Cancer-related Quality of Life - QLQ-C30

Percentage of participants reporting decrease, increase or no change in functional or symptom scales from pre- to post-program:

<table>
<thead>
<tr>
<th>QLQ-C30 item</th>
<th>Baseline</th>
<th>Post-program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Global Health status</td>
<td>60.2</td>
<td>61.1</td>
</tr>
<tr>
<td>Role functioning</td>
<td>56.5</td>
<td>62</td>
</tr>
<tr>
<td>Social functioning</td>
<td>58.3</td>
<td>64.8</td>
</tr>
<tr>
<td>Pain</td>
<td>32.4</td>
<td>21.3</td>
</tr>
<tr>
<td>Financial difficulties</td>
<td>20.4</td>
<td>13</td>
</tr>
</tbody>
</table>

Average global health status, functional and symptom scales remained stable over time. The largest improvement was seen in the following items, but none was significant:

- Global Health status: 60.2 to 61.1
- Role functioning: 56.5 to 62
- Social functioning: 58.3 to 64.8
- Pain: 32.4 to 21.3
- Financial difficulties: 20.4 to 13

Program acceptability

- Likely to recommend the program to others
- Found the Sidekick app user friendly
- Feels better equipped to deal with cancer
- A program had positive effects on their life and well-being
- Found the weekly messages from the coach useful
- Would have liked more feedback from the lifestyle coach
- Sidekick helped them remember their medication
- Found the educational videos helpful

Conclusions

The high retention, engagement and acceptability suggest that a digital therapeutic intervention is feasible for breast cancer patients. A longer, full-scale RCT is currently being planned to evaluate the efficacy of the intervention.