



Relax (WF-01213)

Reducing Anxiety and Dyspnea via Device-Guided Breathing (RELAX): A Multi-Site Feasibility Study in Post-Treatment Lung Cancer Survivors at Community Cancer Clinics

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Results from WF-01213 - RELAX

Lung cancer survivors often feel anxious and short of breath. Breathing exercises can help reduce anxiety. This study looked at whether a device using gentle tones to help lung cancer survivors slow their breathing would be helpful.

A total of 46 patients at community cancer clinics across the nation agreed to be in the 12-week study. All patients were asked to use the device for 15 minutes a day. Fourteen patients were put in group 1 using it twice a day, 14 were put in a second group using it once a day, and 18 people were put in group 3 and asked to use the device with tones that do not slow down breathing once a day.

The study had many problems. Cancer clinics had trouble finding patients willing to join the study. No one followed the breathing instructions, and 1 in 3 participants dropped out early. Patients were asked questions about anxiety, shortness of breath, and depression at the beginning, middle, and end of the study.

Anxiety was much improved in all groups. The other results were mixed. Shortness of breath improved in groups 1 and 3, and depression improved in the group 2. Even though about half of the patients said they liked the breathing exercises, the study found this was not a practical way to help lung cancer survivors slow their breathing to reduce anxiety.

