Efficacy of a Home-Based, Unsupervised Physical Activity Program on Fatigue, Sleep Quality, and Quality of Life in Survivors of Breast Cancer

Kübra Erturhan Türk, PhD, and Meryem Yılmaz, PhD

BACKGROUND: Women with breast cancer (BC) experience symptoms related to fatigue, sleep quality, and quality of life (QOL) in the post-treatment period. Oncology nurses need to plan interventions such as physical activity (PA) aimed at reducing the symptoms experienced by patients.

OBJECTIVES: The aim of this article is to determine the efficacy of a home-based, unsupervised PA program on fatigue, sleep quality, and QOL in survivors of BC.

METHODS: This study was an experimental study with a prospective control group. Female survivors of BC were randomly assigned to either the home-based, unsupervised PA intervention group or the control group for 12 weeks. Fatigue, sleep quality, and QOL were assessed with questionnaires at baseline and the 12th week.

FINDINGS: The home-based, unsupervised PA program yielded positive effects on fatigue and QOL among participants. The program did not affect sleep quality.

KEYWORDS
breast cancer; physical activity; fatigue; sleep quality, quality of life

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