

## **PATIENT INFORMATION SHEET**

You are being invited to participate in the research study titled: **EFFECTS OF A COGNITIVE TRAINING PROGRAM ON CHEMOTHERAPY-INDUCED COGNITIVE IMPAIRMENT (CHEMOBRAIN) IN ONCOLOGICAL PATIENTS WITH BREAST CANCER UNDER ACTIVE TREATMENT: A RANDOMIZED CONTROLLED TRIAL**, conducted by Samuel Jiménez Sánchez, a thesis student, under the supervision of Eduardo José Fernández. This study has been reviewed and approved by the Ethics Committee of SACYL.

### **WHAT IS THE PURPOSE OF THE STUDY?**

The purpose of this study is to improve the quality of life of breast cancer patients through cognitive training focused on everyday cognition. The evaluation and intervention are based on enhancing cognitive capacity in performing instrumental activities of daily living, such as grocery shopping or organizing a pillbox, aiming to improve autonomy, sleep quality, and reduce anxiety.

You are being asked to participate in this clinical trial because you are an oncology patient, and your cognitive functioning may be affected by your cancer or the treatments you are receiving. This study involves an initial interview, followed by a 4-month intervention program and a final interview.

### **WHAT DOES YOUR PARTICIPATION INVOLVE?**

You are being asked for permission to use the results of various indices and scales for scientific purposes. Additionally, you may be asked to complete a self-training workbook (if deemed appropriate by the professional) to analyze the impact of the oncological process on your cognitive ability to carry out daily activities. Participation in this project will not alter any aspect of your current treatment.

### **WHAT ARE THE BENEFITS?**

It is highly likely that the results of this study will have a positive impact on you, helping to improve your quality of life and providing a better understanding of your current situation.

### **WHAT IF YOU DO NOT WANT TO PARTICIPATE IN THIS STUDY?**

Your participation in this study is entirely voluntary. If you decide not to participate, this will not affect the care and follow-up you receive from your doctor or the healthcare team responsible for your treatment. You may answer only the questions you want and may stop the interview at any time.

## **CONFIDENTIALITY**

All your data, as well as any medical information related to your situation, will be treated with strict confidentiality by the research team. If the results of the study are published in scientific journals, no personal data of the patients participating in this research will be disclosed. In accordance with the Spanish Organic Law 3/2018, of December 5, on Personal Data Protection and Guarantee of Digital Rights, you may exercise your right to access, rectify, or delete your data by contacting the principal investigator of this study.

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## INFORMED CONSENT

**Project Title:** EFFECTS OF A COGNITIVE TRAINING PROGRAM ON CHEMOTHERAPY-INDUCED COGNITIVE IMPAIRMENT (CHEMOBRAIN) IN ONCOLOGICAL PATIENTS WITH BREAST CANCER UNDER ACTIVE TREATMENT: A RANDOMIZED CONTROLLED TRIAL.

Conducted by Samuel Jiménez Sánchez, a thesis student, under the supervision of Eduardo José Fernández, and approved by the Ethics Committee of SACYL.

I, \_\_\_\_\_, have been informed by \_\_\_\_\_, a collaborator of the mentioned research project, and I declare that:

- I have received sufficient information about the study.
- I have had the opportunity to ask questions about the study.
- I have received satisfactory answers to my questions.
- I understand that my participation is voluntary.
- I understand that all my data will be treated confidentially.

With this, I give my consent to participate in this study.

**Date:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Patient's Signature:** \_\_\_\_\_ **Investigator's Signature:** \_\_\_\_\_

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Let me know if you need any additional modifications or explanations.