Walking in patients with breast carcinoma - a randomized pragmatic pilot study

**Summary:**
Background: After primary cancer therapies, breast cancer patients often suffer from severe and long-lasting impairments in their quality of life. Walking has shown effects on the quality of life of cancer patients in studies. The aim of the study is to explore the effects of a walking training in combination with mindfulness exercises compared to a walking training without mindfulness exercises in patients with breast cancer.
Design: Two-arm randomized controlled pragmatic moncentric explorative study.
Participants: 60-80 female patients diagnosed with breast carcinoma at least 6 months after completion of the primary cancer related therapy (such as surgery, chemotherapy, radiation) without metastases and restricted walk ability.
Intervention: The patients will be randomized into two groups: The mindful walking group receives a group course consisting of walking training combined with mindfulness exercises once weekly for 8 weeks. The walking group will receive a group course of a moderate walking training without mindfulness exercises, also once a week for 8 weeks.
Outcomes: The outcomes include questionnaires about stress, quality of life, cancer related fatigue, self-efficacy, anxiety and depression, mindfulness, autonomous regulation and pain. The feasibility and adherence towards the interventions are recorded in patient diaries and evaluated by focus group interrogation as the study combines quantitative data with qualitative research.
Perspective: The study will firstly give some information about feasibility and effects of different kinds of walking as a base for further studies.

**Principal investigator:** Brinkhaus, MD
**Project coordinator:** Ortiz, MD
**Research associate:** Teut, MD, Schroeder
**Data management:** Binting
**Project coordination office:** Cree

**Cooperation:** Blömer, MD, Goerling, MD, Kröz, MD, Research Institute Havelhöhe
**Biometrics:** Roll, PhD
**Project duration:** 2017-2019
**Project status:** analysis phase
**Funding:** Berliner Krebsgesellschaft, Eden-Stiftung

**Publication:**