Fear of Cancer Recurrence:  
A Systematic Review  
of Randomized, Controlled Trials

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Fear of cancer recurrence (FCR) is prevalent among people with cancer; therefore, it is important to determine whether interventions offered to this population are effective in alleviating FCR. This review summarizes randomized, controlled trials in the literature about the effect of psychosocial interventions on FCR in people with cancer.

LITERATURE SEARCH: A systematic review of the literature was conducted using PubMed, Web of Science, EMBASE, and Cochrane Library.

DATA EVALUATION: Extracted data included cancer type, number of participants, intervention type and duration, follow-ups, and primary and secondary outcomes.

SYNTHESIS: 10 studies met inclusion criteria. Types of interventions included mindfulness-based therapy (n = 3), cognitive behavioral therapy (n = 4), psychoeducational interventions (n = 1), gratitude interventions (n = 1), and communication interventions (n = 1).

IMPLICATIONS FOR PRACTICE: Psychosocial interventions are beneficial for alleviating FCR and positively affect depression, anxiety, and quality of life in people with cancer.

KEYWORDS psychosocial; cancer; fear of cancer recurrence; intervention

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