
<https://doi.org/10.1007/s10549-019-05278-w>
129. Armer JS & Lutgendorf SK. The Impact of Yoga on Fatigue in Cancer Survivorship: A Meta-Analysis. *JNCI Cancer Spectr* 2019; 4:pkz098.
<https://doi.org/10.1093/jncics/pkz098>
130. Sadjja J & Mills PJ. Effects of yoga interventions on fatigue in cancer patients and survivors: a systematic review of randomized controlled trials. *Explore (NY)* 2013; 9:232-43.
<https://doi.org/10.1016/j.explore.2013.04.005>
131. Sprod LK et al. Effects of yoga on cancer-related fatigue and global side-effect burden in older cancer survivors. *J Geriatr Oncol* 2015; 6:8-14.
<https://doi.org/10.1016/j.jgo.2014.09.184>
132. Vardar Yağlı N et al. Do yoga and aerobic exercise training have impact on functional capacity, fatigue, peripheral muscle strength, and quality of life in breast cancer survivors? *Integr Cancer Ther* 2015; 14:125-32.
<https://doi.org/10.1177/1534735414565699>
133. Kiecolt-Glaser JK et al. Yoga's Impact on Inflammation, Mood, and Fatigue in Breast Cancer Survivors: A Randomized Controlled Trial. *J Clin Oncol* 2014; 32:1040-9.
<https://doi.org/10.1200/jco.2013.51.8860>

134. Taso CJ et al. The effect of yoga exercise on improving depression, anxiety, and fatigue in women with breast cancer: a randomized controlled trial. *J Nurs Res* 2014; 22:155-64.
<https://doi.org/10.1097/jnr.0000000000000044>
135. Bower JE et al. Yoga for persistent fatigue in breast cancer survivors: A randomized controlled trial. *Cancer* 2012; 118:3766-75.
<https://doi.org/10.1002/cncr.26702>
136. Moadel AB et al. Randomized controlled trial of yoga among a multiethnic sample of breast cancer patients: effects on quality of life. *J Clin Oncol* 2007; 25:4387-95.
<https://doi.org/10.1200/jco.2006.06.6027>
137. Cedenilla Ramon N et al. Psychosocial Interventions for the Treatment of Cancer-Related Fatigue: An Umbrella Review. *Curr Oncol* 2023; 30:2954-77.
<https://doi.org/10.3390/curroncol30030226>
138. Myrhaug HT et al. The effects of multidisciplinary psychosocial interventions on adult cancer patients: a systematic review and meta-analysis. *Disabil Rehabil* 2020; 42:1062-70.
<https://doi.org/10.1080/09638288.2018.1515265>
139. Abrahams HJG et al. Moderators of the effect of psychosocial interventions on fatigue in women with breast cancer and men with prostate cancer: Individual patient data meta-analyses. *Psychooncology* 2020; 29:1772-85.
<https://doi.org/10.1002/pon.5522>
140. Fors EA et al. Psychosocial interventions as part of breast cancer rehabilitation programs? Results from a systematic review. *Psychooncology* 2011; 20:909-18.
<https://doi.org/10.1002/pon.1844>
141. Goedendorp MM et al. Psychosocial interventions for reducing fatigue during cancer treatment in adults. *Cochrane Database Syst Rev* 2009; 2009:CD006953.
<https://doi.org/10.1002/14651858.cd006953.pub2>
142. Jacobsen PB et al. Systematic review and meta-analysis of psychological and activity-based interventions for cancer-related fatigue. *Health Psychol* 2007; 26:660-7.
<https://doi.org/10.1037/0278-6133.26.6.660>
143. Montgomery GH et al. Randomized Controlled Trial of a Cognitive-Behavioral Therapy Plus Hypnosis Intervention to Control Fatigue in Patients Undergoing Radiotherapy for Breast Cancer. *J Clin Oncol* 2014; 32:557-63.
<https://doi.org/10.1200/jco.2013.49.3437>
144. Gielissen MF et al. Effects of Cognitive Behavior Therapy in Severely Fatigued

- Disease-Free Cancer Patients Compared With Patients Waiting for Cognitive Behavior Therapy: A Randomized Controlled Trial. *J Clin Oncol* 2006; 24:4882-7.
<https://doi.org/10.1200/jco.2006.06.8270>
145. Johns SA et al. Effects of mindfulness-based interventions on fatigue in cancer survivors: A systematic review and meta-analysis of randomized controlled trials. *Crit Rev Oncol Hematol* 2021; 160:103290.
<https://doi.org/10.1016/j.critrevonc.2021.103290>
146. Chang YC et al. Short-term Effects of Randomized Mindfulness-Based Intervention in Female Breast Cancer Survivors: A Systematic Review and Meta-analysis. *Cancer Nurs* 2021; 44:E703-14.
<https://doi.org/10.1097/ncc.0000000000000889>
147. He J et al. Mindfulness Assed Stress Reduction Interventions for Cancer Related Fatigue: A Meta-Analysis and Systematic Review. *J Natl Med Assoc* 2020; 112:387-94.
<https://doi.org/10.1016/j.jnma.2020.04.006>
148. Xie C et al. Mindfulness-based stress reduction can alleviate cancer-related fatigue: A meta-analysis. *J Psychosom Res* 2020; 130:109916.
<https://doi.org/10.1016/j.jpsychores.2019.109916>
149. Zhang J et al. Effects of mindfulness-based therapy for patients with breast cancer: A systematic review and meta-analysis. *Complement Ther Med* 2016; 26:1-10.
<https://doi.org/10.1016/j.ctim.2016.02.012>
150. Zhang Q et al. Effectiveness of mindfulness-based stress reduction (MBSR) on symptom variables and health-related quality of life in breast cancer patients-a systematic review and meta-analysis. *Support Care Cancer* 2019; 27:771-81.
<https://doi.org/10.1007/s00520-018-4570-x>
151. van der Lee ML & Garssen B. Mindfulness-based cognitive therapy reduces chronic cancer-related fatigue: a treatment study. *Psychooncology* 2012; 21:264-72.
<https://doi.org/10.1002/pon.1890>
152. Greer S et al. Adjuvant psychological therapy for patients with cancer: a prospective randomised trial. *BMJ* 1992; 304:675-80.
<https://doi.org/10.1136/bmj.304.6828.675>
153. Yuan Y et al. Effectiveness comparisons of various psychosocial therapies for cancer-related fatigue: A Bayesian network meta-analysis. *J Affect Disord* 2022; 309:471-81.
<https://doi.org/10.1016/j.jad.2022.04.152>

154. Chayadi E et al. The effects of mindfulness-based interventions on symptoms of depression, anxiety, and cancer-related fatigue in oncology patients: A systematic review and meta-analysis. *PLoS One* 2022; 17:e0269519.
<https://doi.org/10.1371/journal.pone.0269519>
155. Belloni S et al. A Systematic Review of Systematic Reviews and Pooled Meta-Analysis on Psychosocial Interventions for Improving Cancer-Related Fatigue. *Semin Oncol Nurs* 2022; 39:151354.
<https://doi.org/10.1016/j.soncn.2022.151354>
156. Dun L et al. Effects of Cognitive Training and Social Support on Cancer-Related Fatigue and Quality of Life in Colorectal Cancer Survivors: A Systematic Review and Meta-Analysis. *Integr Cancer Ther* 2022; 21:15347354221081271.
<https://doi.org/10.1177/15347354221081271>
157. Vargas S et al. Sleep Quality and Fatigue After A Stress Management Intervention For Women With Early-Stage Breast Cancer in Southern Florida. *Int J Behav Med* 2014; 21:971-81.
<https://doi.org/10.1007/s12529-013-9374-2>
158. Bradt J et al. Music interventions for improving psychological and physical outcomes in people with cancer. *Cochrane Database Syst Rev* 2021; 10:CD006911.
<https://doi.org/10.1002/14651858.cd006911.pub4>
159. Qi Y et al. Music interventions can alleviate cancer-related fatigue: a metaanalysis. *Support Care Cancer* 2021; 29:3461-70.
<https://doi.org/10.1007/s00520-021-05986-4>
160. Huang J et al. The effectiveness of the Internet-based self-management program for cancer-related fatigue patients: a systematic review and meta-analysis. *Clin Rehabil* 2020; 34:287-98.
<https://doi.org/10.1177/0269215519889394>
161. Seiler A et al. eHealth and mHealth interventions in the treatment of fatigued cancer survivors: A systematic review and meta-analysis. *Psychooncology* 2017; 26:1239-53.
<https://doi.org/10.1002/pon.4489>
162. Xu A et al. Effectiveness of e-health based self-management to improve cancer-related fatigue, self-efficacy and quality of life in cancer patients: Systematic review and meta-analysis. *J Adv Nurs* 2019; 75:3434-47.
<https://doi.org/10.1111/jan.14197>

163. Reif K et al. A patient education program is effective in reducing cancer-related fatigue: A multi-centre randomised two-group waiting-list controlled intervention trial. *Eur J Oncol Nurs* 2013; 17:204-13.
<https://doi.org/10.1016/j.ejon.2012.07.002>
164. Newell SA et al. Systematic review of psychological therapies for cancer patients: overview and recommendations for future research. *J Natl Cancer Inst* 2002; 94:558-84.
<https://doi.org/10.1093/jnci/94.8.558>
165. Wu IHC et al. Characteristics of Cancer-Related Fatigue and Concomitant Sleep Disturbance in Cancer Patients. *J Pain Symptom Manage* 2022; 63:e1-8.
<https://doi.org/10.1016/j.jpainsymman.2021.07.025>
166. Morin CM et al. Psychological and behavioral treatment of insomnia: Update of the recent evidence (1998-2004). *Sleep* 2006; 29:1398-414.
<https://doi.org/10.1093/sleep/29.11.1398>
167. Quesnel C et al. Efficacy of cognitive-behavior therapy for insomnia in women treated for non-metastatic breast cancer. *J Consult Clin Psychol* 2003; 71:189-200.
<https://doi.org/10.1037/0022-006X.71.1.189>
168. Morgenthaler T et al. Practice Parameters for the Psychological and Behavioral Treatment of Insomnia: An Update. An American Academy of Sleep Medicine Report. *Sleep* 2006; 29:1415-9.
<https://doi.org/10.1093/sleep/29.11.1415>
169. Dun L et al. Effects of sleep interventions on cancer-related fatigue and quality of life in cancer patients: a systematic review and meta-analysis. *Support Care Cancer* 2022; 30:3043-55.
<https://doi.org/10.1007/s00520-021-06563-5>
170. Dirksen SR & Epstein DR. Efficacy of an insomnia intervention on fatigue, mood and quality of life in breast cancer survivors. *J Adv Nurs* 2008; 61:664-75.
<https://doi.org/10.1111/j.1365-2648.2007.04560.x>
171. Savard J et al. Randomized study on the efficacy of cognitive-behavioral therapy for insomnia secondary to breast cancer, part I: Sleep and psychological effects. *J Clin Oncol* 2005; 23:6083-96.
<https://doi.org/10.1200/jco.2005.09.548>
172. Savard J et al. Randomized study on the efficacy of cognitive-behavioral therapy for insomnia secondary to breast cancer, part II: Immunologic effects. *J Clin Oncol* 2005; 23:6097-106.
<https://doi.org/10.1200/jco.2005.12.513>

173. Dean R. Can improving quality of sleep reduce the symptoms of cancer-related fatigue in adults?: A systematic review. *Eur J Cancer Care (Engl)* 2022; 31:e13597.
<https://doi.org/10.1111/ecc.13597>
174. Park SY et al. The Effects of Alcohol on Quality of Sleep. *Korean J Fam Med* 2015; 36:294-99.
<https://doi.org/10.4082/kjfm.2015.36.6.294>
175. Bower JE et al. Fatigue and proinflammatory cytokine activity in breast cancer survivors. *Psychosom Med* 2002; 64:604-11.
<https://doi.org/10.1097/00006842-200207000-00010>
176. Bower JE et al. T-cell homeostasis in breast cancer survivors with persistent fatigue. *J Natl Cancer Inst* 2003; 95:1165-8.
<https://doi.org/10.1093/jnci/djg0019>
177. Collado-Hidalgo A et al. Inflammatory biomarkers for persistent fatigue in breast cancer survivors. *Clin Cancer Res* 2006; 12:2759-66.
<https://doi.org/10.1158/1078-0432.ccr-05-2398>
178. Lee BN et al. A cytokine-based neuroimmunologic mechanism of cancer-related symptoms. *Neuroimmunomodulation* 2004; 11:279-92.
<https://doi.org/10.1159/000079408>
179. Dantzer R & Kelley KW. Twenty years of research on cytokine-induced sickness behavior. *Brain Behav Immun* 2007; 21:153-60.
<https://doi.org/10.1016/j.bbi.2006.09.006>
180. Myers JS. Proinflammatory cytokines and sickness behavior: implications for depression and cancer-related symptoms. *Oncol Nurs Forum* 2008; 35:802-7.
<https://doi.org/10.1188/08.onf.802-807>
181. Guest DD et al. Diet components associated with perceived fatigue in breast cancer survivors. *Eur J Cancer Care (Engl)* 2013; 22:51-9.
<https://doi.org/10.1111/j.1365-2354.2012.01368.x>
182. George SM et al. Better postdiagnosis diet quality is associated with less cancer-related fatigue in breast cancer survivors. *J Cancer Surviv* 2014; 8:680-7.
<https://doi.org/10.1007/s11764-014-0381-3>
183. Alfano CM et al. Exercise and dietary change after diagnosis and cancer-related symptoms in long-term survivors of breast cancer: CALGB 79804. *Psychooncology* 2009; 18:128-33.
<https://doi.org/10.1002/pon.1378>
184. Alfano CM et al. Fatigue, inflammation, and ω -3 and ω -6 fatty acid intake among breast cancer survivors. *J Clin Oncol* 2012; 30:1280-7.
<https://doi.org/10.1200/jco.2011.36.4109>

185. Zick SM et al. Examination of the association of diet and persistent cancer-related fatigue: a pilot study. *Oncol Nurs Forum* 2013; 40:E41-9.
<https://doi.org/10.1188/13.onf.e41-e49>
186. Zick SM et al. Fatigue reduction diet in breast cancer survivors: a pilot randomized clinical trial. *Breast Cancer Res Treat* 2017; 161:299-310.
<https://doi.org/10.1007/s10549-016-4070-y>
187. Stobaus N et al. Low Recent Protein Intake Predicts Cancer-Related Fatigue and Increased Mortality in Patients with Advanced Tumor Disease Undergoing Chemotherapy. *Nutr Cancer* 2015; 67:818-24.
<https://doi.org/10.1080/01635581.2015.1040520>
188. Sathiaraj E et al. Effects of a Plant-Based High-Protein Diet on Fatigue in Breast Cancer Patients Undergoing Adjuvant Chemotherapy - a Randomized Controlled Trial. *Nutr Cancer* 2023; 75:846-56.
<https://doi.org/10.1080/01635581.2022.2159044>
189. Vieira ML et al. Supplementation with selenium can influence nausea, fatigue, renal, and liver function of children and adolescents with cancer. *J Med Food* 2015; 18:109-17.
<https://doi.org/10.1089/jmf.2014.0030>
190. Lesser GJ et al. A randomized, double-blind, placebo-controlled study of oral coenzyme Q10 to relieve self-reported treatment-related fatigue in newly diagnosed patients with breast cancer. *J Support Oncol* 2013; 11:31-42.
<http://www.ncbi.nlm.nih.gov/pmc/articles/pmc3501550>
191. Cruciani RA et al. L-carnitine supplementation for the management of fatigue in patients with cancer: an eastern cooperative oncology group phase III, randomized, double-blind, placebo-controlled trial. *J Clin Oncol* 2012; 30:3864-9.
<https://doi.org/10.1200/jco.2011.40.2180>
192. Clinton SK et al. The World Cancer Research Fund/American Institute for Cancer Research Third Expert Report on Diet, Nutrition, Physical Activity, and Cancer: Impact and Future Directions. *J Nutr* 2020; 150:663-71.
<https://doi.org/10.1093/jn/nxz268>
193. Mitchell SA & Berger AM. Cancer-related fatigue: the evidence base for assessment and management. *Cancer J* 2006; 12:374-87.
<https://doi.org/10.1097/00130404-200609000-00007>
194. Belloni S et al. A Systematic Review of Systematic Reviews and a Pooled Meta-Analysis on Complementary and Integrative Medicine for Improving Cancer-Related Fatigue. *Clin Ther* 2023; 45:e54-e73.
<https://doi.org/10.1016/j.clinthera.2022.12.001>

195. Choi TY et al. Acupuncture for Managing Cancer-Related Fatigue in Breast Cancer Patients: A Systematic Review and Meta-Analysis. *Cancers (Basel)* 2022; 14:4419.
<https://doi.org/10.3390/cancers14184419>
196. Choi TY et al. Acupuncture and Moxibustion for Cancer-Related Fatigue: An Overview of Systematic Reviews and Meta-Analysis. *Cancers (Basel)* 2022; 14:2347.
<https://doi.org/10.3390/cancers14102347>
197. He Y et al. The Effects of Transcutaneous Acupoint Electrical Stimulation on Cancer-related Fatigue and Negative Emotions in Cancer Patients: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Contrast Media Mol Imaging* 2022; 2022:1225253.
<https://doi.org/10.1155/2022/1225253>
198. Shu J et al. Effect of Somatosensory Interaction Transcutaneous Electrical Acupoint Stimulation on Cancer-related Fatigue and Immunity: A Randomized Controlled Trial. *Am J Clin Oncol* 2022; 45:316-24.
<https://doi.org/10.1097/coc.0000000000000922>
199. Zick SM et al. Investigation of 2 Types of Self-administered Acupressure for Persistent Cancer-Related Fatigue in Breast Cancer Survivors: A Randomized Clinical Trial. *JAMA Oncol* 2016; 2:1470-6.
<https://doi.org/10.1001/jamaoncol.2016.1867>
200. Ahles TA et al. Massage therapy for patients undergoing autologous bone marrow transplantation. *J Pain Symptom Manage* 1999; 18:157-63.
[https://doi.org/10.1016/s0885-3924\(99\)00061-5](https://doi.org/10.1016/s0885-3924(99)00061-5)
201. Kashaninia Z et al. The Effect of Swedish Massage on Relieving Fatigue of Children with Acute Lymphoblastic Leukemia Undergoing Chemotherapy. *J Client-Centered Nurs Care* 2015; 1:205-10.
<https://doi.org/10.15412/J.JCCNC.04010406>
202. Xiao P et al. Effect of Light Therapy on Cancer-Related Fatigue: A Systematic Review and Meta-Analysis. *J Pain Symptom Manage* 2022; 63:e188-202.
<https://doi.org/10.1016/j.jpainsymman.2021.09.010>
203. de Nijs EJ et al. Nursing intervention for fatigue during the treatment for cancer. *Cancer Nurs* 2008; 31:191-206.
<https://doi.org/10.1097/01.ncc.0000305721.98518.7c>
204. Christensen Holz SA & Smith SR. Cancer-Related Fatigue: What You Need to Know. *Arch Phys Med Rehabil* 2017; 98:1717-8.
<https://doi.org/10.1016/j.apmr.2016.12.020>

205. Saligan LN et al. The biology of cancer-related fatigue: a review of the literature. *Support Care Cancer* 2015; 23:2461-78.
<https://doi.org/10.1007/s00520-015-2763-0>
206. Wang XS & Woodruff JF. Cancer-related and treatment-related fatigue. *Gynecol Oncol* 2015; 136:446-52.
<https://doi.org/10.1016/j.ygyno.2014.10.013>
207. Minton O et al. Drug therapy for the management of cancer-related fatigue. *Cochrane Database Syst Rev* 2010; (7):CD006704.
<https://doi.org/10.1002/14651858.cd006704.pub3>
208. Chen HW et al. A novel infusible botanically-derived drug, PG2, for cancer-related fatigue: a phase II double-blind, randomized placebo-controlled study. *Clin Invest Med* 2012; 35:E1-11.
<https://doi.org/10.25011/cim.v35i1.16100>
209. Chao YH et al. PG2, a botanically derived drug extracted from *Astragalus membranaceus*, promotes proliferation and immunosuppression of umbilical cord-derived mesenchymal stem cells. *J Ethnopharmacol* 2017; 207:184-91.
<https://doi.org/10.1016/j.jep.2017.06.018>
210. Bamodu OA et al. *Astragalus polysaccharides* (PG2) Enhances the M1 Polarization of Macrophages, Functional Maturation of Dendritic Cells, and T Cell-Mediated Anticancer Immune Responses in Patients with Lung Cancer. *Nutrients* 2019; 11:2264.
<https://doi.org/10.3390/nu11102264>
211. Kuo YL et al. Gene Expression Profiling and Pathway Network Analysis Predicts a Novel Antitumor Function for a Botanical-Derived Drug, PG2. *Evid Based Complement Alternat Med* 2015; 2015:917345.
<https://doi.org/10.1155/2015/917345>
212. Hsieh CH et al. Incorporation of *Astragalus polysaccharides* injection during concurrent chemoradiotherapy in advanced pharyngeal or laryngeal squamous cell carcinoma: preliminary experience of a phase II double-blind, randomized trial. *J Cancer Res Clin Oncol* 2020; 146:33-41.
<https://doi.org/10.1007/s00432-019-03033-8>
213. Rau KM et al. Effect of *astragalus polysaccharides* (PG2) treatment of adjuvant chemotherapy-induced fatigue in premenopausal patients with breast cancer. *J Clin Oncol* 2023; 41(16_suppl):537.
https://doi.org/10.1200/JCO.2023.41.16_suppl.537

214. Tsao SM et al. Astragalus Polysaccharide Injection (PG2) Normalizes the Neutrophil-to-Lymphocyte Ratio in Patients with Advanced Lung Cancer Receiving Immunotherapy. *Integr Cancer Ther* 2021; 20:1534735421995256.
<https://doi.org/10.1177/1534735421995256>
215. Guo L et al. Astragalus polysaccharide injection integrated with vinorelbine and cisplatin for patients with advanced non-small cell lung cancer: effects on quality of life and survival. *Med Oncol* 2012; 29:1656-62.
<https://doi.org/10.1007/s12032-011-0068-9>
216. 衛生福利部食品藥物管理署。衛署藥製字第 058837 號懷特血寶凍晶注射劑許可證。2015 年 10 月 23 日發證。
<https://info.fda.gov.tw/MLMS/H0001D.aspx?Type=Lic&LicId=51058837>
217. Wang CH et al. Karnofsky Performance Status as A Predictive Factor for Cancer-Related Fatigue Treatment with Astragalus Polysaccharides (PG2) Injection-A Double Blind, Multi-Center, Randomized Phase IV Study. *Cancers (Basel)* 2019; 11:128.
<https://doi.org/10.3390/cancers11020128>
218. Gong S et al. Effect of methylphenidate in patients with cancer-related fatigue: a systematic review and meta-analysis. *PLoS One* 2014; 9:e84391.
<https://doi.org/10.1371/journal.pone.0084391>
219. Markowitz JS et al. The psychostimulant *d-threo-(R,R)*-methylphenidate binds as an agonist to the 5HT_{1A} receptor. *Pharmazie* 2009; 64:123-5.
<https://doi.org/10.1691/ph.2009.8691>
220. Stone PC. Methylphenidate in the management of cancer-related fatigue. *J Clin Oncol* 2013; 31:2372-3.
<https://doi.org/10.1200/jco.2013.50.0181>
221. Mücke M et al. Pharmacological treatments for fatigue associated with palliative care: executive summary of a Cochrane Collaboration systematic review. *J Cachexia Sarcopenia Muscle* 2016; 7:23-7.
<https://doi.org/10.1002/jcsm.12101>
222. Bruera E et al. Patient-controlled methylphenidate for cancer fatigue: a double-blind, randomized, placebo- controlled trial. *J Clin Oncol* 2006; 24:2073-8.
<https://doi.org/10.1200/jco.2005.02.8506>
223. Bruera E et al. Methylphenidate and/or a nursing telephone intervention for fatigue in patients with advanced cancer: a randomized, placebo-controlled, phase II trial. *J Clin Oncol* 2013; 31:2421-7.
<https://doi.org/10.1200/JCO.2012.45.3696>

224. Moraska AR et al. Phase III, randomized, double-blind, placebo-controlled study of long-acting methylphenidate for cancer-related fatigue: North Central Cancer Treatment Group NCCTG-N05C7 trial. *J Clin Oncol* 2010; 28:3673-9.
<https://doi.org/10.1200/jco.2010.28.1444>
225. Roth AJ et al. Methylphenidate for Fatigue in Ambulatory Men with Prostate Cancer. *Cancer* 2010; 116:5102-10.
<https://doi.org/10.1002/cncr.25424>
226. Didoni A et al. One-year prospective follow-up of pharmacological treatment in children with attention-deficit/ hyperactivity disorder. *Eur J Clin Pharmacol* 2011; 67:1061-7.
<https://doi.org/10.1007/s00228-011-1050-3>
227. Huss M et al. Methylphenidate Hydrochloride Modified-Release in Adults with Attention Deficit Hyperactivity Disorder: A Randomized Double-Blind Placebo-Controlled Trial. *Adv Ther* 2014; 31:44-65.
<https://doi.org/10.1007/s12325-013-0085-5>
228. Morton WA & Stockton GG. Methylphenidate Abuse and Psychiatric Side Effects. *Prim Care Companion J Clin Psychiatry* 2000; 2:159-64.
<http://www.ncbi.nlm.nih.gov/pmc/articles/pmc181133>
229. Bruera E et al. Action of oral methylprednisolone in terminal cancer patients: a prospective randomized double-blind study. *Cancer Treat Rep* 1985; 69:751-4.
<https://pubmed.ncbi.nlm.nih.gov/2410117>
230. Paulsen O et al. Efficacy of methylprednisolone on pain, fatigue, and appetite loss in patients with advanced cancer using opioids: a randomized, placebo-controlled, double-blind trial. *J Clin Oncol* 2014; 32:3221-8.
<https://doi.org/10.1200/jco.2013.54.3926>
231. Yennurajalingam S et al. Reduction of cancer-related fatigue with dexamethasone: a double-blind, randomized, placebo-controlled trial in patients with advanced cancer. *J Clin Oncol* 2013; 31:3076-82.
<https://doi.org/10.1200/jco.2012.44.4661>
232. Yennurajalingam S et al. Meta-Analysis of Pharmacological, Nutraceutical and Phytopharmaceutical Interventions for the Treatment of Cancer Related Fatigue. *Cancers (Basel)* 2022; 15:91.
<https://doi.org/10.3390/cancers15010091>
233. Li H et al. Efficacy of ginseng oral administration and ginseng injections on cancer-related fatigue: A meta-analysis. *Medicine (Baltimore)* 2022; 101:e31363.
<https://doi.org/10.1097/md.00000000000031363>

234. Yennurajalingam S et al. A Double-Blind, Randomized, Placebo-Controlled Trial of Panax Ginseng for Cancer-Related Fatigue in Patients With Advanced Cancer. *J Natl Compr Canc Netw* 2017; 15:1111-20.
<https://doi.org/10.6004/jnccn.2017.0149>
235. Kim JW et al. Korean red ginseng for cancer-related fatigue in colorectal cancer patients with chemotherapy: A randomised phase III trial. *Eur J Cancer* 2020; 130:51-62.
<https://doi.org/10.1016/j.ejca.2020.02.018>
236. Barton DL et al. Pilot study of *Panax quinquefolius* (American ginseng) to improve cancer-related fatigue: a randomized, double-blind, dose-finding evaluation: NCCTG trial N03CA. *Support Care Cancer* 2010; 18:179-87.
<https://doi.org/10.1007/s00520-009-0642-2>
237. Barton DL et al. Wisconsin Ginseng (*Panax quinquefolius*) to improve cancer-related fatigue: a randomized, double-blind trial, N07C2. *J Natl Cancer Inst* 2013; 105:1230-8.
<https://doi.org/10.1093/jnci/djt181>
238. Luo WT & Huang TW. Effects of Ginseng on Cancer-Related Fatigue: A Systematic Review and Meta-analysis of Randomized Controlled Trials. *Cancer Nurs* 2023; 46:120-7.
<https://doi.org/10.1097/ncc.0000000000001068>
239. Thomas GB et al. PURLs: Finally, a way to relieve cancer-related fatigue. *J Fam Pract* 2014; 63:270-2.
<http://www.ncbi.nlm.nih.gov/pmc/articles/pmc4043102>