

References

- Hoffman, A. J., Brintnall, R. A., Given, B. A., von Eye, A., Jones, L. W., & Brown, J. K. (2017). Using perceived self-efficacy to improve fatigue and fatigability in postsurgical lung cancer patients. *Cancer Nursing, 40*(1), 1–12.
<https://doi.org/10.1097/ncc.0000000000000378>
- Jaya, P., & Thakur, A. (2020). Effect of progressive muscle relaxation therapy on fatigue and psychological distress of cancer patients during radiotherapy: A randomized controlled trial. *Indian Journal of Palliative Care, 26*(4), 428.
https://doi.org/10.4103/ijpc.ijpc_236_19
- Ma, R.-C., Yin, Y.-Y., Wang, Y.-Q., Liu, X., & Xie, J. (2020). Systematic Review and meta-analysis of nonpharmacological interventions for lung cancer fatigue. *Western Journal of Nursing Research, 43*(4), 392–402. <https://doi.org/10.1177/0193945920949953>
- Mosher, C. E., Secinti, E., Hirsh, A. T., Hanna, N., Einhorn, L. H., Jalal, S. I., Durm, G., Champion, V. L., & Johns, S. A. (2019). Acceptance and commitment therapy for symptom interference in advanced lung cancer and caregiver distress: A pilot randomized trial. *Journal of Pain and Symptom Management, 58*(4), 632–644.
<https://doi.org/10.1016/j.jpainsymman.2019.06.021>
- Tu, M., Wang, F., Shen, S., Wang, H., & Feng, J. (2021). Influences of psychological intervention on negative emotion, cancer-related fatigue and level of hope in lung cancer chemotherapy patients based on the PERMA framework. *Iranian Journal of Public Health, 55*(4), 599–604.
<https://doi.org/10.18502/ijph.v50i4.5997>

Figure 1. *Progressive muscle relaxation*. (2017). Retrieved March 23, 2022, from

<https://www.bing.com/images/search?q=&view=detailv2&id=E52A758117EB3ACEBD3D013D9B89A84FDB15B7A7&ccid=RyJ5a10X&iss=fav&FORM=SVIM01&idpview=singleimage&mediurl=https%253a%252f%252ftecnichementali.com%252fwp-content%252fuploads%252f2017%252f01%252fPMR-Jacobson.jpg&expw=1748&exph=1748&thid=OIP.RyJ5a10XytdcOn-AASMmKgHaHa>.

Figure 2. *Acupuncture therapy*. (2017). freepik.com. Retrieved March 23, 2022, from

https://www.bing.com/images/search?view=detailV2&ccid=4x2b%2b1MI&id=1067A9655C6144CA2A3A8E27C699128256D7BE06&thid=OIP.4x2b-1MIn0WqsXY3w6IulgHaE7&mediurl=https%3a%2f%2fimg.freepik.com%2ffree-photo%2fwoman-undergoing-acupuncture-treatment-back_35076-3576.jpg%3fsize%3d626%26ext%3djpg&cdnurl=https%3a%2f%2fth.bing.com%2fth%2fid%2fR.e31d9bfb53089f45aab17637c3a22e96%3frik%3dBr7XVoISmcYnjg%26pid%3dImgRaw%26r%3d0%26sres%3d1%26sresct%3d1%26srh%3d799%26srw%3d1200&expw=1748&exph=1748&q=Acupuncture+Images+Free&simid=608002562887395226&FORM=IRPRST&ck=C0F148185436ACBCB267F558EDCC91F6&selectedIndex=0&ajaxhist=0&ajaxserp=0.

Figure 3. Papp, A. (2020). *Perma Framework*.

Retrieved March 23, 2022, from <https://www.cueback.com/blog/what-positive-psychology>.

Figure 4. Lennihan, M. (2010). *Photograph*. Retrieved March 23, 2022,

from <https://bits.blogs.nytimes.com/2010/07/21/wii-exercise-doesnt-beat-the-gym/>.