Records identified through PubMed database searching  
\[ n = 25 \]  

Full-text retrieved  
\[ n = 25 \]  

Exclude (\( n = 21 \))  
1. No RCTs (\( n = 6 \))  
2. No psychological interventions (\( n = 5 \))  
3. Interventions included medicine (\( n = 1 \))  
4. Younger than age 16 (\( n = 2 \))  
5. No relevant outcomes (\( n = 1 \))  
6. In Hong Kong, Taiwan, and Macao (\( n = 2 \))  
7. Other non-cancer population (\( n = 2 \))  
8. Improper scale (\( n = 1 \))  
9. Duplicated study in Chinese database (\( n = 1 \))

Studies used for meta-analysis  
\[ n = 4 \]