

Supplement A: Contents of SOFIA-coaching modules

Category	Title	Content	Reading time
Mental health	Progressive muscle relaxation	Short outline and benefits of progressive muscle relaxation (PMR). An exemplary PMR exercise is provided in written and audio format.	2 min.
	Autogenic training	Short outline and benefits of autogenic training.	1 min.
	Visualizing and guided imagination	Short outline and benefits of visualizing and guided imagination. Two exemplary imagination exercises are provided in audio format.	1 min.
	functional relaxation	Short outline and benefits of functional relaxation. A leaflet concerning a functional relaxation course at the NCT is provided.	1 min.
	Mental emergency kit	This strategy for coping with mental crisis is outlined: gather file cards of personal resources at an all-time available place in case of distress.	1 min.
	What is fatigue?	Cancer-related fatigue is explained (commonness, typical symptoms, medical cause, counteractive measures).	5 min.
	The psycho-oncological clinic at the NCT	The range of psycho-oncological services at the NCT is outlined as well as an explanation of the term psycho-oncology itself. Leaflets concerning various therapeutic offers are provided. The procedure and setting of psycho-oncological counseling at the NCT is described.	6 min.
	Regulation of burdening emotions	The commonness of distressful, negative emotions is described. Readers are suggested to explore their emotions. Counteractive measures for emotions of depression, grief and anxiety are provided.	10 min.
	Mind and Cancer	The current state of research concerning the influence of stress and mental issues provoking cancer is outlined.	3 min.
	mindfulness	Short outline and benefits of mindfulness. Three exemplary mindfulness exercises are provided, one in audio format.	4 min.
	Relaxation for cancer patients	Short outline of relaxation practices in general and its benefits for cancer patients.	2 min.
Social law	Social services	Common questions concerning social legislation are outlined. The German cancer information service-website is cross referenced.	2 min.

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	Questions about travel expense refund	Short statement about current possibilities for getting travel expense refund.	< 1 min.
	Financial questions	Outline of current law and procedures concerning unemployment benefit, sickness benefit and early retirement.	2 min.
	Nursing support and palliative care	Outline of current law and procedures concerning home nursing and palliative care.	1 min.
	Child care	Outline of current law and procedures concerning child care during medical appointments and hospitalization.	< 1 min.
	Application for severe disability	Outline of procedure on how to apply for degree of severe disability.	< 1 min.
	Patient legal rights	Outline of various possibilities cancer patients can apply or claim for.	2 min.
	Questions about rehabilitation	Short outline of current law and procedures concerning rehabilitation after cancer treatment.	< 1 min.
	Home help	Short outline of current law and procedures concerning home help during cancer treatment.	< 1 min.
	Return to work	Short outline of current law and procedures concerning returning to work after cancer treatment.	1 min.
Contact	Contact Information	Most modules include contact information for corresponding services at the NCT. This module sums them.	1 min.
Nutrition	Nutrition during cancer treatment	The current state of research concerning nutrition during cancer treatment and healthy nutrition in general is outlined.	6 min.
Sports	Physical activity and sports during immunotherapy	The current state of research concerning physical activity and sports during cancer treatment is outlined. Benefits and risks are outlined and a video of patients describing their experiences is provided.	5 min.
Immuno-therapy	Physician – Patient Communication	Characteristics of successful medical conversation are outlined. Readers are suggested to prepare themselves accordingly (e.g. claim their rights, ask for further explanations).	8 min.
	Immune system and cancer	Explanation of the human immune system, cancerogenesis and workings of immunotherapy. The German cancer information service-website is cross referenced.	7 min.

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Interviewing with an immunotherapy expert of the NCT Heidelberg	Common questions about immunotherapy are answered by Mrs. Dr. med. Dietrich, oncologist at the NCT via video (5:38 minutes). The German cancer information service-website is cross referenced.	< 1min.
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Note. NCT = National Centre of Tumour Diseases (Heidelberg).