BEATE-Study

Physical Activity and Progressive Muscle Relaxation as Adjuvant Treatment against Cancer-related Fatigue (“Bewegung und Entspannung als Therapie gegen Erschöpfung”)

In cooperation with the Women’s Hospital of the University Clinic of Heidelberg and the Institute of Sports and Sports Science of the University Heidelberg

Investigators

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About

Cancer-Related Fatigue (CRF) is a multidimensional syndrome which occurs in the majority of cancer patients during anticancer treatment and potentially persists for many years after cure. Because of its multidimensionality, CRF is influenced by physical, psychological and also social factors. Summarized by an article of the Cochrane Collaboration, exercise is a promising intervention for the treatment of CRF in breast cancer patients, but nearly all studies in this field examined the effect of exercise against treatment-as-usual, mostly in group settings. Therefore, it is currently unknown if the beneficial effects are related to the physical training itself or caused by group-related psychosocial effects. The BEATE-Study was designed to evaluate the potential benefits of an exercise program beyond group-related psychosocial effects and to evaluate potential biologic mechanisms.

BEATE is a randomized controlled clinical trial, aimed to evaluate the effect of a high intensity, supervised and group-based resistance training on CRF in breast cancer patients during adjuvant chemotherapy, compared with a Progressive Muscle Relaxation (PMR) program. Recruitment has begun in March 2010 and was completed in June 2013 with 101 patients. All participants were requested to fill out standardized questionnaires concerning fatigue, quality of life and depression. In addition, physical performance (endurance and strength capacity), activity history and cognitive capacity were assessed. Furthermore, blood, urine and saliva samples will be collected for multiple biomarker analyses. Data collection was performed at begin of the study (baseline), week 7, week 13 and week 26. The interventions (2x/week, 24 sessions) started after baseline assessment and ended at week 12. Randomization (allocation in two groups “exercise” and “relaxing”) was performed by a PC program.
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Registration at ClinicalTrials.gov (NCT01106820):
http://www.clinicaltrials.gov/ct2/show/study/NCT01106820?term=beate&rank=1

Publications:

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