

Integrative Oncology Care of Symptoms of Anxiety and Depression in Adults with Cancer: SIO-ASCO Guideline				
Clinical Question	Recommendation	Type	Evidence Quality	Strength
What integrative therapies are recommended for managing symptoms of anxiety experienced after diagnosis or during active treatment in adults with cancer?	1.1. Mindfulness-based interventions (MBIs) should be offered to people with cancer to improve anxiety symptoms during active treatment.	EB	H	S
	1.2. Yoga may be offered to people with breast cancer to improve anxiety symptoms during active treatment.	EB	I	M
	<i>Qualifying statement: For people with cancer types other than breast, the quality of evidence is low, and the strength of recommendation is weak.</i>			
	1.3. Hypnosis may be offered to people with cancer to improve anxiety symptoms during cancer-related diagnostic and treatment procedures.	EB	I	M
	1.4. Relaxation therapies may be offered to people with cancer to improve anxiety symptoms during active treatment.	EB	I	M
	1.5. Music therapy or music-based interventions may be offered to people with cancer to improve anxiety symptoms during active treatment.	EB	L	M
	1.6. Reflexology may be offered to people with cancer to improve anxiety symptoms during active treatment.	EB	L	W
	1.7. Lavender essential oil inhalation may be offered to people with cancer to improve anxiety symptoms during cancer-related diagnostic and treatment procedures.	EB	L	W
What integrative therapies are recommended in managing symptoms of anxiety experienced post treatment in adults with cancer?	2.1. Mindfulness-based interventions should be offered to people with cancer to improve anxiety symptoms post treatment.	EB	H	S
	2.2. Yoga may be offered to people with breast cancer to improve anxiety symptoms post treatment.	EB	I	M
	<i>Qualifying statement: For people with cancers types other than breast the quality of evidence is low, and the strength of recommendation is weak</i>			
	2.3. Acupuncture may be offered to women with breast cancer to improve anxiety symptoms post treatment.	EB	I	W
	2.4. Tai chi and/or qigong may be offered to women with breast cancer to improve anxiety symptoms post treatment.	EB	I	W

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Clinical Question	Recommendation	Type	Evidence Quality	Strength
	2.5. Reflexology may be offered to people with cancer to improve anxiety symptoms post treatment.	EB	L	W
	Inconclusive. There is inconclusive evidence to make recommendations for or against music therapy, and music-based interventions to improve anxiety symptoms in people with cancer who are post treatment. There is also inconclusive evidence for nutritional interventions, light therapy, psilocybin, massage, dance/movement therapy, laughter therapy, healing touch, expressive writing, acupuncture, biofeedback, autogenic training, energy healing, melatonin, or other natural products and supplements to improve anxiety symptoms in people with cancer, regardless of when in the course of care the intervention is provided.	-	-	-
What integrative therapies are recommended for managing symptoms of depression experienced after diagnosis or during active treatment in adults with cancer?	3.1. Mindfulness-based interventions should be offered to people with cancer to improve depression symptoms during active treatment.	EB	H	S
	3.2. Yoga may be offered to people with breast cancer to improve depression symptoms during active treatment.	EB	I	M
	<i>Qualifying statement: For people with other cancers the quality of evidence is low, and the strength of recommendation is weak.</i>			
	3.3. Music therapy or music-based interventions may be offered to people with cancer to improve depression symptoms during active treatment.	EB	L	M
	3.4. Relaxation therapies may be offered to people with cancer to improve depression symptoms during active treatment.	EB	L	W
	3.5. Reflexology may be offered to people with cancer to improve depression symptoms during active treatment.	EB	L	W
What integrative therapies are recommended in managing symptoms of depression experienced post treatment in adults with cancer?	4.1. Mindfulness-based interventions should be offered to people with cancer to improve depression symptoms post treatment.	EB	H	S
	4.2. Yoga may be offered to people with breast cancer to improve depression symptoms post treatment.	EB	I	M
	<i>Qualifying statement: For people with other cancers the quality of evidence is low, and the strength of recommendation is weak.</i>			
	4.3. Tai chi and/or qigong may be offered to people with breast cancer to improve depression symptoms post treatment.	EB	I	W
	4.4. Expressive writing should not be offered to people with cancer to improve depression symptoms at any point in the course of care.	EB	I	M

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Clinical Question	Recommendation	Type	Evidence Quality	Strength
	<p>Inconclusive. There is inconclusive evidence to make recommendations for or against reflexology to improve depression symptoms in people with cancer who are post treatment. There is also inconclusive evidence for nutritional interventions, light therapy, massage therapy, biofeedback, autogenic training, energy healing, melatonin, and other natural products and supplements to improve depression symptoms in people with cancer, regardless of when in the course of care these therapies are provided.</p>	-	-	-

Notes. Definitions for the quality of the evidence and strength of recommendation ratings are available in the guideline publication; accessible via [asco.org/survivorship-guidelines](https://www.asco.org/survivorship-guidelines).

Abbreviations. EB, evidence based; H, high; I, intermediate; IC, informal consensus; L, low; M, moderate; S, strong; W, weak