

The Effect of Structured Reminiscence on the Symptom Management, Life Satisfaction, and Self-Transcendence of Palliative Care Patients: A Randomized Placebo-Controlled Trial

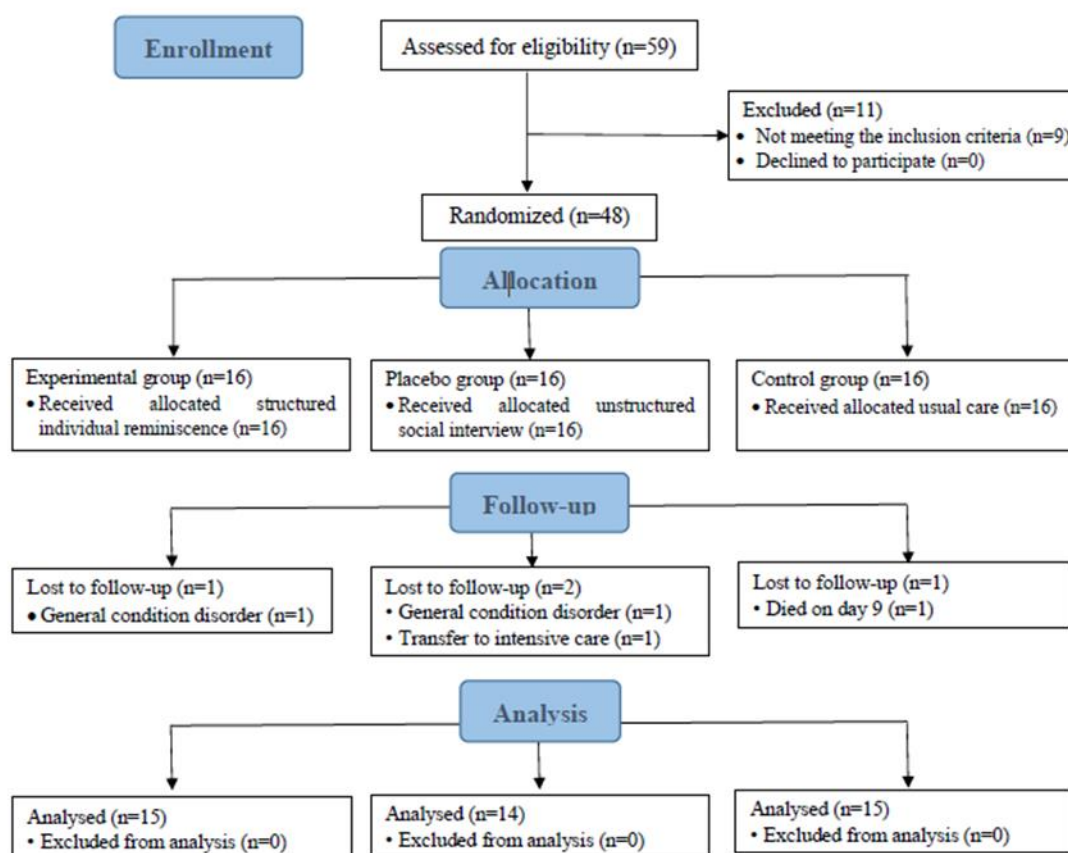


Fig. 1. CONSORT flow chart

TABLES

Table 1. Distribution of patients' sociodemographic and disease-related characteristics

Variables	Total n=44	Interventio n n=15	Placebo n=14	Control n=15	p
Age (years), Mean \pm SD	64.93 \pm 3.69	65.67 \pm 3.67	64.57 \pm 4.15	65.60 \pm 2.56	p=0.655 ^a
%95 CI	64.24, 66.35	63.63, 67.70	62.18, 66.97	64.18, 67.02	
Age Groups, n (%)					
< 65 years	13 (29.5)	4 (26.7)	4 (28.6)	5 (33.3)	p=0.844 ^b
\geq 65 years	31 (70.5)	11 (73.3)	10 (71.4)	10 (66.7)	
Gender, n (%)					
Female	17 (38.6)	5 (33.3)	6 (42.9)	6 (40.0)	p=0.853 ^b
Male	27 (61.4)	10 (66.7)	8 (57.1)	9 (60.0)	
Marital status, n (%)					
Married	38 (86.4)	14 (93.3)	11 (78.6)	13 (86.7)	p=0.796 ^b
Single/widowed/divorced	6 (13.6)	1 (6.7)	3 (21.4)	2 (13.3)	
Primer Disease, n (%)					
Cancer	31 (70.5)	10 (66.7)	11 (78.6)	10 (66.7)	p=0.829 ^c
Cardiovascular System	5 (11.4)	2 (13.3)	1 (7.1)	2 (13.3)	
Neurological System	3 (6.8)	2 (13.3)	1 (7.1)	---	
Respiratory System	3 (6.8)	---	1 (7.1)	2 (13.3)	
Urinary System	2 (4.5)	1 (6.7)	---	1 (6.7)	
Cancer Localization (n=31), n(%)					
Genitourinary	8 (25.8)	2 (20)	3 (27.3)	3 (30.0)	p=0.817 ^b
Respiratory	7 (22.6)	3 (30)	2 (18.2)	2 (20.0)	
Gastrointestinal	7 (22.6)	2 (20)	2 (18.2)	3 (30.0)	
Breast	5 (16.2)	2 (20)	2 (18.2)	1 (10.0)	
Hematological	4 (12.9)	1 (10)	2 (18.2)	1 (10.0)	
Duration of the disease (years)					
Mean \pm SD	5.14 \pm 3.03	4.27 \pm 1.62	5.71 \pm 2.97	5.47 \pm 3.19	p=0.465 ^a
95% CI	4.12, 6.15	3.37, 5.17	4.00, 7.43	2.85, 8.08	
Length of stay in the unit					
<1 week	34 (77.2)	11 (73.4)	11 (78.6)	12 (80.0)	p=0.936 ^b
1- 2 weeks	5 (11.4)	2 (13.3)	1 (7.1)	2 (13.3)	
>2 weeks	5 (11.4)	2 (13.3)	2 (14.3)	1 (6.7)	
ECOG Performance Scale					
1	4 (9.1)	1 (6.7)	1 (7.1)	2 (13.3)	p=0.955 ^b
2	7 (15.9)	2 (13.3)	3 (21.4)	2 (13.3)	
3	28 (63.6)	10 (66.7)	8 (57.1)	10 (66.7)	
4	5 (11.4)	2 (13.3)	2 (14.3)	1 (6.7)	

SD: Standard Deviation; CI: confidence interval; ^a One Way ANOVA; ^b Chi-square test; ^c Fisher's exact test

Table 2. Comparison of the symptom assessment sub-scale and total score averages of the groups within and between groups

Groups		Intervention n=15 Mean \pm SD	Placebo n=14 Mean \pm SD	Control n=15 Mean \pm SD	X ²	p
MSAS- GDI	Pre-test	1.58 \pm 0.56	1.49 \pm 0.32	1.52 \pm 0.29	0.218	0.897
	Post-test	1.46 \pm 0.50	1.45 \pm 0.27	1.50 \pm 0.28	0.461	0.794
	Z	-2.718	-2.379	-1.841		
	p	0.007*	0.017*	0.066		
	Δ	- 7.60%	- 2.68%	- 1.31%		
MSAS- Physical	Pre-test	1.40 \pm 0.65	1.41 \pm 0.68	1.41 \pm 0.63	0.097	0.953
	Post-test	1.43 \pm 0.62	1.40 \pm 0.67	1.41 \pm 0.52	0.356	0.837
	Z	-1.099	-0.730	-0.942		
	p	0.272	0.465	0.346		
	Δ	+ 2.14%	- 0.71%	0%		
MSAS- Psycho	Pre-test	1.18 \pm 0.70	1.29 \pm 0.62	1.28 \pm 0.59	0.556	0.757
	Post-test	0.91 \pm 0.46	1.11 \pm 0.48	1.32 \pm 0.58	5.369	0.068
	Z	-2.977	-2.695	-1.705		
	p	0.003*	0.007*	0.088		
	Δ	- 22.88%	- 13.95%	+ 3.13%		
MSAS- Total	Pre-test	1.07 \pm 0.48	1.13 \pm 0.47	1.10 \pm 0.44	0.715	0.699
	Post-test	1.06 \pm 0.45	1.12 \pm 0.47	1.11 \pm 0.43	0.246	0.884
	Z	-0.881	-1.468	-0.395		
	p	0.378	0.142	0.693		
	Δ	- 0.93%	- 0.88%	+ 0.91%		

MSAS: Memorial Symptom Assessment Scale; SD: Standard Deviation; Δ : percentage of change; Z: Wilcoxon signed-ranks test; X²: Kruskal Wallis H test; *p<0.05; **p<0.001

Table 3. Comparison of the mean scores of the groups on the life satisfaction scores within and between groups

Contentment With Life Assessment Scale					
	Pre-test Mean ± SD	Post-test Mean ± SD	Δ	t	p
Intervention (n=15) 1	16.27 ± 2.68	21.66 ± 2.37	+ 33.12%	-7.155	<0.001**
Placebo (n=14) 2	16.14 ± 2.31	17.21 ± 2.15	+ 6.63%	-2.206	0.046*
Control (n=15) 3	16.20 ± 2.35	15.40 ± 1.91	- 4.93%	1.922	0.075
F	0.031	16.817			
p	0.990	<0.001**			
Post-hoc	----	1>2,3			
Group Time Interaction					
	Group	Time	Group*Time		
F2	6.342	32.376	31.195		
p	0.004*	<0.001**	<0.001**		
η²	0.236	0.441	0.603		
Post-hoc		1>2,3			
		Pre-test < Post-test			

SD: Standard Deviation; Δ : percentage of change; t: Paired-samples t test; F: One Way ANOVA; F₂: Repeated measures ANOVA; η^2 : Eta-square; *p<0.05; **p<0.001

Table 4. Comparison of the self-transcendence mean scores of the groups within and between groups

	Pre-test Mean \pm SD	Post-test Mean \pm SD	Δ	t	p
Intervention (n=15) ¹	35.80 \pm 4.36	43.93 \pm 5.39	+ 22.71%	-14.321	<0.001*
Placebo (n=14) ²	36.28 \pm 5.10	38.50 \pm 6.00	+ 6.12%	-2.090	0.057
Control (n=15) ³	35.53 \pm 4.94	35.60 \pm 5.86	+ 0.20%	-0.065	0.949
F	0.244	10.312			
p	0.784	<0.001**			
Post-hoc	----	1>2,3			
Group Time Interaction					
	Group	Time	Group*Time		
F ₂	4.177	43.870	21.616		
p	0.022*	<0.001**	<0.001**		
η^2	0.169	0.517	0.513		
		1>2,3			
Post-hoc	Pre-test < Post-test				

SD: Standard Deviation; Δ : percentage of change; t: Paired-samples t test; F: One Way ANOVA; F₂: Repeated measures ANOVA; η^2 : Eta-square; *p<0.05; **p<0.001