

References:

Adamsen, L., Quist, M., Andersen, C., Moller, T., Herrstedt, J., Kronborg, D., . . . Rorth, M. (2009). Effect of a multimodal high intensity exercise intervention in cancer patients undergoing chemotherapy: randomised controlled trial. *Bmj*, *339*, b3410. doi: 10.1136/bmj.b3410

Aghili, M., Farhan, F., & Rade, M. (2007). A pilot study of the effects of programmed aerobic exercise on the severity of fatigue in cancer patients during external radiotherapy. *European journal of oncology nursing*, *11*(2), 179-182. doi: S1462-3889(06)00066-4 [pii]

10.1016/j.ejon.2006.03.005

Arbane, G., Tropman, D., Jackson, D., & Garrod, R. (2011). Evaluation of an early exercise intervention after thoracotomy for non-small cell lung cancer (NSCLC), effects on quality of life, muscle strength and exercise tolerance: randomised controlled trial. *Lung Cancer*, *71*(2), 229-234. doi: S0169-5002(10)00215-1 [pii]

10.1016/j.lungcan.2010.04.025 [doi]

Aynehchi, B. B., Obourn, C., Sundaram, K., Bentsianov, B. L., & Rosenfeld, R. M. (2013). Validation of the Modified Brief Fatigue Inventory in head and neck cancer patients. *Otolaryngol Head Neck Surg*, *148*(1), 69-74. doi: 10.1177/0194599812460985

Berger, A. M., & Higginbotham, P. (2000). Correlates of fatigue during and following adjuvant breast cancer chemotherapy: a pilot study. *Oncology Nursing Forum*, *27*(9), 1443-1448.

Blaney, J., Lowe-Strong, A., Rankin, J., Campbell, A., Allen, J., & Gracey, J. (2010). The cancer rehabilitation journey: barriers to and facilitators of exercise among patients with cancer-related fatigue. *Physical therapy*, *90*(8), 1135-1147. doi: 10.2522/ptj.20090278

Charlier, C., Van Hoof, E., Pauwels, E., Lechner, L., Spittaels, H., & De Bourdeaudhuij, I. (2013). The contribution of general and cancer-related variables in explaining physical activity in a breast cancer population 3 weeks to 6 months post-treatment. *Psychooncology*, *22*(1), 203-211. doi: 10.1002/pon.2079

Chaukar, D. A., Walvekar, R. R., Das, A. K., Deshpande, M. S., Pai, P. S., Chaturvedi, P., . . . D'Cruz, A. K. (2009). Quality of life in head and neck cancer

survivors: a cross-sectional survey. *Am J Otolaryngol*, 30(3), 176-180. doi: 10.1016/j.amjoto.2008.05.001

Courneya, K. S., Friedenreich, C. M., Quinney, H. A., Fields, A. L., Jones, L. W., Vallance, J. K., & Fairey, A. S. (2005). A longitudinal study of exercise barriers in colorectal cancer survivors participating in a randomized controlled trial. *Annals of behavioral medicine*, 29(2), 147-153. doi: 10.1207/s15324796abm2902_9

De Sousa, A. (2008). Psychological issues in oral and maxillofacial reconstructive surgery. *Br J Oral Maxillofac Surg*, 46(8), 661-664. doi: 10.1016/j.bjoms.2008.07.192

Duffy, S. A., Khan, M. J., Ronis, D. L., Fowler, K. E., Gruber, S. B., Wolf, G. T., & Terrell, J. E. (2008). Health behaviors of head and neck cancer patients the first year after diagnosis. *Head and Neck*, 30(1), 93-102. doi: 10.1002/hed.20665

Fang, F. M. (2003). *The Investigation of Health Related Quality of Life for Head-and-Neck Cancer Patients*. (Doctor degree), Kaohsiung Medical University, unpublished.

Fialka-Moser, V., Crevenna, R., Korpan, M., & Quittan, M. (2003). Cancer rehabilitation: particularly with aspects on physical impairments. *J Rehabil Med*, 35(4), 153-162.

Godin, G., Jobin, J., & Bouillon, J. (1986). Assessment of leisure time exercise behavior by self-report: a concurrent validity study. *Canadian Journal of Public Health. Revue Canadienne de Sante Publique*, 77(5), 359-362.

Godin, G., & Shephard, R. J. (1985). A simple method to assess exercise behavior in the community. *Canadian Journal of Applied Sport Sciences. Journal Canadien des Sciences Appliquees Au Sport*, 10(3), 141-146.

Hann, D. M., Denniston, M. M., & Baker, F. (2000). Measurement of fatigue in cancer patients: Further validation of the Fatigue Symptom Inventory. *Quality of Life Research*, 9(7), 847-854.

Hann, D. M., Jacobsen, P. B., Azzarello, L. M., Martin, S. C., Curran, S. L., Fields, K. K., . . . Lyman, G. (1998). Measurement of fatigue in cancer patients: development and validation of the Fatigue Symptom Inventory. *Quality of Life Research*, 7(4), 301-310.

Herrero, F., San Juan, A. F., Fleck, S. J., Balmer, J., Perez, M., Canete, S., . . . Lucia, A. (2006). Combined aerobic and resistance training in breast cancer survivors: A

randomized, controlled pilot trial. *Int J Sports Med*, 27(7), 573-580. doi: 10.1055/s-2005-865848

Jackson, W., Alexander, N., Schipper, M., Fig, L., Feng, F., & Jolly, S. (2014). Characterization of changes in total body composition for patients with head and neck cancer undergoing chemoradiotherapy using dual-energy x-ray absorptiometry. *Head Neck*, 36(9), 1356-1362. doi: 10.1002/hed.23461

Kim, C. J., Kang, D. H., Smith, B. A., & Landers, K. A. (2006). Cardiopulmonary responses and adherence to exercise in women newly diagnosed with breast cancer undergoing adjuvant therapy. *Cancer Nurs*, 29(2), 156-165. doi: 00002820-200603000-00013 [pii]

Lokker, M. E., Offerman, M. P., van der Velden, L. A., de Boer, M. F., Pruyn, J. F., & Teunissen, S. C. (2013). Symptoms of patients with incurable head and neck cancer: prevalence and impact on daily functioning. *Head Neck*, 35(6), 868-876. doi: 10.1002/hed.23053

Luctkar-Flude, M. F., Groll, D. L., Tranmer, J. E., & Woodend, K. (2007). Fatigue and physical activity in older adults with cancer: a systematic review of the literature. *Cancer Nursing*, 30(5), E35-45. doi: 10.1097/01.NCC.0000290815.99323.75 [doi]

00002820-200709000-00018 [pii]

Matthews, C. E., Wilcox, S., Hanby, C. L., Der Ananian, C., Heiney, S. P., Gebretsadik, T., & Shintani, A. (2007). Evaluation of a 12-week home-based walking intervention for breast cancer survivors. *Support Care Cancer*, 15(2), 203-211. doi: 10.1007/s00520-006-0122-x [doi]

Mock, V., Atkinson, A., Barsevick, A. M., Berger, A. M., Cimprich, B., Eisenberger, M. A., . . . Piper, B. F. (2007). Cancer-related fatigue. Clinical Practice Guidelines in Oncology. *Journal of the National Comprehensive Cancer Network*, 5(10), 1054-1078.

Mustian, K. M., Peppone, L., Darling, T. V., Palesh, O., Heckler, C. E., & Morrow, G. R. (2009). A 4-week home-based aerobic and resistance exercise program during radiation therapy: a pilot randomized clinical trial. *J Support Oncol*, 7(5), 158-167.

Mutrie, N., Campbell, A. M., Whyte, F., McConnachie, A., Emslie, C., Lee, L., . . . Ritchie, D. (2007). Benefits of supervised group exercise programme for women

being treated for early stage breast cancer: pragmatic randomised controlled trial. *BMJ*, 334(7592), 517. doi: bmj.39094.648553.AE [pii]

10.1136/bmj.39094.648553.AE [doi]

National Comprehensive Cancer Network [NCCN]. (2009). NCCN Clinical Practice Guidelines in Oncology: Head and Neck Cancers. Retrieved September 20, 2009 http://www.nccn.org/professionals/physician_gls/PDF/head-and-neck.pdf

Osthus, A. A., Aarstad, A. K., Olofsson, J., & Aarstad, H. J. (2011). Health-related quality of life scores in long-term head and neck cancer survivors predict subsequent survival: a prospective cohort study. *Clin Otolaryngol*, 36(4), 361-368. doi: 10.1111/j.1749-4486.2011.02342.x

Pourel, N., Peiffert, D., Lartigau, E., Desandes, E., Luporsi, E., & Conroy, T. (2002). Quality of life in long-term survivors of oropharynx carcinoma. *Int J Radiat Oncol Biol Phys*, 54(3), 742-751.

Rogers, L. Q., Courneya, K. S., Robbins, K. T., Malone, J., Seiz, A., Koch, L., & Rao, K. (2008). Physical activity correlates and barriers in head and neck cancer patients. *Supportive Care in Cancer*, 16(1), 19-27. doi: 10.1007/s00520-007-0293-0

Rogers, L. Q., Courneya, K. S., Robbins, K. T., Malone, J., Seiz, A., Koch, L., . . . Nagarkar, M. (2006). Physical activity and quality of life in head and neck cancer survivors. *Support Care Cancer*, 14(10), 1012-1019. doi: 10.1007/s00520-006-0044-7

Scott, D. A., Mills, M., Black, A., Cantwell, M., Campbell, A., Cardwell, C. R., . . . Donnelly, M. (2013). Multidimensional rehabilitation programmes for adult cancer survivors. *Cochrane Database Syst Rev*, 3, Cd007730. doi: 10.1002/14651858.CD007730.pub2

Shun, S. C., Beck, S. L., Pett, M. A., & Berry, P. H. (2006). Psychometric testing of three Chinese fatigue instruments in Taiwan. *J Pain Symptom Manage*, 32(2), 155-167. doi: 10.1016/j.jpainsymman.2006.02.011

So, W. K., Chan, R. J., Chan, D. N., Hughes, B. G., Chair, S. Y., Choi, K. C., & Chan, C. W. (2012). Quality-of-life among head and neck cancer survivors at one year after treatment--a systematic review. *Eur J Cancer*, 48(15), 2391-2408. doi: 10.1016/j.ejca.2012.04.005

Stone, P., Richardson, A., Ream, E., Smith, A. G., Kerr, D. J., & Kearney, N. (2000). Cancer-related fatigue: inevitable, unimportant and untreatable? Results of a multi-centre patient survey. *Cancer Fatigue Forum. Annals of Oncology*, *11*(8), 971-975.

Tung, W. C., Gillett, P. A., & Pattillo, R. E. (2005). Applying the Transtheoretical Model to physical activity in family caregivers in Taiwan. *Public Health Nursing*, *22*(4), 299-310. doi: PHN220405 [pii]

10.1111/j.0737-1209.2005.220405.x

Wagner, L. I., & Cella, D. (2004). Fatigue and cancer: causes, prevalence and treatment approaches. *British Journal of Cancer*, *91*(5), 822-828. doi: 10.1038/sj.bjc.6602012 [doi]

6602012 [pii]

Wang, Y. J., Boehmke, M., Wu, Y. W., Dickerson, S. S., & Fisher, N. (2011). Effects of a 6-week walking program on Taiwanese women newly diagnosed with early-stage breast cancer. *Cancer Nurs*, *34*(2), E1-13. doi: 10.1097/NCC.0b013e3181e4588d [doi]

Watson, T., & Mock, V. (2003). Exercise and cancer-related fatigue: a review of current literature. *Rehabilitation Oncology*, *21*(1), 23-30.