Evidence Table 8. Intervention characteristics—survivorship care models comparing individual versus group counseling

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| **Author, Year****Trial Name****Type of Survivorship Model, if Defined****Recipient of Intervention Component** | **Inclusion/Exclusion Criteria** | **Goal of Intervention****Intervention Duration** | **Components of Survivorship Care** | **Intensity of Intervention** | **Delivery Agent and Mode of Delivery** |
| Naumann et al., 20129A review of literature provided compelling evidence that group pyschotherapy and group exercise improve quality of life of cancer survivors, possessing unique advantages over individual interventions by providing additional opportunity for social support, social comparision, and modeling.Patients | Inclusion criteria: * Women with confirmed stages I–III breast cancer, aged 35–70 years, sufficiently fluent in English, and not meeting current American College of Sports Medicine guidelines for adequate physical activity (<150 minutes per week).

Exclusion criteria: * Acute or chronic bone, join, or muscular abnormalities that would compromise patient’s ability to participate in exercise; failure of Physical Activity Readiness Questionnaire; presence of metastatic disease.
 | To assess the feasibility of a 9-week individual- or group-based exercise and counselling program and to examine if group-based intervenion is as effective in improving the quality of life of breast cancer survivors as an individual-based intervenion.Average duration of interaction: 9 weeks. | G1: Exercise training sessions (combination of cardiovascular training [cycle, cross-training, brisk walking], strength training, hydrotherapy, core training, patient-specific rehabilitation, flexibility) and individual counseling (client-centered approach based on individual needs)G2: Exercise training sessions (cardiovascular training [cycle, cross-training, brisk walking], strength training [weight training in gymnasium, pump class], core training [floor, Pilates], hydrotherapy, flexibility) and group counseling (in groups of 6 to 8 women). | Intervention component 1: Exercise trainingAverage number of sessions: 27 for G1 and G2Average time in each session: 45 to 60 minutes per exercise training session for G1 and G2.Intervention component 2: Counseling Average number of sessions: 9 for G1 and G2Average time in each session: 1 hour for G1 and G2. | Intervention component 1: Accredited exercise physiologist (G1 and G2)Intervention component 2: Accredited counselor (G1 and G2). |

Abbreviations: G = group; SD = standard deviation.