Recruited (n=40)
From prior study (n=21)
From internet search (n=1)
Flyer in cancer support group (n=1)
Newspaper ad (n=1)
Word of mouth (n=1)
Not specified (n=7)
Physician referred (n=5)
Physician clinic flyer (n=3)

Eligible (n=16); Exclusion reasons:
Over 65 (n=8)
Clinically depressed (n=1)
Active cancer (n=1)
Male (n=1)
Could not make appointments (n=1)
Did not return calls for screen (n=12)

Scheduled clinical intake (n=16)
No show (n=2)
Withdraw before intake (n=1)

Clinical intake and baseline surveys (n=13)

Randomize (n=13)

Allocated to usual care plus treatment (n=6)

Allocated to usual care only (n=7)
Received usual care only (n=6)
Crossed over to treatment (n=1)

Treatment 1-8 (n=5)
Withdrew after 2 visits (n=1)

Clinical exit exam (n=12)

Completed follow-up surveys (n=12)

Post-study training in self-massage, exercise, nutrition, and relaxation for control group (n=7)