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This quick view provides very brief information from the ONS PEP resources. Full ONS PEP information for this topic and description of the categories of evidence are located at <http://www.ons.org/Research/PEP/Topics> and Eaton, L.H., & Tipton, J.M. (Eds.), (2009), *Putting evidence into practice: Improving oncology patient outcomes*, Pittsburgh, PA: Oncology Nursing Society. **Users should refer to these resources for full dosages, references, and other essential information about the evidence.**

**Definition and incidence:** *Anxiety* is a common psychological response to the cancer experience that can be disabling and can interfere with treatment response and psychosocial functioning.

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## Evidence-Based Interventions for Anxiety

### RECOMMENDED FOR PRACTICE

- Educational: patient-centered materials about the types of cancer and treatments; patient orientation to staff and contact information; teaching symptom management and self-care strategies
- Psychosocial: cognitive behavioral therapy to teach distraction and other techniques; individual or group counseling and psychotherapy sessions; support group meetings

### LIKELY TO BE EFFECTIVE

- Medications
  - Benzodiazepines (lorazepam, diazepam, alprazolam)
  - Azapirones (buspirone)
  - Antihistamines (hydroxyzine)
  - Antidepressants (paroxetine, sertraline, escitalopram, venlafaxine, mirtazapine)
  - Atypical neuroleptics (olanzapine, risperidone)
  - Other (propofol)
- Massage therapy

### EFFECTIVENESS NOT ESTABLISHED

- Art therapy
  - Exercise
  - Meditation
  - Progressive muscle relaxation
  - Therapeutic touch
  - Reiki
  - Foot reflexology
  - Homeopathy
  - Complementary and alternative medicine
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