

## Supplementary Materials

# Does the Lightning Process Training Programme Reduce Chronic Fatigue in Adolescent and Young Adult Cancer Survivors? A Mixed-Methods Pilot Study

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Table S1. The Fatigue Questionnaire: total fatigue.

Patient No.	TF Baseline	TF 3 Months	Change B → 3 *	TF 6 Months	Change B → 6 *	Change 3 → 6 **
1	22	9	Yes	12	Yes	No
2	27	7	Yes	5	Yes	No
3	22	9	Yes	8	Yes	No
4	21	5	Yes	4	Yes	No
5	29	7	Yes	9	Yes	No
6	24	15	Yes	19	Yes	Yes, worse
7	30	29	No	30	No	No
8	28	-	-	-	-	-
9	25	20	Yes	15	Yes	Yes, improved
10	19	7	Yes	17	No	Yes, improved
11	28	6	Yes	2	Yes	Yes, improved
12	20	7	Yes	5	Yes	No
13	12	13	Yes	-	-	-
<b>Mean (SD)</b>	23 (5)	11 (7)	$p < 0.001$	12 (8)	$p < 0.001$	$p = 0.73$

TF: total fatigue; SD: standard deviation; →: from baseline (B) to actual month; \* More than 0.5 SD at baseline = 2.55; \*\* More than 0.5 SD at 3 months = 3.55.

Table S2. The Patient Health Questionnaire: sum score.

Patient No.	PHQ-9 at Baseline	PHQ-9 at 3 Months	Change B → 3 *	PHQ-9 at 6 Months	Change B → 6*	Change 3 → 6**
1	12	10	No	11	No	No
2	9	5	Yes	3	Yes	Yes
3	17	13	Yes	7	Yes	Yes
4	13	3	Yes	3	Yes	No
5	18	11	Yes	8	Yes	Yes
6	20	6	Yes	18	Yes	Yes
7	13	11	No	11	No	No
8	21	-	-	-	-	-
9	16	7	Yes	10	Yes	Yes
10	12	3	Yes	10	No	Yes
11	23	9	Yes	9	Yes	No
12	12	5	Yes	4	Yes	No
13	9	4	Yes	-	-	-
<b>Mean (SD)</b>	15 (5)	7 (3)	$p < 0.001$	9 (4)	$p = 0.001$	$p = 0.52$

PHQ: The Patient Health Questionnaire; SD: standard deviation; →: from baseline (B) to actual month; \* More than 0.5 SD at baseline (B) = 2.3; \*\* More than 0.5 SD at 3 months = 1.7.

**Table S3.** The Work and Social Adjustment Scale: sum score.

Patient No.	WSAS Baseline	WSAS 3 Months	Change B → 3 *	WSAS 6 Months	Change B → 6 *	Change 3 → 6 **
1	27	21	Improved	24	Improved	Worse
2	19	15	Improved	7	Improved	Improved
3	24	20	Improved	17	Improved	Improved
4	25	5	Improved	4	Improved	Unchanged
5	18	15	Improved	8	Improved	Improved
6	23	11	Improved	13	Improved	Unchanged
7	37	33	Improved	35	Unchanged	Unchanged
8	25	-	-	-	-	-
9	25	22	Improved	21	Improved	Unchanged
10	28	25	Improved	23	Improved	Unchanged
11	27	15	Improved	18	Improved	Unchanged
12	20	9	Improved	11	Improved	Unchanged
13	35	26	Improved	-	-	-
<b>Mean (SD)</b>	25 (5)	17 (8)	$p < 0.001$	17 (9)	$p < 0.001$	$p = 0.45$

WSAS: The Work and Social Adjustment Scale; SD: standard deviation; →: from baseline (B) to actual month; \* More than 0.5 SD at baseline = 2.65; \*\* More than 0.5 SD at 3 months = 3.95.

**Table S4.** The SF-36: Mental Composite Scale.

Patient No.	MCS Baseline	MCS 3 Months	Change B → 3 *	MCS 6 Months	Change B → 6 *	Change 3 → 6 **
1	58	50	Worse	67	Improved	Improved
2	37	43	Improved	45	Unchanged	Unchanged
3	22	34	Improved	43	Improved	Improved
4	38	57	Improved	52	Improved	Worse
5	21	Not Complete	-	-	-	-
6	22	51	Improved	27	Unchanged	Worse
7	45	52	Improved	52	Improved	Unchanged
8	33	-	-	-	-	-
9	41	57	Improved	40	Unchanged	Worse
10	43	51	Improved	30	Worse	Worse
11	19	50	Improved	44	Improved	Worse
12	24	48	Improved	46	Improved	Unchanged
13	51	53	Unchanged	-	-	-
<b>Mean (SD)</b>	35 (13)	50 (7)	$p = 0.003$	45 (11)	$p = 0.025$	$p = 0.29$

SF-36: Short-Form Health Survey 36; \* More than 0.5 SD at baseline = 6.5; \*\* More than 0.5 SD at 3 months = 3.5.

**Table S5.** The SF-36: Physical Composite Scale.

Patient No.	PCS Baseline	PCS 3 Months	Change B → 3 *	PCS 6 Months	Change B → 6 *	Change 3 → 6 **
1	25	28	Unchanged	24	Unchanged	Unchanged
2	39	60	Improved	60	Improved	Unchanged
3	45	44	Unchanged	50	Improved	Improved
4	34	47	Improved	52	Improved	Unchanged
5	37	Not Complete	-	-	-	-
6	30	33	Unchanged	32	Unchanged	Unchanged
7	25	26	Unchanged	26	Unchanged	Unchanged
8	34	-	-	-	-	-
9	36	34	Unchanged	36	Unchanged	Unchanged
10	36	42	Improved	50	Improved	Unchanged
11	45	49	Unchanged	52	Improved	Unchanged
12	57	55	Unchanged	54	Unchanged	Unchanged
13	40	30	Worse	-	-	-
<b>Mean (SD)</b>	37 (9)	41 (11)	$p = 0.20$	44 (13)	$p = 0.04$	$p = 0.16$

SF-36: Short-Form Health Survey 36; SD: standard deviation; \* More than 0.5 SD at baseline (B) = 4.5; \*\* More than 0.5 SD at 3 months = 5.5.

**Table S6.** Correlations between various PROMS.

Correlation Coefficient				
Spearman's rho at baseline	PHQ-9 SUM 0	FQ Total Score	WSAS SUM 0	
PHQ-9 SUM 0	1.00	0.58 *	0.17	
FQ Total Score	0.58 *	1.00	0.17	
WSAS SUM 0	0.17	0.17	1.00	
Spearman's rho at 6 months	WSAS SUM 6	CSQ-8 SUM 6	FQ Total Score	PHQ-9 SUM 6
WSAS SUM 6	1.00	0.40	0.62 *	0.76 **
CSQ-8 SUM 6	0.40	1.00	0.72 *	0.54
FQ Total Score	0.62 *	0.72 *	1.00	0.80 **
PHQ-9 SUM 6	0.76 **	0.54	0.80 **	1.00

PHQ-9: Patient Health Questionnaire 9; FQ: Fatigue Questionnaire; WSAS: Work and Social Adjustment Scale; CSQ-8: Client Satisfaction 8; \* Correlation is significant at the 0.05 level (2-tailed); \*\* Correlation is significant at the 0.01 level (2-tailed).



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