

## Summary Table for Studies of Support Groups

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Ref #	Sites	Patients	Stage	Patient Characteristics	Treatment	Results
<b>Randomized Controlled Trials</b>						
<sup>11</sup>	Breast	50 support 36 controls	Metastatic	Comparable	Comparable conventional	<i>One-year survival:</i> No difference. <i>Ten-year survival:</i> Support groups had significantly longer survival from study entry (36.6 months versus 18.9 months, $p < 0.0001$ , Cox; $p < 0.005$ , log-rank) and from first metastasis (58.4 months versus 43.2 months; $p < 0.01$ , Cox, $p < 0.04$ , log-rank)
<sup>13</sup>	Breast	158 support 77 controls	Metastatic	Comparable except for higher progesterone levels in support group	Comparable conventional	<i>Survival:</i> No significant differences. Kaplan-Meier median survival support – 17.9 months Controls – 17.6 months. Multivariate Cox model hazard ratio - 1.23 (95 % C.I. 0.88 - 1.72; P-0.22). <i>Profile of Mood States:</i> Benefit only for women more distressed at start. <i>Experience of Pain and Suffering or Hurt:</i> Less worsening of pain in first year for women in the support group with high baseline scores. No significant differences in suffering or hurt.
<sup>12</sup>	Skin (melanoma)	80 initially registered (12 dropouts) 34 support 34 controls	Stage I (no metastases) or Stage II (local nodes)	No immunotherapy or medications that could affect immune status	Surgery only. No chemo or radiation. No group support contacts or psychiatric intervention for control patients.	<i>Recurrences:</i> Larger proportion of control patients had recurrences (38% versus 21%, $P < 0.09$ for trend log rank test). <i>Survival:</i> Smaller proportion of controls survived (71% versus 91%, $P = 0.03$ log rank test). <i>Recurrence and Survival:</i> Only Breslow depth and support group were significant. Support group remained significant after adjusting for Breslow depth (Recurrence $P = 0.0438$ and survival $P = 0.0066$ ).
<sup>30</sup> Replication study of Fawzy <i>et al.</i> <sup>12</sup>	Skin (melanoma)	112 support, 129 control	Cutaneous malignant melanoma of T1-4	Aged 18-70 Had undergone surgery	Six sessions of psycho-educational group support. No group support for control patients	Recurrence and survival were not evaluated in this study. The intervention group had significantly less fatigue ( $p = .04$ ), greater vigor ( $p = .003$ ) and lower mood disturbance ( $p = .001$ ) compared with control at six months.
<sup>14</sup>	Breast	60 support 61 controls	Metastatic (visceral and non-visceral)	No significant differences	No significant differences other than support group intervention	<i>Survival:</i> No significant differences. The best fitting Cox model of survival from recruitment revealed three indicators related to shorter survival – presence or absence of visceral metastasis, ECOG performance score at trial entry and chemotherapy at trial entry. <i>Psychological Outcomes:</i> reported in a separate study <sup>25</sup> .

## Summary Table for Studies of Support Groups (cont'd)

Ref #	Sites	Patients	Stage	Patient Characteristics	Treatment	Results
<b>Randomized Controlled Trials (continued)</b>						
<sup>15</sup>	Breast	30 support 36 controls	Metastatic (visceral and non-visceral)	Balanced for demographics other than education with support group averaging more education		Support group more likely to listen to audiotapes for relaxation ( $p < 0.05$ ) and have specific dietary habits related to health ( $p < 0.10$ ). <i>Survival:</i> No significant differences (support group median 44.8 months versus 43.8 months for controls, $P = 0.79$ ). Only predictors of survival were exercise ( $P = 0.014$ ) and attendance at an outside support group by sub-group within the study support group ( $P = 0.05$ ).
<sup>16</sup>	Various	1. 31 support 2. 30 support 3. 35 support 26 controls	Various	Comparable for demographics and prognosis	Not described for surgery, radiation or chemo	<i>Survival:</i> Support #1, #2 - Leadership 70.7 months Support #3 - No leadership 62 months Controls - 82.4 months Not significant ( $P = 0.53$ ) <i>Psychological:</i> Not reported
<b>Prospective Cohort Study – no controls (subgroup comparisons)</b>						
<sup>18</sup>	Various	22	Metastatic	Similar in their expected median survival per panel of oncologists	Support group and conventional therapy	<i>Survival:</i> Beneficial relationship for subgroups with more involvement ( $P = 0.006$ , Log Rank test). Likely confounders of medical status, age, quality of life and attendance at therapy similar across the subgroups.
<b>Retrospective Cohort Study – controls</b>						
<sup>19</sup>	Breast	34 support 102 controls	Not described (in abstract)	Matched on several prognostic factors	Support group and conventional therapy	<i>Results:</i> Mean survival time from diagnosis was 96 months (+/- 53.2 months) for participants versus 85.1 months (+/- 63.4 months) for controls, a non-significant difference ( $P = .1$ ). Median survival difference was also not significant with 84.0 months for participants (95% C.I., 59-133) and 66.0 months for controls (95% CI, 48 – 105).

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