Study Title: Evaluating novel methods for delivering non-pharmacological interventions for dyspnoea in patients with lung cancer

**Brief description of the study:** Dyspnoea, or breathlessness, can be a common and distressing problem for people with lung cancer. This study aims to test the effectiveness of a patient education program which includes breathing exercises and psychosocial support for helping patients with lung cancer to control their dyspnoea. The education program is novel in that it applies best available evidence about methods for providing information and support for people with cancer to enhance the effectiveness of the intervention. The study will test whether the intervention reduces a patient's feelings of breathlessness, improves their ability to function and minimises their emotional distress. The intervention being evaluated in this study has been developed so that it can be readily incorporated into routine clinical practice. The study will also examine the effectiveness of this intervention over time, to identify which patients may benefit from this approach and at what times the intervention may be of most use. The information gained from this study will provide more specific guidance to practitioners for targeting intervention approaches to each individual patient's needs.

**Study Methodology:** (Please mark with an x which type of study methodology)

- Epidemiology
- Health Services / Health Economics / Quality Improvement
- Qualitative, Observational or Descriptive
- Mixed Method
- Systematic Review
- **X** Intervention: RCT
- Intervention: Comparative or cohort study
- Intervention: Case series

**Project details:**

- Funding source (Optional): NHMRC
- Has the study received ethics approval? **X** Yes  No  Not applicable
- Project starting date: 01/03/2007
- Project completion date: 31/12/2010
- Multi site: **X** Yes  No  Not applicable

**RESEARCHERS**

- Principal Investigator (name) **Yates, P.**
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- Investigator B (Name) **Hardy, J.**
- Investigator C (Name) **Clavarino, A.**
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<th>Investigator D (Name)</th>
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<td>Investigator F (Name)</td>
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**Associated publications / reports:** Study progress and final reports have been submitted to NHMRC and all relevant ethics committees. Publication of project findings is being drafted and will be submitted to an international peer reviewed journal.


**Topics (Admin only):** Respiratory, Dyspnoea, non-pharmacological