**Supplementary data**

Supplementary Table 1 Quality of Life Data (QLQ-C15-PAL)

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|  | Patientsrecruited (Control)(n=6) | Patientsrecruited (Intervention)(n=6) |
| *QLQ-C15-PAL Physical Functioning* |
| T0Mean (SD)Median (IQR)RangeMissing | 55.55 (32.56)60 (43.33)0 – 93.33 0 | 58.88 (27.46)66.66 (48.33)20 – 93.330 |
| T4Mean (SD)Median (IQR)RangeMissing | 54.66 (38.12)46.66 (73.33)6.67 – 93.331 | 61.66 (24.57)60 (45)33.33 – 93.332 |
| T12Mean (SD)Median (IQR)RangeMissing | 24.44 (23.41)26.66 ()0 – 46.673 | 68.33 (16.66)60 (25)60 – 93.332 |
| *QLQ-C15-PAL Fatigue* |
| T0Mean (SD)Median (IQR)RangeMissing | 42.59 (39.38)44.44 (75)0 – 100 0 | 59.25 (32.71)66.66 (33.33)0 – 100 0 |
| T4Mean (SD)Median (IQR)RangeMissing | 51.11 (34.78)66.66 (61.11)0 – 88.89 1 | 55.55 (38.49)66.66 (66.67)0 – 88.89 2 |
| T12Mean (SD)Median (IQR)RangeMissing | 88.88 (19.24)100 ()66.67 – 100 3 | 50 (43.03)50 (83.33)0 – 100 2 |
| *QLQ-C15-PAL Nausea* |
| T0Mean (SD)Median (IQR)RangeMissing | 8.33 (20.41)0 (12.50)0 – 500 | 5.55 (8.60)0 (12.50)0 – 16.670 |
| T4Mean (SD)Median (IQR)RangeMissing | 13.33 (21.73)0 (33.33)0 – 501 | 16.66 (23.57)8.33 (41.67)0 – 502 |
| T12Mean (SD)Median (IQR)RangeMissing | 38.88 (19.24)50 ()16.67 – 50 | 8.33 (9.62)8.33 (16.67)0 – 16.67 |
| *QLQ-C15-PAL Emotional Functioning* |
| T0Mean (SD)Median (IQR)RangeMissing | 68.05 (33.50)75 (64.58)16.67 – 1000 | 80.55 (12.54)83.33 (20.83)66.67 – 1000 |
| T4Mean (SD)Median (IQR)RangeMissing | 65 (22.36)66.66 (37.50)41.67 – 1001 | 70.83 (15.95)75 (29.17)50 – 83.332 |
| T12Mean (SD)Median (IQR)RangeMissing | 22.22 (25.45)16.66 ()0 – 503 | 79.16 (25)83.33 (45.83)50 – 1002 |
| *QLQ-C15-PAL Quality of Life* |
| T0Mean (SD)Median (IQR)RangeMissing | 63.88 (19.48)66.66 (37.50)33.33 – 83.330 | 72.22 (27.21)75 (54.17)33.33 – 1000 |
| T4Mean (SD)Median (IQR)RangeMissing | 66.66 (11.78)66.66 (16.67)50 – 83.331 | 66.66 (30.42)66.66 (58.33)33.33 – 1002 |
| T12Mean (SD)Median (IQR)RangeMissing | 27.77 (9.62)33.33 ()16.67 – 33.333 | 58.33 (34.69)58.33 (66.67)16.67 – 1002 |

Empty parentheses () for IQR values indicates fewer than 4 observations, hence insufficient variability to compute an IQR. xx means a constant value, for example two with the same value, so there is no median or range.

Supplementary Table 2 Depression score: PHQ-9

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|  | Patientsrecruited (Control)(n=6) | Patientsrecruited (Intervention)(n=6) |
| *PHQ-9* |
| T0Mean (SD)Median (IQR)RangeMissing | 6.50 (4.76)7 (9.75)0 – 12 0 | 4 (3.84)3 (5)0 – 110 |
| T4Mean (SD)Median (IQR)RangeMissing | 5.60 (3.36)7 (5.50)0 – 81 | 5.75 (5.31)5.50 (10.25)0 – 122 |
| T12Mean (SD)Median (IQR)RangeMissing | 15 (1.73)16 ()13 – 163 | 4.5 (4.12)5 (7.50)0 – 82 |

Higher scores indicate more severe depression, with scores of 0-4 indicating none, 5-9 mild, 10-14 moderate, 15-19 moderately severe, and 20-27 severe depression. Empty parentheses () for IQR values indicates fewer than 4 observations, hence insufficient variability to compute an IQR. xx means a constant value, for example two with the same value, so there is no median or range.

Supplementary Table 3 Coping score: BriefCOPE

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|  | Patientsrecruited (Control)(n=6) | Patientsrecruited (Intervention)(n=6) | Carer of P Controlrecruited (n=4) | Carer of P Interventionrecruited (n=2) | Mentorrecruited (n=5) |
| *BriefCOPE Problem-focused coping* |
| T0Mean (SD)Median (IQR)RangeMissing | 15 (5.29)15 (10.50)9 – 21 0 | 13.83 (5.70)12.50 (8)6 – 230 | 16.75 (4.57)18.50 (7.75)10 – 200 | 13 (4.24)13 ()10 – 160 | 18.20 (1.30)18 (2.50)17 – 200 |
| T4Mean (SD)Median (IQR)RangeMissing | 13.60 (7.02)11 (13.50)6 – 221 | 12.75 (6.07)12.50 (11.75)6 – 202 |  |  |  |
| T12Mean (SD)Median (IQR)RangeMissing | 15 (3.60)16 ()11 – 183 | 12 (7.65)10 (14)6 – 222 | 17 (1.41)17 ()16 – 182 | 11.50 (0.70)11.50 ()11 - 120 | 11.25 (5.56)11 (10.25)6 – 171 |
| *BriefCOPE Emotion-focused coping* |
| T0Mean (SD)Median (IQR)RangeMissing | 25.83 (6.55)27.50 (12.50)17 – 34 0 | 22 (6.72)21.50 (8.75)14 – 34 0 | 25 (3.91)25.50 (7.50)20 – 29 0 | 18.50 (3.53)18.50 ()16 – 210 | 26 (7.07)24 (13)17 – 35 0 |
| T4Mean (SD)Median (IQR)RangeMissing | 22.20 (8.34)27 (15)10 – 29 1 | 20.25 (6.13)18 (10.75)16 – 29 2 |  |  |  |
| T12Mean (SD)Median (IQR)RangeMissing | 28.66 (1.52)29 ()27 – 30 3 | 19.50 (8.66)18.50 (16.50)11 – 30 2 | 24 (4.24)24 ()21 – 27 2 | 19 (xx)19 ()190  | 18 (9.41)16 (17.50)10 – 30 1 |
| *BriefCOPE Dysfunctional coping* |
| T0Mean (SD)Median (IQR)RangeMissing | 19.16 (3.31)18.50 (4.50)16 – 250 | 17.50 (2.34)18 (1.75)13 – 200 | 25 (8.36)23 (15.50)18 – 360 | 14 (xx)14 ()140 | 18.40 (5.12)17 (9.50)12 – 250 |
| T4Mean (SD)Median (IQR)RangeMissing | 18.20 (6.53)16 (10.50)12 – 291 | 19 (2.94)19 (5.50)16 – 222 |  |  |  |
| T12Mean (SD)Median (IQR)RangeMissing | 19.33 (5.85)17 ()15 – 26 | 15.75 (2.21)16 (4.25)13 - 18 | 23.50 (16.26)23.50 ()12 – 352 | 14.50 (2.12)14.50 ()13 – 160 | 16.75 (5.18)16 (9.75)12 – 231 |

Empty parentheses () for IQR values indicates fewer than 4 observations, hence insufficient variability to compute an IQR. xx means a constant value, for example two with the same value, so there is no median or range.

Supplementary Table 4 Social Support Scale: mMOS-SS

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|  | Patientsrecruited (Control)(n=6) | Patientsrecruited (Intervention)(n=6) |
| *mMOS-SS Instrumental* |
| T0Mean (SD)Median (IQR)RangeMissing | 3.29 (1.29)3.50 (2.19)1.25 – 4.75 0 | 2.58 (1.64)2.25 (3.25)1 – 50 |
| T4Mean (SD)Median (IQR)RangeMissing | 3.65 (1.16)4 (2.13)2 – 51 | 3.75 (1.89)4.50 (3.25)1 – 52 |
| T12Mean (SD)Median (IQR)RangeMissing | 4.66 (0.38)4.75 ()4.25 – 53 | 3.25 (1.70)3.50 (3.25)1 – 52 |
| *mMOS-SS Emotional* |
| T0Mean (SD)Median (IQR)RangeMissing | 4.08 (0.81)4 (1.63)3 – 5 0 | 3.95 (1.43)4.62 (2.38)1.50 – 50 |
| T4Mean (SD)Median (IQR)RangeMissing | 4.15 (0.94)4.25 (1.75)2.75 – 51 | 4.50 (0.45)4.50 (0.88)4 – 52 |
| T12Mean (SD)Median (IQR)RangeMissing | 4.25 (1.08)4.75 ()3 – 53 | 4.31 (0.94)4.62 (1.69)3 – 52 |
| *mMOS-SS Total* |
| T0Mean (SD)Median (IQR)RangeMissing | 3.68 (0.87)3.75 (1.78)2.75 – 4.63 0 | 3.27 (1.33)3.25 (2.72)1.50 – 50 |
| T4Mean (SD)Median (IQR)RangeMissing | 3.90 (1.04)4.12 (1.94)2.38 – 51 | 4.12 (1.09)4.43 (2)2.63 – 52 |
| T12Mean (SD)Median (IQR)RangeMissing | 4.45 (0.73)4.75 ()3.63 – 53 | 3.78 (0.97)3.56 (1.78)3 – 52 |

Empty parentheses () for IQR values indicates fewer than 4 observations, hence insufficient variability to compute an IQR. xx means a constant value, for example two with the same value, so there is no median or range.

Supplementary Table 5 Carer support: CSNAT

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|  | Carer of P Controlrecruited (n=4) | Carer of P Interventionrecruited (n=2) |
| *CSNAT* |
| T0Mean (SD)Median (IQR)RangeMissing | 14.50 (6.55)12.50 (11.50)9 – 24 0 | 1.50 (2.12)1.50 (5)0 – 30 |
| T12Mean (SD)Median (IQR)RangeMissing | 12 (9.89)12 ()5 – 192 | 1 (1.41)1 ()0 – 20 |

Empty parentheses () for IQR values indicates fewer than 4 observations, hence insufficient variability to compute an IQR. xx means a constant value, for example two with the same value, so there is no median or range.