

# Bijlage Zoekverantwoording

## Psychosociale en complementaire interventies

### Onderzoeksvraag

Wat is het effect van psychosociale en complementaire interventies in vergelijking met gebruikelijke zorg op het verminderen van slaapproblemen bij patiënten in de palliatieve fase?

P	Patiënten in de palliatieve fase (1 jaar voor sterfte), $\geq 18$ jaar met als klacht slecht slapen (insomnia)
I	Psychosociale en complementaire interventies (niet-medicamenteuze behandeling)  Zoals slaaphygiëne adviezen, CGT-I (fysiek/online), mindfulness gebaseerde behandelingen, hypnotherapie, muziektherapie, massage, etherische olie, ademhalingsoefeningen, ontspanningsoefeningen en meditatie
C	Gebruikelijke zorg of andere interventie
O	Cruciaal: Verbeterde slaapkwaliteit volgens de patiënt Belangrijk: Slaap efficiëntie, ernst van insomnia, latentie bij het begin van de slaap, totale tijd dat de patient wakker ligt, aantal nachtelijk ontwaken, totaal slaap tijd, totaal tijd in bed
S	Palliatieve setting

### Zoeken en selecteren van studies

Op 23 mei 2022 is in de databanken PsychInfo, Medline, Embase en Cinahl gezocht naar wetenschappelijke literatuur. Deze resultaten zijn systematisch geselecteerd op basis van de volgende criteria:

Onderwerp	Slaapproblemen in de palliatieve zorg
<b>Uitgangsvragen</b>	<ul style="list-style-type: none"> <li>Wat is het effect van psychosociale en complementaire interventies in vergelijking met gebruikelijke zorg op het verminderen van slaapproblemen bij patiënten in de palliatieve fase?</li> </ul>
<b>Criteria voor inclusie van studies in de review</b>	
<ul style="list-style-type: none"> <li>Populatie</li> </ul>	<ul style="list-style-type: none"> <li>Patiënten in de palliatieve fase (1 jaar voor sterfte), <math>\geq 18</math> jaar met als klacht slecht slapen (insomnia)</li> </ul>
<ul style="list-style-type: none"> <li>Interventie</li> </ul>	<ul style="list-style-type: none"> <li>Psychosociale en complementaire interventies (niet-medicamenteuze behandeling)</li> <li>Zoals slaaphygiëne adviezen, CGT-I (face to face/online), mindfulness-based treatments, hypnotherapy, muziektherapie, massage, etherische olie, ademhalingsoefeningen, ontspanningsoefeningen en meditatie</li> </ul>
<ul style="list-style-type: none"> <li>Vergelijking</li> </ul>	<ul style="list-style-type: none"> <li>Gebruikelijke zorg</li> <li>Andere interventie</li> </ul>
<ul style="list-style-type: none"> <li>Kritische Uitkomstmaten</li> </ul>	<ul style="list-style-type: none"> <li>Verbeterde slaapkwaliteit volgens de patiënt (ENG: Subjective sleep quality; SQ).</li> </ul>
<ul style="list-style-type: none"> <li>Belangrijke Uitkomstmaten</li> </ul>	<ul style="list-style-type: none"> <li>Sleep efficiency, insomnia severity, Secondary outcomes of sleep onset latency (SOL), wake after sleep onset (WASO), number of nocturnal awakenings (NA), total sleep time (TST), total time in bed (TIB)</li> </ul>
<ul style="list-style-type: none"> <li>Studiedesign</li> </ul>	<ul style="list-style-type: none"> <li>Meta-analyses, Systematic reviews van RCTs, met check of RCT's na verschijnen systematic review de conclusies kunnen veranderen</li> </ul>
<ul style="list-style-type: none"> <li>Minimum omvang steekproef</li> </ul>	<ul style="list-style-type: none"> <li>RCT: &gt; 10 per arm</li> <li>Exclusie van studies met &gt; 50% attrition uit een arm van de trial (tenzij adequate statistiek is toegepast om te corrigeren voor missende data)</li> <li>Geen pilot RCT</li> </ul>
<b>Search strategie</b>	[termen populatie criteria] AND [RCT, systematic review]
<b>Databases searched</b>	<ul style="list-style-type: none"> <li>Medline, PsycInfo, Embase, Cochrane database, Cinahl</li> </ul>
<b>Data searched</b>	<ul style="list-style-type: none"> <li>Vanaf aanvang databases</li> </ul>

<b>De review strategie</b>	<ul style="list-style-type: none"> <li>De informatiespecialist voert de zoek strategie uit. Eén naar systematic reviews+meta-analyses en de ander naar individuele RCTs. Individuele RCTs worden gebruikt bij gebrek aan up-to-date systematische reviews en bij voldoende tijd. De reviewer selecteert de studies in twee fases. Een eerste selectie op titel en abstract. De artikelen die op basis van deze eerste fase als match werden beschouwd, worden in een tweede full-tekst selectie beoordeeld op geschiktheid.</li> </ul>
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## Zoekstrategie

Hieronder is de zoekstrategie beschreven. Na het uitvoeren van de eerste zoekactie op 23 mei 2022, heeft de werkgroep aanvullende zoektermen aanbevolen en is op 5 juni 2022 een aanvullende zoekactie uitgevoerd. Vanwege de tekort aan bruikbare studies, is er besloten om een derde zoekactie uit te voeren naar andere designs. Alle drie de zoekacties staan hieronder beschreven.

### Zoekstrategie 1

Datum: 23 mei 2022

Deze zoekstrategie is opgesteld voor de module 'psychosociale en complementaire interventies' en 'medicamenteuze interventies'.

Database: Cinahl

#	Query	Results
S31	S19 AND S29	43
S30	S28 AND S29	5
S29	(MH "Randomized Controlled Trials+") OR (MH "Systematic Review") OR (MH "Cochrane Library") OR "systematic review or meta-analysis or randomized controlled trial" OR (MH "Meta Analysis")	224,718
S28	S19 AND S26	51
S27	S19 AND S26	59
S26	S20 OR S21 OR S22 OR S23 OR S24 OR S25	82,070
S25	( TI((sleep N2 pill* or benzodia* or melatoni* or antipsychot* or antidepress* or valeria* ) OR ( AB((sleep N2 pill* or benzodia* or melatoni* or antipsychot* or antidepress* or valeria* )	37,711
S24	(MH "Hypnotics and Sedatives+")	18,846
S23	(MH "Antipsychotic Agents+")	22,214
S22	(MH "Melatonin")	2,967
S21	(MH "Antidepressive Agents+")	25,101
S20	(MH "Antianxiety Agents, Benzodiazepine+")	10,724
S19	S10 AND S18	819
S18	S11 OR S12 OR S13 OR S14 OR S15 OR S16 OR S17	95,790
S17	TI ( (sleep or insomni* or (sleep N2 diffic*) or (sleep N2 disturb*) or (sleep N1 probl*)) ) OR AB ( (sleep or insomni* or (sleep N2 diffic*) or (sleep N2 disturb*) or (sleep N1 probl*)) )	73,798
S16	"sleep quality"	9,178

S15	TI ( insomnia or sleep disorders or sleep disturbance or sleeplessness ) OR AB ( insomnia or sleep disorders or sleep disturbance or sleeplessness )	24,062
S14	"insomnia"	13,381
S13	(MH "Sleep-Wake Transition Disorders+") OR (MH "Sleep Disorders+") OR (MH "Sleep Arousal Disorders+") OR (MH "Dyssomnias+")	43,750
S12	TI "Sleep*" OR AB "Sleep*"	74,151
S11	(MH "Sleep+")	30,358
S10	S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7 OR S8 OR S9	Display
S9	( TI(terminal* N2 sick) OR AB(terminal* N2 sick) ) OR ( TI(terminal* N2 stage) OR AB(terminal* N2 stage) )	Display
S8	TI("end of life") OR AB("end of life")	Display
S7	TI ("reduced N2 life N2 expectanc*") OR AB ("reduced N2 life N2 expectanc*")	Display
S6	TI ( terminal care or palliative care or end of life care or hospice ) OR AB ( terminal care or palliative care or end of life care or hospice )	Display
S5	(MH "Terminal Care (Saba CCC)+") OR (MH "Terminal Care+")	Display
S4	( (TI"Hospice and Palliative Nursing") OR (TI "Palliative Medicine") ) OR ( (AB"Hospice and Palliative Nursing") OR (AB "Palliative Medicine") )	Display
S3	(MH "Hospice and Palliative Nursing") OR (MH "Palliative Medicine")	Display
S2	(MH "Palliative Care")	Display
S1	TI "palliatief"epzu formulering"	Display

Database: APA PsycInfo

<1806 to May Week 3 2022>

- 1 "filter palliatief".ti. (0)
- 2 palliat\*.tw,id. (14122)
- 3 (reduced adj1 life adj1 expectanc\*).tw,id. (220)
- 4 end-of-life.tw,id. (10998)
- 5 (end adj2 life).tw,id. (11073)
- 6 (end adj2 life).ti,id. (6760)
- 7 "Palliative Care".mh. (6164)
- 8 "Terminal Care".mh. (4396)
- 9 "death and dying"/ or terminally ill patients/ (38406)
- 10 (terminal\* adj2 sick).tw,id. (3)
- 11 hospice/ or terminally ill patients/ (7837)
- 12 hospice.tw,id. (5440)
- 13 ((palliat\* or hospice) adj2 nursing).tw,id. (262)
- 14 or/2-13 (56862)= palliatief**
- 15 "filter palliatief RD opzet".ti. (0)
- 16 exp sleep/ (40027)
- 17 sleep treatment/ (702)
- 18 exp sleep wake disorders/ or sleep quality/ (23655)
- 19 (sleep or insomni\* or (sleep adj2 diffic\*) or (sleep adj2 disturb\*) or sleep probl\*).tw,id. (87679)
- 20 insomnia/ (7373)
- 21 exp drug therapy/ (154390)
- 22 ((sleep adj2 pill?) or benzodia\* or melatoni\* or antipsychot\* or antidepress\* or valeria\*).tw,id. (85462)
- 23 melatonin/ (3694)
- 24 exp Neuroleptic Drugs/ or exp Antidepressant Drugs/ (70821)

25 exp benzodiazepines/ or exp minor tranquilizers/ or exp sedatives/ or exp tranquilizing drugs/  
(60925)

26 exp "medicinal herbs and plants"/ or exp alternative medicine/ or exp aromatherapy/ (11265)

27 exp cognitive behavior therapy/ (24832)

**28 16 or 17 or 18 or 19 or 20 (95612)= slaap of slaapproblemen**

29 14 and 28 (1054)

**30 21 or 22 or 23 or 24 or 25 (220341)=medicamenteuze behandeling**

31 29 and 30 (112)

32 "psycinfo SR filer".ti. (0)

33 (meta-anal\* or metaanal\*).tw. (46169)

34 (quantitativ\* adj5 (review\* or overview\*)).tw. (2951)

35 (quantitativ\* adj5 (review\* or overview\*)).id. (75)

36 (systematic\* adj5 (review\* or overview\*)).tw,id. (46362)

37 (methodolo\* adj5 (review\* or overview\*)).tw,id. (7769)

38 ((medline or cochrane) adj5 (review\* or overview\*)).tw,id. (3401)

39 (literature adj5 (overview or review)).tw,id. (88705)

40 (synthes\* adj3 (literature\* or research or studies or data)).tw,id. (11154)

41 (pooled adj5 analys\*).tw,id. (2785)

42 (data adj2 pool\*).tw,id. (2661)

43 ((hand or manual\* or database\* or computer\* or electronic\*) adj2 search\*).tw,id. (13751)

44 "literature review"/ or meta analysis/ (27967)

45 "systematic review"/ (703)

**46 or/33-45 (175741)=SR filter**

47 "psycinfo filter rct".ti. (0)

48 randomi?ed controlled trial\*.tw. (38382)

49 randomi?ed controlled trial\*.id. (4837)

50 controlled clinical trial\*.tw,id. (3359)

51 ((random adj allocation) or (double adj blind adj (method\* or stud\*))).tw,id. (2980)

52 single blind stud\*.tw,id. (161)

53 clinical trials/ or exp randomized controlled trials/ (13228)

54 exp randomized controlled trials/ (1198)

**55 or/48-52,54 (44628)=rct filter**

56 14 and 28 and 30 and 46 (4)

57 56 (4)

58 limit 57 to all journals (4)

59 (14 and 28 and 30 and 55) not 46 (3)

60 59 (3)

61 limit 60 to all journals (3)

62 mindfulness/ or mindfulness-based interventions/ or exp psychotherapeutic techniques/ (46635)

63 from 56 keep 1-4 (4)

64 from 58 keep 1-4 (4)

65 from 61 keep 1-3 (3)

66 exp hypnotherapy/ or exp alternative medicine/ or exp relaxation therapy/ (17900)

67 music therapy/ (5286)

68 massage/ (555)

**69 26 or 27 or 62 or 66 or 67 or 68 (93224)=alternatieve interventies**

70 14 and 28 and 69 and 46 (5)

71 70 (5)

72 limit 71 to all journals (4)

73 (14 and 28 and 69 and 55) not 46 (3)

74 73 (3)

**75 limit 74 to all journals (3)= rct**

Database: Ovid MEDLINE(R) ALL  
<1946 to May 19, 2022>

1 "Trimbos slaapproblemen".ti. (0)

2 "Systematic review of the prevalence, predictors, and treatment of insomnia in palliative care".fc\_titl.  
(1)

3 "Complementary and alternative medicine in hospice and palliative care: a systematic review".fc\_titl.  
(1)

4 2 or 3 (2)

5 "). Feasibility of a cognitive-behavioral and environmental intervention for sleep-wake difficulties in  
community-dwelling cancer patients receiving palliative care".fc\_titl. (1)  
6 "The existential experiences of receiving soft tissue massage in palliative home care".fc\_titl. (1)  
7 "Sleep disturbance in palliative care".fc\_titl. (1)  
8 "The prevalence, key causes and management of insomnia in palliative care patients".fc\_titl. (1)  
9 "Effect of aromatherapy massage on quality of sleep in the palliative care ward: a randomized  
controlled trial".fc\_titl. (1)  
10 "Medication use during end-of-life care in a palliative care centre".fc\_titl. (1)  
11 "Overcoming the challenges and complexities of researching a vulnerable population within a  
palliative care context".fc\_titl. (0)  
12 "The palliative care of patients with incurable cancer.".fc\_titl. (3)  
13 "Use of music in the treatment of insomnia".fc\_titl. (1)  
14 from 12 keep 3 (1)  
15 "Psychological interventions in palliative care".fc\_titl. (1)  
16 "The effect of lavender oil on sleep quality and vital signs in palliative care".fc\_titl. (1)  
17 5 or 6 or 7 or 8 or 9 or 10 or 13 or 14 or 15 or 16 (10)  
18 "vb artikelen slaapproblemen".ti. (0)  
19 "onderdeel palliative care".ti. (0)  
20 "Hospice and Palliative Care Nursing"/ (1844)  
21 Palliative Care/ (60368)  
22 exp Terminal Care/ (55403)  
23 palliati\*.tw,kw. (85993)  
24 exp Advance Care Planning/ (10713)  
25 (advance? adj2 care adj (plan or plans or planning)).tw,kw. (4316)  
26 (advance? adj2 (directive\* or decision\*)).tw,kw. (5268)  
27 (living adj will\*).tw,kw. (1306)  
28 Right to Die/ (4956)  
29 ((right adj2 die) or (death adj3 dignit\*)).tw,kw. (1530)  
30 or/20-29 (155773)  
31 "onderdeel palliatief".ti. (0)  
32 sleep/ or exp sleep hygiene/ (63488)  
33 exp "Sleep Initiation and Maintenance Disorders"/ (15984)  
34 exp Sleep Wake Disorders/ (102674)  
35 (sleep or insomni\* or (sleep adj2 diffic\*) or (sleep adj2 disturb\*) or sleep probl\*).tw,kw. (204449)  
36 or/32-35 (233095)  
37 30 and 36 (1051)  
38 "filter medline systematic reviews".ti. (0)  
39 meta analysis.pt. (160566)  
40 (meta-anal\$ or metaanal\$).tw,kf. (236241)  
41 (systematic\$ adj10 (review\$ or overview\$)).tw,kf. (272301)  
42 (quantitativ\$ adj10 (review\$ or overview\$)).tw,kf. (11861)  
43 (methodologic\$ adj10 (review\$ or overview\$)).tw,kf. (14453)  
44 medline.tw. and review.pt. (90393)  
45 (pooled adj3 analy\*).tw,kf. (25573)  
46 "cochrane\$".fc\_jour. (15824)  
47 or/39-46 (463969)  
48 37 and 47 (51)  
49 sleep/px or exp sleep hygiene/px (2)  
50 exp "Sleep Initiation and Maintenance Disorders"/px (2864)  
51 exp Sleep Wake Disorders/px (9773)  
52 px.fs. (1151129)  
53 35 and 52 (27311)  
54 49 or 50 or 51 or 53 (28430)  
55 37 and 54 (295)  
56 Sleep Hygiene/ (463)  
57 exp Cognitive Behavioral Therapy/ (34126)  
58 exp Mind-Body Therapies/ (45776)  
59 (cognitve behavior therapy or cbt).tw,kw. (13108)  
60 (mindful\* or hypnother\* or (music adj2 ther\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or  
meditat\*).tw,kw. (188184)  
61 56 or 57 or 58 or 59 or 60 (255540)  
62 30 and 36 and 47 and 61 (9)

63 30 and 47 and 54 (12)  
64 63 not 62 (10)  
65 "medline filter rct".ti. (0)  
66 controlled-clinical-trial.pt. (94873)  
67 randomized-controlled-trial.pt. (568556)  
68 randomized controlled trial/ (568556)  
69 randomi?ed controlled trial?.tw. (220613)  
70 randomi?ed controlled trial?.kf. (16033)  
71 random-allocation.tw,kf. (1912)  
72 double-blind-method.tw,kf. (532)  
73 single-blind-method.tw,kf. (94)  
74 (random adj8 (selection? or sample?)).kf,tw. (49853)  
75 random\*.tw,kf. (1320082)  
76 or/66-75 (1535085)  
77 (30 and 36 and 76 and 61) not 47 (13)  
78 sleep/dt or exp sleep hygiene/dt (1)  
79 Sleep Wake Disorders/dt [Drug Therapy] (2583)  
80 exp "sleep initiation and maintenance disorders"/dt (3914)  
81 dt.fs. (2491228)  
82 35 and 81 (21039)  
83 79 or 80 or 82 (22446)  
84 exp Benzodiazepines/ (68126)  
85 exp Sleep Aids, Pharmaceutical/ (8943)  
86 Melatonin/ (21951)  
87 exp Antipsychotic Agents/ (129071)  
88 exp Antidepressive Agents/ (156615)  
89 Plants, Medicinal/ (61549)  
90 exp Phytotherapy/ (41634)  
91 ((sleep adj2 pill?) or benzodia\* or melatoni\* or antipsychot\* or antidepress\* or valeria\*).tw,kw. (173566)  
92 83 or 84 or 85 or 86 or 87 or 88 or 89 or 90 or 91 (510772)  
93 30 and 36 and 47 and 92 (16)  
94 (30 and 36 and 76 and 92) not 47 (47)  
95 "filter palliative fase vian 20220516 EPZU".ti. (0)  
96 Palliative Care/ (60368)  
97 (palliat\* or (reduced adj1 life adj2 expectanc\*) or (end adj2 life) or (terminal\* adj2 ill\*)).tw,kw. (110153)  
98 Terminal Care/ (30846)  
99 ((terminal adj1 care) or (terminal adj1 sick) or hospice\* or (advance adj1 care\*) or terminal adj1stage).tw,kw. (19500)  
100 "Hospice and Palliative Care Nursing"/ (1844)  
101 exp Palliative Medicine/ (472)  
102 or/96-101 (147884)  
**103 102 and 36 and 47 and 92 (18)=sr**  
**104 (102 and 36 and 76 and 92) not 47 (50)=rct**  
**105 102 and 36 and 47 and 61 (13)=sr**  
**106 (102 and 36 and 76 and 61) not 47 (15)= rct**

Database: Embase

<1974 to 2022 May 20>

1 "Trimbos slaaproblemen".ti. (0)  
2 "Systematic review of the prevalence, predictors, and treatment of insomnia in palliative care".fc\_titl. (1)  
3 "Complementary and alternative medicine in hospice and palliative care: a systematic review".fc\_titl. (1)  
4 2 or 3 (2)  
5 "). Feasibility of a cognitive-behavioral and environmental intervention for sleep-wake difficulties in community-dwelling cancer patients receiving palliative care".fc\_titl. (2)  
6 "The existential experiences of receiving soft tissue massage in palliative home care\*".fc\_titl. (1)  
7 "Sleep disturbance in palliative care".fc\_titl. (1)  
8 "The prevalence, key causes and management of insomnia in palliative care patients".fc\_titl. (1)

9 "Effect of aromatherapy massage on quality of sleep in the palliative care ward: a randomized controlled trial".fc\_titl. (1)

10 "Medication use during end-of-life care in a palliative care centre".fc\_titl. (1)

11 "Overcoming the challenges and complexities of researching a vulnerable population within a palliative care context".fc\_titl. (0)

12 "The palliative care of patients with incurable cancer.".fc\_titl. (3)

13 "Use of music in the treatment of insomnia".fc\_titl. (1)

14 from 12 keep 3 (1)

15 "Psychological interventions in palliative care".fc\_titl. (1)

16 "The effect of lavender oil on sleep quality and vital signs in palliative care".fc\_titl. (1)

17 5 or 6 or 7 or 8 or 9 or 10 or 13 or 14 or 15 or 16 (11)

18 "vb artikelen slaapproblemen".ti. (0)

19 "onderdeel palliative care".ti. (0)

20 "Hospice and Palliative Care Nursing"/ (1386)

21 Palliative Care/ (84500)

22 exp Terminal Care/ (77626)

23 palliati\*.tw,kw. (135746)

24 exp Advance Care Planning/ (4614)

25 (advance? adj2 care adj (plan or plans or planning)).tw,kw. (7184)

26 (advance? adj2 (directive\* or decision\*)).tw,kw. (7536)

27 (living adj will\*).tw,kw. (1686)

28 Right to Die/ (4062)

29 ((right adj2 die) or (death adj3 dignit\*)).tw,kw. (1646)

30 or/20-29 (223738)

31 "onderdeel palliatief".ti. (0)

32 sleep/ or exp sleep hygiene/ (107280)

33 exp "Sleep Initiation and Maintenance Disorders"/ (77383)

34 exp Sleep Wake Disorders/ (272863)

35 (sleep or insomni\* or (sleep adj2 diffic\*) or (sleep adj2 disturb\*) or sleep probl\*).tw,kw. (308500)

36 or/32-35 (446394)

37 30 and 36 (4266)

38 Sleep Hygiene/ (2083)

39 exp Cognitive Behavioral Therapy/ (20413)

40 exp Mind-Body Therapies/ (69376)

41 (cognitve behavior therapy or cbt).tw,kw. (19501)

42 (mindful\* or hypnother\* or (music adj thera\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or meditat\*).tw,kw. (221073)

43 38 or 39 or 40 or 41 or 42 (318152)

44 exp Benzodiazepines/ (245386)

45 exp Sleep Aids, Pharmaceutical/ (12272)

46 Melatonin/ (39002)

47 exp Antipsychotic Agents/ (275587)

48 exp Antidepressive Agents/ (527062)

49 Plants, Medicinal/ (85738)

50 exp Phytotherapy/ (17697)

51 ((sleep adj2 pill?) or benzodia\* or melatoni\* or antipsychot\* or antidepress\* or valeria\*).tw,kw. (246431)

52 "embase filter palliatieve zorg".ti. (0)

53 palliat\*.tw,kw. (138452)

54 (reduced adj2 life adj2 expectanc\*).tw,kw. (1755)

55 (reduced adj2 life adj2 expectanc\*).ti,kw. (38)

56 end-of-life.tw,kw. (39993)

57 "end of life".tw,kw. (39993)

58 (terminal\* adj2 ill\*).tw,kw. (9941)

59 (terminal adj2 (care or sick\*)).tw,kw. (2356)

60 exp palliative therapy/ or exp terminally ill patient/ or exp hospice care/ or exp terminal care/ (187141)

61 advance care planning/ (4614)

62 53 or 55 or 56 or 57 or 58 or 59 or 60 or 61 (248607)

63 30 or 62 (254728)

64 exp insomnia/ or exp sleep disorder/ (272863)

65 (insomnia\* or (sleep adj2 disord\*)).tw,kw. (82696)

66 64 or 65 (285709)  
67 63 and 66 (3956)  
68 17 and 67 (6)  
69 17 not 68 (5)  
70 \*sleep quality"/ (9427)  
71 "sleep"/ (105407)  
72 64 or 65 or 70 or 71 (360832)  
73 63 and 72 (4540)  
74 "emb SR filter".ti. (0)  
75 meta analysis/ (245858)  
76 "systematic review"/ (344905)  
77 (meta-analy\$ or metaanaly\$).tw,kw. (304240)  
78 (systematic\$ adj4 (review\$ or overview\$)).tw,kw. (326227)  
79 (quantitativ\$ adj5 (review? or overview?)).tw,kw. (6720)  
80 (methodologic adj5 (overview? or review?)).tw,kw. (415)  
81 (review\$ adj3 (database? or medline or embase or cinahl)).tw,kw. (34937)  
82 (pooled adj3 analy\$).tw,kw. (38459)  
83 (extensive adj3 review\$ adj3 literature).tw,kw. (4403)  
84 (meta or synthesis or (literature adj8 database?) or extraction).tw,kw. (1652498)  
85 review.pt. (2901827)  
86 84 and 85 (203922)  
87 or/75-83,86 (726411)  
88 73 and 87 (289)  
89 43 and 88 (29)  
90 \*insomnia"/th (2735)  
91 th.fs. (1639501)  
92 exp mindfulness/ (12512)  
93 psychotherapy/ or exp mindfulness/ or exp music therapy/ or exp relaxation training/ (119680)  
94 breathing exercise/ (8838)  
95 43 or 92 or 93 or 94 (415047)  
96 63 or 95 (664953)  
97 72 and 63 and 87 and 96 (289)  
98 91 and 97 (58)  
99 \*insomnia"/th (2735)  
100 \*sleep quality"/ (9427)  
101 exp \*insomnia/ or exp \*sleep disorder/ (94253)  
102 (insomnia\* or (sleep adj2 disord\*)).ti,kw. (31752)  
103 99 or 100 or 101 or 102 (106391)  
104 103 and 63 and 87 and 96 (18)  
105 exp benzodiazepine/ or exp benzodiazepine derivative/ (245386)  
106 exp melatonin/ (39002)  
107 exp melatonin derivative/ (589)  
108 exp neuroleptic agent/ (275587)  
109 exp antidepressant agent/ (527062)  
110 random\$.tw. (1789514)  
111 factorial\$.tw. (43817)  
112 crossover\$.tw. (84469)  
113 cross over\$.tw. (35573)  
114 cross-over\$.tw. (35573)  
115 placebo\$.tw. (342927)  
116 (doubl\$ adj blind\$).tw. (230239)  
117 (singl\$ adj blind\$).tw. (28849)  
118 assign\$.tw. (450701)  
119 allocat\$.tw. (181754)  
120 volunteer\$.tw. (279470)  
121 Crossover Procedure/ (70401)  
122 double-blind procedure.tw. (240)  
123 Randomized Controlled Trial/ (708989)  
124 Single Blind Procedure/ (46137)  
125 or/110-124 (2659739)  
126 (animal/ or nonhuman/) not human/ (6128186)  
127 125 not 126 (2362428)



- 128 (103 and 63 and 127 and 96) not 87 (30)  
 129 51 or 105 or 106 or 107 or 108 or 109 (928945)  
 130 (103 and 63 and 127 and 129) not 87 (10)  
 131 103 and 63 and 87 and 129 (11)  
 132 **72 and 63 and 87 and 129 (109)=P + palliatief + SR + dt**  
 133 **(72 and 63 and 127 and 129) not 87 (115)= P + palliatief + dt + rct**  
 134 **72 and 63 and 95 and 87 (41)= P + palliatief + alternat + SR**  
 135 **(72 and 63 and 95 and 127) not 87 (41)=P + palliatief + alternat + rct**

Tabel 1. Resultaten van zoekactie van onderzoeksvraag

<b>Database</b>	<b>Aantal</b>
PsycInfo	14
Medline	96
Embase	271
Cinahl	43
<b>Totaal aantal resultaten</b>	<b>424</b>
Aantal geëxcludeerd (dubbelen)	73
<b>Totaal aantal unieke resultaten</b>	<b>351</b>

Tabel 2. Overzicht van geëxcludeerde studies gebaseerd op beoordeling van de volledige tekst van onderzoeksvraag

<b>Referentie</b>	<b>Reden voor exclusie</b>
Li, H., Wong, C. L., Jin, X., Chen, J., Chong, Y. Y., & Bai, Y. [2021]. International Journal of Nursing Studies Effects of Acceptance and Commitment Therapy on health-related outcomes for patients with advanced cancer : A systematic review. 115. <a href="https://doi.org/10.1016/j.ijnurstu.2021.103876">https://doi.org/10.1016/j.ijnurstu.2021.103876</a>	Populatie is niet palliatief voor de slaapuitkomsten
Nzwalo, I., Aboim, M. A., & Marreiros, A. [2020]. Systematic Review of the Prevalence , Predictors , and Treatment of Insomnia in Palliative Care. 37[11], 957–969. <a href="https://doi.org/10.1177/1049909120907021">https://doi.org/10.1177/1049909120907021</a>	Geen gebruik van RCT's
Vira, P., Samuel, S. R., Amaravadi, S. K., Saxena, P. U. P., Pv, S. R., Kurian, J. R., & Gururaj, R. [2021]. Role of Physiotherapy in Hospice Care of Patients with Advanced Cancer : A Systematic Review. 38[5], 503–511. <a href="https://doi.org/10.1177/1049909120951163">https://doi.org/10.1177/1049909120951163</a>	Voor slaap uitkomst wordt alleen Ducloux [2013] benoemd, deze studie is al geïnccludeerd
Zeng, Y. S., Wang, C., Ward, K. E., & Hume, A. L. [2018]. Complementary and Alternative Medicine in Hospice and Palliative Care : A Systematic Review. Journal of Pain and Symptom Management, 56[5], 781-794.e4. <a href="https://doi.org/10.1016/j.jpainsymman.2018.07.016">https://doi.org/10.1016/j.jpainsymman.2018.07.016</a>	Voor slaap uitkomst wordt alleen Soden [2004] benoemd, deze studie is al geïnccludeerd
Yu, X., Lim, C. E. D., & Cheng, N. C. L. [2016]. A systematic review and meta-analysis of acupuncture and related therapies for palliative cancer care. Focus on Alternative and Complementary Therapies, 21[2], 97-98. <a href="https://doi.org/10.1111/fct.12251">https://doi.org/10.1111/fct.12251</a>	Commentaar artikel van Lau [2016], deze studie is al geïnccludeerd
Ducloux, D., Guisado, H., & Pautex, S. Promoting sleep for hospitalized patients with advanced cancer with relaxation therapy: experience of a randomized study. Am J Hosp Palliat Care 2013;30: 536–540. <a href="https://doi.org/10.1177/1049909112459367">https://doi.org/10.1177/1049909112459367</a>	Aantal personen per studie arm kleiner dan 10 personen

## Zoekstrategie 2: aanvullend

Datum: tussen 31 mei 2022 en 5 juni 2022

Database: Ovid MEDLINE(R) ALL

<1946 to May 31, 2022>

- 1 sleep/ or exp sleep hygiene/ (63647)
- 2 exp "Sleep Initiation and Maintenance Disorders"/ (16041)
- 3 exp Sleep Wake Disorders/ (102883)
- 4 (sleep or insomni\* or (sleep adj2 diffic\*) or (sleep adj2 disturb\*) or sleep probl\*).tw,kw. (205042)
- 5 or/1-4 (233703)= P**
- 6 "filter palliatieve fase van 20220516 EPZU".ti. (0)
- 7 Palliative Care/ (60485)
- 8 (palliat\* or (reduced adj1 life adj2 expectanc\*) or (end adj2 life) or (terminal\* adj2 ill\*)).tw,kw. (110426)
- 9 Terminal Care/ (30887)
- 10 ((terminal adj1 care) or (terminal adj1 sick) or hospice\* or (advance adj1 care\*) or terminal adj1stage).tw,kw. (19560)
- 11 "Hospice and Palliative Care Nursing"/ (1881)
- 12 exp Palliative Medicine/ (477)
- 13 or/7-12 (148186)= palliatief**
- 14 exp "Sleep Initiation and Maintenance Disorders"/th (3197)
- 15 exp Complementary Therapies/ (238595)
- 16 exp Mindfulness/ (5407)
- 17 cognitive behavioral therapy/ or "acceptance and commitment therapy"/ (29541)
- 18 exp Hypnosis/ (12611)
- 19 exp Music Therapy/ (4080)
- 20 exp Massage/ (6689)
- 21 sensory art therapies/ or acoustic stimulation/ or aromatherapy/ or art therapy/ (48749)
- 22 exp Exercise/ (232180)
- 23 Sleep Hygiene/ (465)
- 24 exp Mind-Body Therapies/ (45837)
- 25 (cognitve behavior therapy or cbt).tw,kw. (13152)
- 26 (mindful\* or hypnother\* or (music adj2 ther\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or meditat\*).tw,kw. (188637)
- 27 or/14-26 (667637)= I**
- 28 5 and 13 and 27 (129)= P + palliatief + I =interventies**
- 29 "filter medline systematic reviews".ti. (0)
- 30 meta analysis.pt. (161423)
- 31 (meta-anal\$ or metaanal\$).tw,kf. (237863)
- 32 (systematic\$ adj10 (review\$ or overview\$)).tw,kf. (274424)
- 33 (quantitativ\$ adj10 (review\$ or overview\$)).tw,kf. (11921)
- 34 (methodologic\$ adj10 (review\$ or overview\$)).tw,kf. (14542)
- 35 medline.tw. and review.pt. (90806)
- 36 (pooled adj3 analy\*).tw,kf. (25727)
- 37 "cochrane\$".fc\_jour. (15856)
- 38 or/30-37 (466833)
- 39 "medline filter rct".ti. (0)
- 40 controlled-clinical-trial.pt. (94893)
- 41 randomized-controlled-trial.pt. (569807)
- 42 randomized controlled trial/ (569807)
- 43 randomi?ed controlled trial?.tw. (221740)
- 44 randomi?ed controlled trial?.kf. (16157)
- 45 random-allocation.tw,kf. (1918)
- 46 double-blind-method.tw,kf. (531)
- 47 single-blind-method.tw,kf. (94)
- 48 (random adj8 (selection? or sample?)).kf,tw. (49961)
- 49 random\*.tw,kf. (1325087)
- 50 or/40-49 (1540130)
- 51 5 and 13 and 27 and 38 (21)=SR**
- 52 (5 and 13 and 27 and 50) not 38 (22)=rct**

Database: Embase  
<1974 to 2022 June 02>

- 1 sleep/ (105612)
- 2 exp "Sleep Initiation and Maintenance Disorders"/ (77566)
- 3 exp Sleep Wake Disorders/ (273569)
- 4 (sleep or insomni\* or (sleep adj2 diffic\*) or (sleep adj2 disturb\*) or sleep probl\*).tw,kw. (309335)
- 5 1 or 2 or 3 or 4 (447317)
- 6 "filter palliative fase vian 20220516 EPZU".ti. (0)
- 7 Palliative Care/ (84772)
- 8 (palliat\* or (reduced adj1 life adj2 expectanc\*) or (end adj2 life) or (terminal\* adj2 ill\*)).tw,kw. (168483)
- 9 Terminal Care/ (39239)
- 10 ((terminal adj1 care) or (terminal adj1 sick) or hospice\* or (advance adj1 care\*) or terminal adj1stage).tw,kw. (31047)
- 11 "Hospice and Palliative Care Nursing"/ (1400)
- 12 exp Palliative Medicine/ (127462)
- 13 palliative nursing/ (1400)
- 14 terminal care/ or hospice care/ (49101)
- 15 hospice nursing/ (73)
- 16 palliative therapy/ (100990)
- 17 7 or 8 or 9 or 10 or 11 or 13 or 14 or 15 (219026)
- 18 "slot vertaling embase palliatieve fase vanuit EPZU".ti. (0)
- 19 Sleep Hygiene/ (2092)
- 20 exp Cognitive Behavioral Therapy/ (20531)
- 21 exp Mind-Body Therapies/ (69525)
- 22 (cognitve behavior therapy or cbt).tw,kw. (19568)
- 23 (mindful\* or hypnother\* or (music adj ther\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or meditat\*).tw,kw. (221572)
- 24 exp mindfulness/ (12587)
- 25 "acceptance and commitment therapy"/ (2040)
- 26 hypnosis/ (14233)
- 27 exp music therapy/ (8122)
- 28 exp massage/ (16121)
- 29 art therapy/ (4478)
- 30 auditory stimulation/ or exp sensory stimulation/ (106237)
- 31 exp exercise/ (392424)
- 32 or/19-31 (823896)
- 33 "emb SR filter".ti. (0)
- 34 meta analysis/ (247225)
- 35 "systematic review"/ (347313)
- 36 (meta-analy\$ or metaanaly\$).tw,kw. (305826)
- 37 (systematic\$ adj4 (review\$ or overview\$)).tw,kw. (328194)
- 38 (quantitativ\$ adj5 (review? or overview?)).tw,kw. (6746)
- 39 (methodologic adj5 (overview? or review?)).tw,kw. (415)
- 40 (review\$ adj3 (database? or medline or embase or cinahl)).tw,kw. (35099)
- 41 (pooled adj3 analy\$).tw,kw. (38615)
- 42 (extensive adj3 review\$ adj3 literature).tw,kw. (4418)
- 43 (meta or synthesis or (literature adj8 database?) or extraction).tw,kw. (1657065)
- 44 review.pt. (2909190)
- 45 43 and 44 (204984)
- 46 or/34-42,45 (729914)
- 47 "rct filter embase".ti. (0)
- 48 randomization/ (93921)
- 49 exp randomized controlled trial/ (712799)
- 50 exp controlled clinical trial/ (902612)
- 51 Major Clinical Study/ (4480278)
- 52 random\$.tw,kw. (1800579)
- 53 double blind procedure/ (195490)
- 54 or/48-53 (6023592)
- 55 5 and 17 and 32 and 46 (50)=SR**
- 56 (5 and 17 and 32 and 54) not 46 (79)=rct**

Database: APA PsycInfo  
<1806 to May Week 4 2022>

- 1 exp sleep/ (40090)
- 2 sleep treatment/ (705)
- 3 exp sleep wake disorders/ or sleep quality/ (23688)
- 4 (sleep or insomni\* or (sleep adj2 diffic\*) or (sleep adj2 disturb\*) or sleep probl\*).tw,id. (87795)
- 5 **or/1-4 (95731)=P**
- 6 "filter palliatief".ti. (0)
- 7 palliat\*.tw,id. (14131)
- 8 (reduced adj1 life adj1 expectanc\*).tw,id. (220)
- 9 end-of-life.tw,id. (11003)
- 10 (end adj2 life).tw,id. (11078)
- 11 (end adj2 life).ti,id. (6763)
- 12 "Palliative Care".mh. (6165)
- 13 "Terminal Care".mh. (4396)
- 14 "death and dying"/ or terminally ill patients/ (38457)
- 15 (terminal\* adj2 sick).tw,id. (3)
- 16 hospice/ or terminally ill patients/ (7839)
- 17 hospice.tw,id. (5441)
- 18 ((palliati\* or hospice) adj2 nursing).tw,id. (262)
- 19 **or/7-18 (56923)=palliatief**
- 20 "filter palliatief RD opzet".ti. (0)
- 21 exp alternative medicine/ or holistic health/ or hypnotherapy/ or massage/ or meditation/ or mind body therapy/ (21631)
- 22 exp music therapy/ or exp creative arts therapy/ or exp movement therapy/ or exp recreation therapy/ (13770)
- 23 mindfulness/ or mindfulness-based interventions/ or exp psychotherapeutic techniques/ (46682)
- 24 exp hypnotherapy/ or exp alternative medicine/ or exp relaxation therapy/ (17903)
- 25 massage/ (555)
- 26 (cognitve behavior therapy or cbt).tw,id. (16218)
- 27 (mindful\* or hypnother\* or (music adj2 thera\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or meditat\*).tw,id. (58589)
- 28 exp exercise/ (29877)
- 29 **or/21-28 (153613)=I**
- 30 5 and 19 and 29 (93)
- 31 "psycinfo SR filer".ti. (0)
- 32 (meta-anal\* or metaanal\*).tw. (46261)
- 33 (quantitativ\* adj5 (review\* or overview\*)).tw. (2965)
- 34 (quantitativ\* adj5 (review\* or overview\*)).id. (75)
- 35 (systematic\* adj5 (review\* or overview\*)).tw,id. (46512)
- 36 (methodolo\* adj5 (review\* or overview\*)).tw,id. (7779)
- 37 ((medline or cochrane) adj5 (review\* or overview\*)).tw,id. (3410)
- 38 (literature adj5 (overview or review)).tw,id. (88820)
- 39 (synthes\* adj3 (literature\* or research or studies or data)).tw,id. (11181)
- 40 (pooled adj5 analys\*).tw,id. (2788)
- 41 (data adj2 pool\*).tw,id. (2663)
- 42 ((hand or manual\* or database\* or computer\* or electronic\*) adj2 search\*).tw,id. (13782)
- 43 "literature review"/ or meta analysis/ (27972)
- 44 "systematic review"/ (705)
- 45 **or/32-44 (176034)=SR**
- 46 **30 and 45 (8)**
- 47 46 (8)
- 48 **limit 47 to all journals (6) = gevonden SR artikelen**
- 49 "psycinfo filter rct".ti. (0)
- 50 randomi?ed controlled trial\*.tw. (38460)
- 51 randomi?ed controlled trial\*.id. (4849)
- 52 controlled clinical trial\*.tw,id. (3362)
- 53 ((random adj allocation) or (double adj blind adj (method\* or stud\*))).tw,id. (2980)
- 54 single blind stud\*.tw,id. (161)
- 55 clinical trials/ or exp randomized controlled trials/ (13235)

- 56 exp randomized controlled trials/ (1201)  
**57 or/50-54,56 (44709)=rct**  
 58 (5 and 19 and 29 and 57) not 45 (4)  
 59 58 (4)  
**60 limit 59 to all journals (3)= )= gevonden rct artikelen**

Cinahl

#	Query	Results
<b>S31</b>	<b>S29 AND S30</b>	<b>15= resultaat vraag 1</b>
S30	(MH "Randomized Controlled Trials+") OR (MH "Systematic Review") OR (MH "Cochrane Library") OR "systematic review or meta-analysis or randomized controlled trial" OR (MH "Meta Analysis")	268,769
S29	S20 AND S28	120
<b>S28</b>	<b>S21 OR S22 OR S23 OR S24 OR S25 OR S26 OR S27</b>	<b>300,059= I vraag 1</b>
S27	TI (cognitive N2 behav* N2 therap*) OR AB (cognitive N2 behav* N2 therap*)	11,776
S26	(MH "Cognitive Therapy+")	27,379
S25	TI ( (hypno* or (mind N2 body N2 thera*) or (spiritual N2 healing) or (music N2 therap* or meditat* ) OR AB ( (hypno* or (mind N2 body N2 thera*) or (spiritual N2 healing) or (music N2 therap* or meditat* )	14,550
S24	(MH "Massage+")	18,553
S23	(MH "Hypnosis+") OR (MH "Mind Body Techniques+") OR (MH "Spiritual Healing+") OR (MH "Music Therapy")	46,928
S22	(MH "Alternative Therapies+") OR (MH "Mind Body Techniques+")	262,788
S21	(MH "Dyssomnias+/RH/TH")	6,988
S20	S8 AND S19	751
<b>S19</b>	<b>S10 or S11 or S12 or S13 or S14 or S15 or S16 or S17 or S18</b>	<b>89,265=palliatief</b>
S18	( TI(terminal* N2 sick) OR AB(terminal* N2 sick) ) OR ( TI(terminal* N2 stage) OR AB(terminal* N2 stage)) )	457
S17	TI("end of life") OR AB("end of life")	23,004
S16	TI ("reduced N2 life N2 expectanc*) OR AB ("reduced N2 life N2 expectanc*)	1,117
S15	TI ("reduced N2 life N2 expectanc*) OR AB ("reduced N2 life N2 expectanc*)	0
S14	TI ( terminal care or palliative care or end of life care or hospice ) OR AB ( terminal care or palliative care or end of life care or hospice )	50,078
S13	(MH "Terminal Care (Saba CCC)+") OR (MH "Terminal Care+")	70,845
S12	( (TI"Hospice and Palliative Nursing") OR (TI "Palliative Medicine") ) OR ( (AB"Hospice and Palliative Nursing") OR (AB "Palliative Medicine") )	1,551
S11	(MH "Hospice and Palliative Nursing") OR (MH "Palliative Medicine")	5,599
S10	(MH "Palliative Care")	40,305

S9	TI "palliatief"epzu formulering"	0
S8	S6 OR S7	92,002
S7	( TI ( (sleep or insomni* or (sleep N2 diffic*) or (sleep N2 disturb*) or (sleep N1 probl*)) ) OR ( AB ( (sleep or insomni* or (sleep N2 diffic*) or (sleep N2 disturb*) or (sleep N1 probl*)) ) )	74,011
<b>S6</b>	<b>S1 OR S2 OR S3 OR S4 OR S5</b>	<b>63,400=P</b>
S5	(MH "Dyssomnias+")	32,391
S4	(MH "Sleep-Wake Transition Disorders+") OR (MH "Sleep Disorders+")	43,884
S3	(MH "Sleep+") OR (MH "Sleep Hygiene+") OR (MH "Sleep Stages+")	30,631
S2	(MH "Sleep Disorders+")	43,884
S1	(MH "Insomnia+")	8,510

Tabel 3. Resultaten van aanvullende zoekactie van onderzoeksvraag

Database	Aantal
PsychInfo	9
Medline	43
Embase	129
Cinahl	15
<b>Totaal aantal resultaten</b>	<b>196</b>
Aantal geëxcludeerd (dubbelen)	23
<b>Totaal aantal unieke resultaten</b>	<b>173</b>

### Zoekstrategie 3: andere designs

Datum: 19 augustus 2022

Database: Cinahl

#	Query	Results
S44	S20 AND S42	169
S43	S20 AND S42	226
S42	S21 OR S22 OR S23 OR S24 OR S25 OR S26 OR S27 OR S28 OR S29 OR S30 OR S31 OR S32 OR S33 OR S34 OR S35 OR S36 OR S37 OR S38 OR S39 OR S40 OR S41	1,330,961
S41	( TI (touch or (physical N2 contact*) or comfort*) ) OR ( AB(touch or (physical N2 contact*) or comfort*) )	39,744
S40	TI (touch or (physical N2 contact*) or comfort*)	9,323
S39	TX (mindful* or hypnother* or (music N2 thera*) or massa* or (breathing N2 exerc*) or relaxat* or meditat*)	783,150
S38	TI ( (cognitive behavior therapy or cbt) ) OR AB ( (cognitive behavior therapy or cbt) )	8,376
S37	(MH "Sleep Hygiene+")	1,328

S36	TX (comfort* or snooz* or aquat* or footbath* or hydrother*)	41,735
S35	TI ( (hydrothera* or bath*) ) OR AB ( (hydrothera* or bath*) )	8,811
S34	(MH "Hydrotherapy+") OR (MH "Bathing and Baths")	10,341
S33	TX ( (Music or complementary or alternative or cognitive or behavioural) N3 therapy* ) OR TX ( (imagery or massage or muscle relaxation or therapeutic touch or aromatherapy) ) OR TX ( ((environmental or cognitive or behavioural or interventions or social support) N3 intervention* ) ) OR TX ( (nighttime light or noise level* ) )	110,873
S32	(MH "Aromatherapy")	2,734
S31	(MH "Physical Therapy+")	157,607
S30	(MH "Support, Social+")	93,180
S29	(MH "Behavior Therapy+")	39,307
S28	(MH "Cognitive Therapy+")	27,742
S27	(MH "Psychotherapy+")	218,987
S26	(MH "Muscle Relaxation")	1,133
S25	(MH "Massage+")	18,740
S24	(MH "Music Therapy")	6,627
S23	TI ( ((alternative or integrative or complementary) N3 (medicine or therap*)) ) OR AB ( ((alternative or integrative or complementary) N3 (medicine or therap*)) )	23,774
S22	(MH "Alternative Therapies+") OR TI(alternativ* N3 therap*) OR AB(alternativ* N3 therap*)	271,554
S21	(MH "Alternative Therapies+")	265,585
S20	S8 AND S19	758
S19	S10 or S11 or S12 or S13 or S14 or S15 or S16 or S17 or S18	Display
S18	( TI(terminal* N2 sick) OR AB(terminal* N2 sick) ) OR ( TI(terminal* N2 stage) OR AB(terminal* N2 stage)) )	Display
S17	TI("end of life") OR AB("end of life")	Display
S16	TI ("reduced N2 life N2 expectanc*") OR AB ("reduced N2 life N2 expectanc*")	Display
S15	TI ("reduced N2 life N2 expectanc*") OR AB ("reduced N2 life N2 expectanc*")	Display
S14	TI ( terminal care or palliative care or end of life care or hospice ) OR AB ( terminal care or palliative care or end of life care or hospice )	Display
S13	(MH "Terminal Care (Saba CCC)+") OR (MH "Terminal Care+")	Display
S12	( (TI"Hospice and Palliative Nursing") OR (TI "Palliative Medicine") ) OR ( (AB"Hospice and Palliative Nursing") OR (AB "Palliative Medicine") )	Display
S11	(MH "Hospice and Palliative Nursing") OR (MH "Palliative Medicine")	Display
S10	(MH "Palliative Care")	Display
S9	TI "palliatief"epzu formulering"	Display
S8	S6 OR S7	Display

S7	( TI ( (sleep or insomni* or (sleep N2 diffic*) or (sleep N2 disturb*) or (sleep N1 probl*)) ) OR ( AB ( (sleep or insomni* or (sleep N2 diffic*) or (sleep N2 disturb*) or (sleep N1 probl*)) ) ) )	Display
S6	S1 OR S2 OR S3 OR S4 OR S5	Display
S5	(MH "Dyssomnias+")	Display
S4	(MH "Sleep-Wake Transition Disorders+") OR (MH "Sleep Disorders+")	Display
S3	(MH "Sleep+") OR (MH "Sleep Hygiene+") OR (MH "Sleep Stages+")	Display
S2	(MH "Sleep Disorders+")	Display
S1	(MH "Insomnia+")	Display

Database: Ovid MEDLINE(R) ALL  
<1946 to August 18, 2022>

- 1 "slaap stoornissen in palliatieve fase aug 2022".ti. (0)
- 2 "filter palliatieve fase vian 20220516 EPZU".ti. (0)
- 3 Palliative Care/ (61054)
- 4 (palliat\* or (reduced adj1 life adj2 expectanc\*) or (end adj2 life) or (terminal\* adj2 ill\*)).tw,kw. (112097)
- 5 Terminal Care/ (31113)
- 6 ((terminal adj1 care) or (terminal adj1 sick) or hospice\* or (advance adj1 care\*) or terminal adj1stage).tw,kw. (19906)
- 7 "Hospice and Palliative Care Nursing"/ (1974)
- 8 exp Palliative Medicine/ (483)
- 9 or/3-8 (150035)
- 10 "onderdeel slaapproblemen".ti. (0)
- 11 sleep/ (63854)
- 12 exp "Sleep Initiation and Maintenance Disorders"/ (16350)
- 13 exp Sleep Wake Disorders/ (104181)
- 14 (sleep or insomni\* or (sleep adj2 diffic\*) or (sleep adj2 disturb\*) or sleep probl\*).tw,kw. (208823)
- 15 (sleep adj2 (promot\* or help\* or support\* or Initiat\*)).tw,kw. (4463)
- 16 or/11-15 (237558)
- 17 9 and 16 (1160)
- 18 "mogelijke interventies".ti. (0)
- 19 exp Complementary Therapies/ (240035)
- 20 Integrative Medicine/ (1821)
- 21 ((alternative or integrative or complementary) adj3 (medicine or therap\*)).tw,kw. (48236)
- 22 19 or 20 or 21 (274865)
- 23 Complementary Therapies/ or Music Therapy/ or Massage/ or Muscle Relaxation/ or "Imagery (Psychotherapy)"/ or Cognitive Therapy/ or Behavior Therapy/ or Social Support/ or Physical Therapy Modalities/ or Aromatherapy/ or ((Music or complementary or alternative or cognitive or behavioural) adj3 therap\*).ti,ab. or (imagery or massage or muscle relaxation or therapeutic touch or aromatherapy).ti,ab. or ((environmental or cognitive or behavioural or interventions or social support) adj3 intervention\*).ti,ab. or (nighttime light or noise level\*).ti,ab. (812535)
- 24 exp Hydrotherapy/ (20751)
- 25 (hydrothera\* or bath\*).tw,kw. (60803)
- 26 22 or 23 or 24 or 25 (1103891)
- 27 (comfort\* or snooz\* or aquat\* or footbath\* or hydrother\*).tw,kw. (151939)
- 28 22 or 23 or 27 (1172380)
- 29 Sleep Hygiene/ (469)
- 30 exp Cognitive Behavioral Therapy/ (34674)
- 31 exp Mind-Body Therapies/ (46110)
- 32 (cognitive behavior therapy or cbt).tw,kw. (14948)
- 33 (mindful\* or hypnother\* or (music adj thera\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or meditat\*).tw,kw. (190820)
- 34 28 or 29 or 30 or 31 or 32 or 33 (1319101)



35 9 and 16 and 34 (272)  
 36 19 or 20 or 21 or 23 or 24 or 25 or 27 or 29 or 30 or 31 or 32 or 33 (1391128)  
 37 9 and 16 and 36 (273)  
 38 "filter medline systematic reviews".ti. (0)  
 39 meta analysis.pt. (165876)  
 40 (meta-anal\$ or metaanal\$).tw,kf. (245268)  
 41 (systematic\$ adj10 (review\$ or overview\$)).tw,kf. (284315)  
 42 (quantitativ\$ adj10 (review\$ or overview\$)).tw,kf. (12224)  
 43 (methodologic\$ adj10 (review\$ or overview\$)).tw,kf. (14893)  
 44 medline.tw. and review.pt. (92695)  
 45 (pooled adj3 analy\*).tw,kf. (26380)  
 46 "cochrane\$".fc\_jour. (16002)  
 47 or/39-46 (479847)  
 48 37 and 47 (30)  
 49 37 not 47 (243)  
 50 exp \*Complementary Therapies/ (148487)  
 51 \*Integrative Medicine/ (1450)  
 52 ((alternative or integrative or complementary) adj3 (medicine or therap\*)).ti,kw. (11769)  
 53 Complementary Therapies/ or Music Therapy/ or Massage/ or Muscle Relaxation/ or "Imagery  
 (Psychotherapy)"/ or Cognitive Therapy/ or Behavior Therapy/ or Social Support/ or Physical Therapy  
 Modalities/ or Aromatherapy/ (214795)  
 54 \*Complementary Therapies/ or \*Music Therapy/ or \*Massage/ or \*Muscle Relaxation/ or \*Imagery  
 (Psychotherapy)"/ or \*Cognitive Therapy/ or \*Behavior Therapy/ or \*Social Support/ or \*Physical Therapy  
 Modalities/ or \*Aromatherapy/ (117306)  
 55 (((Music or complementary or alternative or cognitive or behavioural) adj3 therap\*) or (imagery or  
 massage or muscle relaxation or therapeutic touch or aromatherapy) or ((environmental or cognitive or  
 behavioural or interventions or social support) adj3 intervention\*)).ti,ab. or (nighttime light or noise  
 level\*).ti,kw. (641730)  
 56 exp \*Hydrotherapy/ (7728)  
 57 (hydrothera\* or bath\*).ti,kw. (9984)  
 58 (comfort\* or snooz\* or aquat\* or footbath\* or hydrother\*).ti,kw. (31914)  
 59 \*Sleep Hygiene/ (283)  
 60 exp \*Cognitive Behavioral Therapy/ (26145)  
 61 (cognitive behavior therapy or cbt).ti,kw. (3468)  
 62 (mindful\* or hypnother\* or (music adj thera\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or  
 meditat\*).ti,kw. (55323)  
 63 50 or 51 or 52 or 54 or 55 or 56 or 57 or 58 or 59 or 60 or 61 or 62 (924640)  
 64 17 and 63 (230)  
 65 64 not 48 (201)  
 66 (touch or (physical adj2 contact\*) or comfort\*).tw,kw. (86005)  
 67 63 or 66 (997563)  
 68 17 and 67 (251)  
 69 47 and 68 (29)  
 70 68 not 47 (222)  
 71 (touch or (physical adj2 contact\*) or comfort\*).ti,kw. (13443)  
 72 63 or 71 (931090)  
 73 17 and 72 (231)  
**74 73 and 47 (29)= SR**  
**75 73 not 47 (202)=rest**

Database: Embase  
 <1974 to 2022 August 18>

1 "filter palliatieve fase van 20220516 EPZU".ti. (0)  
 2 Palliative Care/ (86885)  
 3 (palliat\* or (reduced adj1 life adj2 expectanc\*) or (end adj2 life) or (terminal\* adj2 ill\*)).tw,kw.  
 (172003)  
 4 Terminal Care/ (39956)  
 5 ((terminal adj1 care) or (terminal adj1 sick) or hospice\* or (advance adj1 care\*) or terminal  
 adj1stage).tw,kw. (32617)  
 6 "Hospice and Palliative Care Nursing"/ (1417)  
 7 exp Palliative Medicine/ (130094)

8 palliative nursing/ (1417)  
 9 terminal care/ or hospice care/ (50061)  
 10 hospice nursing/ (77)  
 11 palliative therapy/ (103266)  
 12 2 or 3 or 4 or 5 or 6 or 8 or 9 or 10 (223571)  
 13 "slot vertaling embase palliatieve fase vanuit EPZU".ti. (0)  
 14 sleep/ (106841)  
 15 exp "Sleep Initiation and Maintenance Disorders"/ (79031)  
 16 exp Sleep Wake Disorders/ (279668)  
 17 (sleep or insomni\* or (sleep adj2 diffic\*) or (sleep adj2 disturb\*) or sleep probl\*).tw,kw. (315812)  
 18 (sleep adj2 (promot\* or help\* or support\* or Initiat\*)).tw,kw. (6855)  
 19 or/14-18 (455792)  
 20 12 and 19 (4622)  
 21 Sleep Hygiene/ (2230)  
 22 exp Cognitive Behavioral Therapy/ (21944)  
 23 exp Mind-Body Therapies/ (70300)  
 24 (cognitive behavior therapy or cbt).tw,kw. (22148)  
 25 (mindful\* or hypnother\* or (music adj2 thera\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or meditat\*).tw,kw. (223897)  
 26 (((Music or complementary or alternative or cognitive or behavioural) adj3 therap\*) or (imagery or massage or muscle relaxation or therapeutic touch or aromatherapy) or ((environmental or cognitive or behavioural or interventions or social support) adj3 intervention\*) or (nighttime light or noise level\* or melatonin)).ti,ab. or (sleep adj3 (promot\* or help\* or support\* or Initiat\*)).mp. or sleep.ti,ab. (1140740)  
 27 alternative medicine/ or music therapy/ or massage/ or muscle relaxation/ or imagery/ or cognitive therapy/ or behavior therapy/ or social support/ or physiotherapy/ or aromatherapy/ (365046)  
 28 (touch or (physical adj2 contact\*) or comfort\*).tw,kw. (124875)  
 29 exp mindfulness/ (13120)  
 30 exp music therapy/ (8249)  
 31 exp Massage/ (16484)  
 32 sensory art therapies/ or acoustic stimulation/ or aromatherapy/ or art therapy/ (42190)  
 33 exp alternative medicine/ (70300)  
 34 exp integrative medicine/ (6292)  
 35 ((alternative or integrative or complementary) adj3 (medicine or therap\*)).tw,kw. (69204)  
 36 exp hydrotherapy/ (4137)  
 37 (comfort\* or snooz\* or aquat\* or footbath\* or hydrother\*).tw,kw. (184502)  
 38 (cognitive behavior therapy or cbt).tw,kw. (22148)  
 39 (mindful\* or hypnother\* or (music adj2 thera\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or meditat\*).tw,kw. (223897)  
 40 (hydrothera\* or bath\*).tw,kw. (73171)  
 41 or/21-40 (1919087)  
 42 20 and 41 (2187)  
 43 (dutch or english).la. (33409620)  
 44 42 and 43 (2095)  
 45 "emb SR filter".ti. (0)  
 46 meta analysis/ (253851)  
 47 "systematic review"/ (364367)  
 48 (meta-analy\$ or metaanaly\$).tw,kw. (314141)  
 49 (systematic\$ adj4 (review\$ or overview\$)).tw,kw. (339150)  
 50 (quantitativ\$ adj5 (review? or overview?)).tw,kw. (6907)  
 51 (methodologic adj5 (overview? or review?)).tw,kw. (414)  
 52 (review\$ adj3 (database? or medline or embase or cinahl)).tw,kw. (35937)  
 53 (pooled adj3 analy\$).tw,kw. (39537)  
 54 (extensive adj3 review\$ adj3 literature).tw,kw. (4492)  
 55 (meta or synthesis or (literature adj8 database?) or extraction).tw,kw. (1678453)  
 56 review.pt. (2936626)  
 57 55 and 56 (210284)  
 58 or/46-54,57 (751009)  
 59 44 and 58 (148)  
 60 from 59 keep 1-148 (148)  
 61 \*Sleep Hygiene/ (394)  
 62 exp \*Cognitive Behavioral Therapy/ (8144)  
 63 exp \*Mind-Body Therapies/ (37227)

- 64 (cognitive behavior therapy or cbt).ti,kw. (5642)
- 65 (mindful\* or hypnother\* or (music adj2 ther\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or meditat\*).ti,kw. (55860)
- 66 (((Music or complementary or alternative or cognitive or behavioural) adj3 therap\*) or (imagery or massage or muscle relaxation or therapeutic touch or aromatherapy) or ((environmental or cognitive or behavioural or interventions or social support) adj3 intervention\*) or (nighttime light or noise level\* or melatonin) or (sleep adj3 (promot\* or help\* or support\* or Initiat\*)) or sleep).ti. (284578)
- 67 \*alternative medicine/ or \*music therapy/ or \*massage/ or \*muscle relaxation/ or \*imagery/ or \*cognitive therapy/ or \*behavior therapy/ or \*social support/ or \*physiotherapy/ or \*aromatherapy/ (123987)
- 68 (touch or (physical adj2 contact\*) or comfort\*).ti,kw. (15874)
- 69 (touch\* or (physical adj2 contact\*) or comfort\*).ti,kw. (18157)
- 70 exp \*mindfulness/ (6693)
- 71 exp \*music therapy/ (4964)
- 72 exp \*Massage/ (4686)
- 73 \*sensory art therapies/ or \*acoustic stimulation/ or \*aromatherapy/ or \*art therapy/ (9951)
- 74 exp \*alternative medicine/ (37227)
- 75 exp \*integrative medicine/ (4304)
- 76 ((alternative or integrative or complementary) adj3 (medicine or therap\*)).ti,kw. (16049)
- 77 exp \*hydrotherapy/ (1811)
- 78 (comfort\* or snooz\* or aquat\* or footbath\* or hydrother\*).ti,kw. (35863)
- 79 (cognitive behavior therapy or cbt).ti,kw. (5642)
- 80 (mindful\* or hypnother\* or (music adj2 ther\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or meditat\*).ti,kw. (55860)
- 81 (mindful\* or hypnother\* or (music adj2 ther\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or meditat\*).ti,kw. (55860)
- 82 or/61-81 (504816)
- 83 20 and 82 (374)
- 84 83 not 59 (341)
- 85 58 and 83 (33)=SR**
- 86 83 not 58 (341)
- 87 86 (341)
- 88 limit 87 to conference abstract status (92)
- 89 87 not 88 (249)= rest**

Database: APA PsycInfo  
<1806 to August Week 3 2022>

- 1 exp sleep/ (40725)
- 2 sleep treatment/ (745)
- 3 exp sleep wake disorders/ or sleep quality/ (24143)
- 4 (sleep or insomni\* or (sleep adj2 diffic\*) or (sleep adj2 disturb\*) or sleep probl\*).tw,id. (88981)
- 5 or/1-4 (96959)
- 6 "filter palliatief".ti. (0)
- 7 palliat\*.tw,id. (14409)
- 8 (reduced adj1 life adj1 expectanc\*).tw,id. (224)
- 9 end-of-life.tw,id. (11189)
- 10 (end adj2 life).tw,id. (11264)
- 11 (end adj2 life).ti,id. (6875)
- 12 "Palliative Care".mh. (6220)
- 13 "Terminal Care".mh. (4419)
- 14 "death and dying"/ or terminally ill patients/ (38967)
- 15 (terminal\* adj2 sick).tw,id. (3)
- 16 hospice/ or terminally ill patients/ (7906)
- 17 hospice.tw,id. (5526)
- 18 ((palliat\* or hospice) adj2 nursing).tw,id. (266)
- 19 or/7-18 (57739)
- 20 "filter palliatief RD opzet".ti. (0)
- 21 exp alternative medicine/ or holistic health/ or hypnotherapy/ or massage/ or meditation/ or mind body therapy/ (21844)
- 22 exp music therapy/ or exp creative arts therapy/ or exp movement therapy/ or exp recreation therapy/ (13918)

23 mindfulness/ or mindfulness-based interventions/ or exp psychotherapeutic techniques/ (47393)  
 24 exp hypnotherapy/ or exp alternative medicine/ or exp relaxation therapy/ (18017)  
 25 massage/ (559)  
 26 (cognitive behavior therapy or cbt).tw,id. (16509)  
 27 (mindful\* or hypnother\* or (music adj thera\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or  
 meditat\*).tw,id. (59435)  
 28 exp exercise/ (30309)  
 29 or/21-28 (155630)  
 30 5 and 19 and 29 (95)  
 31 exp alternative medicine/ (9417)  
 32 alternative medicine/ or massage/ or meditation/ or mind body therapy/ (10731)  
 33 ((alternative or integrative or complementary) adj3 (medicine or therap\*)).tw,id. (7975)  
 34 music therapy/ (5333)  
 35 physical therapy/ (3331)  
 36 aromatherapy/ or holistic health/ or exp "medicinal herbs and plants"/ (4704)  
 37 exp tactual perception/ or physical contact/ (10214)  
 38 (((Music or complementary or alternative or cognitive or behavioural) adj3 therapy\*) or (imagery or  
 massage or muscle relaxation or therapeutic touch or aromatherapy) or ((environmental or cognitive or  
 behavioural or interventions or social support) adj3 intervention\*) or (nighttime light or noise level\*)).ti,ab.  
 (298104)  
 39 (((Music or complementary or alternative or cognitive or behavioural) adj3 therapy\*) or (imagery or  
 massage or muscle relaxation or therapeutic touch or aromatherapy) or ((environmental or cognitive or  
 behavioural or interventions or social support) adj3 intervention\*) or (nighttime light or noise level\*)).ti,id.  
 (96076)  
 40 hydrotherapy/ (48)  
 41 (hydrothera\* or bath\*).tw,id. (4845)  
 42 (comfort\* or snooz\* or aquat\* or footbath\* or hydrother\*).tw,id. (25029)  
 43 (sleep adj2 hygien\*).tw,id. (1132)  
 44 exp cognitive behavior therapy/ (25293)  
 45 exp Mind Body Therapy/ (328)  
 46 hypnotherapy/ (4831)  
 47 (cognitive behavior therapy or cbt).tw,id. (20393)  
 48 (mindful\* or hypnother\* or (music adj thera\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or  
 meditat\*).tw,id. (59435)  
 49 (touch\* or (physical adj2 contact\*) or comfort\*).tw,id. (50723)  
 50 or/31-49 (428474)  
 51 29 or 50 (483756)  
 52 5 and 19 and 51 (230)  
 53 "psycinfo SR filer".ti. (0)  
 54 (meta-anal\* or metaanal\*).tw. (47279)  
 55 (quantitativ\* adj5 (review\* or overview\*)).tw. (3029)  
 56 (quantitativ\* adj5 (review\* or overview\*)).id. (75)  
 57 (systematic\* adj5 (review\* or overview\*)).tw,id. (48045)  
 58 (methodolo\* adj5 (review\* or overview\*)).tw,id. (7901)  
 59 ((medline or cochrane) adj5 (review\* or overview\*)).tw,id. (3474)  
 60 (literature adj5 (overview or review)).tw,id. (89860)  
 61 (synthes\* adj3 (literature\* or research or studies or data)).tw,id. (11487)  
 62 (pooled adj5 analys\*).tw,id. (2855)  
 63 (data adj2 pool\*).tw,id. (2706)  
 64 ((hand or manual\* or database\* or computer\* or electronic\*) adj2 search\*).tw,id. (14077)  
 65 "literature review"/ or meta analysis/ (28030)  
 66 "systematic review"/ (725)  
 67 or/54-66 (178985)  
 68 52 and 67 (17)  
 69 68 (17)  
 70 limit 69 to all journals (14)  
 71 52 not 67 (213)  
 72 71 (213)  
 73 limit 72 to all journals (142)  
 74 "Health & Mental Health Treatment & Prevention ".cc. (251367)  
 75 exp treatment/ (1155541)  
**76 from 70 keep 1-14 (14)=SR**

- 77 74 or 75 (1282656)  
78 73 and 77 (90)= rest  
79 73 not 78 (52)

Tabel 4. Resultaten van zoekactie 3: andere designs

<b>Database</b>	<b>Aantal</b>
PsychInfo	81
Medline	231
Embase	234
Cinahl	171
<b>Totaal aantal resultaten</b>	<b>717</b>
Aantal geëxcludeerd (dubbelen)	228
<b>Totaal aantal unieke resultaten</b>	<b>489</b>

## Medicamenteuze interventies

Onderzoeksvraag: Wat is het effect van medicamenteuze interventies op het verminderen van slaapproblemen bij patiënten in de palliatieve fase?

P	Patiënten in de palliatieve fase (1 jaar voor sterfte), ≥ 18 jaar met als klacht slecht slapen (insomnia)
I	Medicamenteuze behandeling met benzodiazepine-agonisten, melatonine, antipsychotica, antidepressiva, valeriaan, intermitterende sedatie, CBD olie
C	Placebo, gebruikelijke zorg, andere interventie (medicamenteus of niet-medicamenteus)
O	Cruciaal: Verbeterde slaapkwaliteit volgens de patiënt, bijwerkingen (nadruk op geheugenverlies) Belangrijk: Slaap efficiëntie, ernst van insomnia, latentie bij het inslapen, totale tijd wakker na inslapen, aantal nachtelijk ontwaakmomenten, totale slaaptijd (TST), totale tijd in bed (TIB)
S	Palliatieve setting

Zoeken en selecteren van studies

Op 23 mei 2022 is in de databanken PsycInfo, Medline, Embase en Cinahl gezocht naar wetenschappelijke literatuur. Op 5 juni 2022 is een aanvullende zoekactie uitgevoerd. Beide zoekacties zijn hieronder beschreven.

Deze resultaten zijn systematisch geselecteerd op basis van de volgende criteria:

Onderwerp	Slaapproblemen in de palliatieve zorg
<b>Uitgangsvragen</b>	<ul style="list-style-type: none"> <li>Wat is het <b>effect</b> van medicamenteuze interventies op het verminderen van slaapproblemen bij patiënten in de palliatieve fase?</li> </ul>
<b>Criteria voor inclusie van studies in de review</b>	
<i>Populatie</i>	<ul style="list-style-type: none"> <li>Patiënten in de palliatieve fase (1 jaar voor sterfte), ≥ 18 jaar met als klacht slecht slapen (insomnia)</li> </ul>
<i>Interventie</i>	<ul style="list-style-type: none"> <li>Medicamenteuze behandeling met benzodiazepine-agonisten, melatonine, antipsychotica, antidepressiva, valeriaan, intermitterende sedatie, CBD olie</li> </ul>
<i>Vergelijking</i>	<ul style="list-style-type: none"> <li>Placebo</li> <li>Gebruikelijke zorg</li> <li>Andere interventie (medicamenteus of niet medicamenteus)</li> </ul>
<i>Kritische Uitkomstmaten</i>	<ul style="list-style-type: none"> <li>Verbeterde slaapkwaliteit volgens de patiënt (ENG: Subjective sleep quality; SQ).</li> <li>Bijwerkingen (nadruk geheugenverlies)</li> </ul>
<i>Belangrijke Uitkomstmaten</i>	<ul style="list-style-type: none"> <li>Sleep efficiency, insomnia severity, Secondary outcomes of sleep onset latency (SOL), wake after sleep onset (WASO), number of nocturnal awakenings (NA), total sleep time (TST), total time in bed (TIB)</li> </ul>
<i>Studiedesign</i>	<ul style="list-style-type: none"> <li>Meta-analyses, Systematic reviews van RCT's, met check of RCT's na verschijnen systematic review de conclusies kunnen veranderen</li> </ul>
<i>Minimumomvang steekproef</i>	<ul style="list-style-type: none"> <li>RCT: &gt; 10 per arm</li> <li>Exclusie van studies met &gt; 50% attrition uit een arm van de trial (tenzij adequate statistiek is toegepast om te corrigeren voor missende data)</li> </ul>
<b>Search strategie</b>	[termen populatie criteria] AND [RCT, systematic review, meta-analyses]
<b>Databases searched</b>	<ul style="list-style-type: none"> <li>Medline, PsycInfo, Embase, Cochrane database, Cinahl</li> </ul>
<b>Data searched</b>	<ul style="list-style-type: none"> <li>Vanaf aanvang databases</li> </ul>
<b>De review strategie</b>	<ul style="list-style-type: none"> <li>De informatiespecialist voert de zoek strategie uit. Eén naar systematic reviews+meta-analyses en de ander naar individuele RCT's. Individuele RCT's worden gebruikt bij gebrek aan up-to-date systematische reviews en bij voldoende tijd. De reviewer</li> </ul>

selecteert de studies in twee fases. Een eerste selectie op titel en abstract. De artikelen die op basis van deze eerste fase als match werden beschouwd, worden in een tweede full-tekst selectie beoordeeld op geschiktheid.

## Zoekstrategie 1

Datum: 23 mei 2022

Database: Cinahl

#	Query	Results
S31	S19 AND S29	43
S30	S28 AND S29 (MH "Randomized Controlled Trials+") OR (MH "Systematic Review") OR (MH "Cochrane Library") OR "systematic review or meta-analysis or randomized controlled trial" OR (MH "Meta Analysis")	5
S29	S19 AND S26	224,718
S28	S19 AND S26	51
S27	S19 AND S26	59
S26	S20 OR S21 OR S22 OR S23 OR S24 OR S25 ( TI((sleep N2 pill*) or benzodia* or melatoni* or antipsychot* or antidepress* or valeria* ) OR ( AB((sleep N2 pill*) or benzodia* or melatoni* or antipsychot* or antidepress* or valeria* )	82,070
S25	(MH "Hypnotics and Sedatives+")	37,711
S24	(MH "Antipsychotic Agents+")	18,846
S23	(MH "Melatonin")	22,214
S22	(MH "Antidepressive Agents+")	2,967
S21	(MH "Antianxiety Agents, Benzodiazepine+")	25,101
S20	S10 AND S18	10,724
S19	S11 OR S12 OR S13 OR S14 OR S15 OR S16 OR S17 TI ( (sleep or insomni* or (sleep N2 diffic*) or (sleep N2 disturb*) or (sleep N1 probl*) ) OR AB ( (sleep or insomni* or (sleep N2 diffic*) or (sleep N2 disturb*) or (sleep N1 probl*) ) )	819
S18	"sleep quality"	95,790
S17	TI ( insomnia or sleep disorders or sleep disturbance or sleeplessness ) OR AB ( insomnia or sleep disorders or sleep disturbance or sleeplessness )	73,798
S16	"insomnia"	9,178
S15	(MH "Sleep-Wake Transition Disorders+") OR (MH "Sleep Disorders+") OR (MH "Sleep Arousal Disorders+") OR (MH "Dyssomnias+")	24,062
S14	TI "Sleep*" OR AB "Sleep*"	13,381
S13	(MH "Sleep+")	43,750
S12	S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7 OR S8 OR S9 ( TI(terminal* N2 sick) OR AB(terminal* N2 sick) ) OR ( TI(terminal* N2 stage) OR AB(terminal* N2 stage) )	74,151
S11	TI("end of life") OR AB("end of life")	30,358
S10	TI ("reduced N2 life N2 expectanc*") OR AB ("reduced N2 life N2 expectanc*") TI ( terminal care or palliative care or end of life care or hospice ) OR AB ( terminal care or palliative care or end of life care or hospice )	Display
S9	(MH "Terminal Care (Saba CCC)+") OR (MH "Terminal Care+") ( (TI"Hospice and Palliative Nursing") OR (TI "Palliative Medicine") ) OR ( AB"Hospice and Palliative Nursing") OR (AB "Palliative Medicine") )	Display
S8	(MH "Hospice and Palliative Nursing") OR (MH "Palliative Medicine")	Display
S7	(MH "Palliative Care")	Display
S6	TI "palliatief"epzu formulering"	Display

- 1 "filter palliatief".ti. (0)
- 2 palliat\*.tw,id. (14122)
- 3 (reduced adj1 life adj1 expectanc\*).tw,id. (220)
- 4 end-of-life.tw,id. (10998)
- 5 (end adj2 life).tw,id. (11073)
- 6 (end adj2 life).ti,id. (6760)
- 7 "Palliative Care".mh. (6164)
- 8 "Terminal Care".mh. (4396)
- 9 "death and dying"/ or terminally ill patients/ (38406)
- 10 (terminal\* adj2 sick).tw,id. (3)
- 11 hospice/ or terminally ill patients/ (7837)
- 12 hospice.tw,id. (5440)
- 13 ((palliat\* or hospice) adj2 nursing).tw,id. (262)
- 14 or/2-13 (56862)= palliatief**
- 15 "filter palliatief RD opzet".ti. (0)
- 16 exp sleep/ (40027)
- 17 sleep treatment/ (702)
- 18 exp sleep wake disorders/ or sleep quality/ (23655)
- 19 (sleep or insomni\* or (sleep adj2 diffic\*) or (sleep adj2 disturb\*) or sleep probl\*).tw,id. (87679)
- 20 insomnia/ (7373)
- 21 exp drug therapy/ (154390)
- 22 ((sleep adj2 pill?) or benzodia\* or melatoni\* or antipsychot\* or antidepress\* or valeria\*).tw,id. (85462)
- 23 melatonin/ (3694)
- 24 exp Neuroleptic Drugs/ or exp Antidepressant Drugs/ (70821)
- 25 exp benzodiazepines/ or exp minor tranquilizers/ or exp sedatives/ or exp tranquilizing drugs/ (60925)
- 26 exp "medicinal herbs and plants"/ or exp alternative medicine/ or exp aromatherapy/ (11265)
- 27 exp cognitive behavior therapy/ (24832)
- 28 16 or 17 or 18 or 19 or 20 (95612)= slaap of slaapproblemen**
- 29 14 and 28 (1054)
- 30 21 or 22 or 23 or 24 or 25 (220341)=medicamenteuze behandeling**
- 31 29 and 30 (112)
- 32 "psycinfo SR filer".ti. (0)
- 33 (meta-anal\* or metaanal\*).tw. (46169)
- 34 (quantitativ\* adj5 (review\* or overview\*)).tw. (2951)
- 35 (quantitativ\* adj5 (review\* or overview\*)).id. (75)
- 36 (systematic\* adj5 (review\* or overview\*)).tw,id. (46362)
- 37 (methodolo\* adj5 (review\* or overview\*)).tw,id. (7769)
- 38 ((medline or cochrane) adj5 (review\* or overview\*)).tw,id. (3401)
- 39 (literature adj5 (overview or review)).tw,id. (88705)
- 40 (synthes\* adj3 (literature\* or research or studies or data)).tw,id. (11154)
- 41 (pooled adj5 analys\*).tw,id. (2785)
- 42 (data adj2 pool\*).tw,id. (2661)
- 43 ((hand or manual\* or database\* or computer\* or electronic\*) adj2 search\*).tw,id. (13751)
- 44 "literature review"/ or meta analysis/ (27967)
- 45 "systematic review"/ (703)
- 46 or/33-45 (175741)=SR filter**
- 47 "psycinfo filter rct".ti. (0)
- 48 randomi?ed controlled trial\*.tw. (38382)
- 49 randomi?ed controlled trial\*.id. (4837)
- 50 controlled clinical trial\*.tw,id. (3359)
- 51 ((random adj allocation) or (double adj blind adj (method\* or stud\*))).tw,id. (2980)
- 52 single blind stud\*.tw,id. (161)
- 53 clinical trials/ or exp randomized controlled trials/ (13228)
- 54 exp randomized controlled trials/ (1198)
- 55 or/48-52,54 (44628)=rct filter**
- 56 14 and 28 and 30 and 46 (4)
- 57 56 (4)



- 58 limit 57 to all journals (4)
- 59 (14 and 28 and 30 and 55) not 46 (3)
- 60 59 (3)
- 61 limit 60 to all journals (3)
- 62 mindfulness/ or mindfulness-based interventions/ or exp psychotherapeutic techniques/ (46635)
- 63 from 56 keep 1-4 (4)
- 64 from 58 keep 1-4 (4)
- 65 from 61 keep 1-3 (3)
- 66 exp hypnotherapy/ or exp alternative medicine/ or exp relaxation therapy/ (17900)
- 67 music therapy/ (5286)
- 68 massage/ (555)
- 69 26 or 27 or 62 or 66 or 67 or 68 (93224)=alternatieve interventies**
- 70 14 and 28 and 69 and 46 (5)
- 71 70 (5)
- 72 limit 71 to all journals (4)
- 73 (14 and 28 and 69 and 55) not 46 (3)
- 74 73 (3)
- 75 limit 74 to all journals (3)= rct**

Database: Ovid MEDLINE(R) ALL  
<1946 to May 19, 2022>

- 1 "Trimbos slaapproblemen".ti. (0)
- 2 "Systematic review of the prevalence, predictors, and treatment of insomnia in palliative care".fc\_titl. (1)
- 3 "Complementary and alternative medicine in hospice and palliative care: a systematic review".fc\_titl. (1)
- 4 2 or 3 (2)
- 5 "). Feasibility of a cognitive-behavioral and environmental intervention for sleep-wake difficulties in community-dwelling cancer patients receiving palliative care".fc\_titl. (1)
- 6 "The existential experiences of receiving soft tissue massage in palliative home care\*".fc\_titl. (1)
- 7 "Sleep disturbance in palliative care".fc\_titl. (1)
- 8 "The prevalence, key causes and management of insomnia in palliative care patients".fc\_titl. (1)
- 9 "Effect of aromatherapy massage on quality of sleep in the palliative care ward: a randomized controlled trial".fc\_titl. (1)
- 10 "Medication use during end-of-life care in a palliative care centre".fc\_titl. (1)
- 11 "Overcoming the challenges and complexities of researching a vulnerable population within a palliative care context".fc\_titl. (0)
- 12 "The palliative care of patients with incurable cancer.".fc\_titl. (3)
- 13 "Use of music in the treatment of insomnia".fc\_titl. (1)
- 14 from 12 keep 3 (1)
- 15 "Psychological interventions in palliative care".fc\_titl. (1)
- 16 "The effect of lavender oil on sleep quality and vital signs in palliative care".fc\_titl. (1)
- 17 5 or 6 or 7 or 8 or 9 or 10 or 13 or 14 or 15 or 16 (10)
- 18 "vb artikelen slaapproblemen".ti. (0)
- 19 "onderdeel palliative care".ti. (0)
- 20 "Hospice and Palliative Care Nursing"/ (1844)
- 21 Palliative Care/ (60368)
- 22 exp Terminal Care/ (55403)
- 23 palliati\*.tw,kw. (85993)
- 24 exp Advance Care Planning/ (10713)
- 25 (advance? adj2 care adj (plan or plans or planning)).tw,kw. (4316)
- 26 (advance? adj2 (directive\* or decision\*)).tw,kw. (5268)
- 27 (living adj will\*).tw,kw. (1306)
- 28 Right to Die/ (4956)
- 29 ((right adj2 die) or (death adj3 dignit\*)).tw,kw. (1530)
- 30 or/20-29 (155773)
- 31 "onderdeel palliatief".ti. (0)
- 32 sleep/ or exp sleep hygiene/ (63488)
- 33 exp "Sleep Initiation and Maintenance Disorders"/ (15984)
- 34 exp Sleep Wake Disorders/ (102674)
- 35 (sleep or insomni\* or (sleep adj2 diffic\*) or (sleep adj2 disturb\*) or sleep probl\*).tw,kw. (204449)

36 or/32-35 (233095)  
37 30 and 36 (1051)  
38 "filter medline systematic reviews".ti. (0)  
39 meta analysis.pt. (160566)  
40 (meta-anal\$ or metaanal\$).tw,kf. (236241)  
41 (systematic\$ adj10 (review\$ or overview\$)).tw,kf. (272301)  
42 (quantitativ\$ adj10 (review\$ or overview\$)).tw,kf. (11861)  
43 (methodologic\$ adj10 (review\$ or overview\$)).tw,kf. (14453)  
44 medline.tw. and review.pt. (90393)  
45 (pooled adj3 analy\*).tw,kf. (25573)  
46 "cochrane\$".fc\_jour. (15824)  
47 or/39-46 (463969)  
48 37 and 47 (51)  
49 sleep/px or exp sleep hygiene/px (2)  
50 exp "Sleep Initiation and Maintenance Disorders"/px (2864)  
51 exp Sleep Wake Disorders/px (9773)  
52 px.fs. (1151129)  
53 35 and 52 (27311)  
54 49 or 50 or 51 or 53 (28430)  
55 37 and 54 (295)  
56 Sleep Hygiene/ (463)  
57 exp Cognitive Behavioral Therapy/ (34126)  
58 exp Mind-Body Therapies/ (45776)  
59 (cognitive behavior therapy or cbt).tw,kw. (13108)  
60 (mindful\* or hypnother\* or (music adj2 thera\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or meditat\*).tw,kw. (188184)  
61 56 or 57 or 58 or 59 or 60 (255540)  
62 30 and 36 and 47 and 61 (9)  
63 30 and 47 and 54 (12)  
64 63 not 62 (10)  
65 "medline filter rct".ti. (0)  
66 controlled-clinical-trial.pt. (94873)  
67 randomized-controlled-trial.pt. (568556)  
68 randomized controlled trial/ (568556)  
69 randomi?ed controlled trial?.tw. (220613)  
70 randomi?ed controlled trial?.kf. (16033)  
71 random-allocation.tw,kf. (1912)  
72 double-blind-method.tw,kf. (532)  
73 single-blind-method.tw,kf. (94)  
74 (random adj8 (selection? or sample?)).kf,tw. (49853)  
75 random\*.tw,kf. (1320082)  
76 or/66-75 (1535085)  
77 (30 and 36 and 76 and 61) not 47 (13)  
78 sleep/dt or exp sleep hygiene/dt (1)  
79 Sleep Wake Disorders/dt [Drug Therapy] (2583)  
80 exp "sleep initiation and maintenance disorders"/dt (3914)  
81 dt.fs. (2491228)  
82 35 and 81 (21039)  
83 79 or 80 or 82 (22446)  
84 exp Benzodiazepines/ (68126)  
85 exp Sleep Aids, Pharmaceutical/ (8943)  
86 Melatonin/ (21951)  
87 exp Antipsychotic Agents/ (129071)  
88 exp Antidepressive Agents/ (156615)  
89 Plants, Medicinal/ (61549)  
90 exp Phytotherapy/ (41634)  
91 ((sleep adj2 pill?) or benzodia\* or melatoni\* or antipsychot\* or antidepress\* or valeria\*).tw,kw. (173566)  
92 83 or 84 or 85 or 86 or 87 or 88 or 89 or 90 or 91 (510772)  
93 30 and 36 and 47 and 92 (16)  
94 (30 and 36 and 76 and 92) not 47 (47)  
95 "filter palliatieve fase vian 20220516 EPZU".ti. (0)

- 96 Palliative Care/ (60368)  
 97 (palliat\* or (reduced adj1 life adj2 expectanc\*) or (end adj2 life) or (terminal\* adj2 ill\*)).tw,kw. (110153)  
 98 Terminal Care/ (30846)  
 99 ((terminal adj1 care) or (terminal adj1 sick) or hospice\* or (advance adj1 care\*) or terminal adj1stage).tw,kw. (19500)  
 100 "Hospice and Palliative Care Nursing"/ (1844)  
 101 exp Palliative Medicine/ (472)  
 102 or/96-101 (147884)  
**103 102 and 36 and 47 and 92 (18)=sr**  
**104 (102 and 36 and 76 and 92) not 47 (50)=rct**  
**105 102 and 36 and 47 and 61 (13)=sr**  
**106 (102 and 36 and 76 and 61) not 47 (15)= rct**

Tabel 1. Resultaten van zoekactie van onderzoeksvraag

Database	Aantal
PsychInfo	14
Medline	96
Embase	271
Cinahl	43
<b>Totaal aantal resultaten</b>	<b>424</b>
Aantal geëxcludeerd (dubbelen)	73
<b>Totaal aantal unieke resultaten</b>	<b>351</b>

Tabel 2. Overzicht van geëxcludeerde studies gebaseerd op volledige tekst selectie

Referentie	Reden voor exclusie
Davis, M. P., & Sanger, G. J. (2021). The benefits of olanzapine in palliating symptoms. <i>Current Treatment Options in Oncology</i> , 22(1), 1-20.	Geen systematische review of RCT
Hirst, A., & Sloan, R. (2001). Benzodiazepines and related drugs for insomnia in palliative care. <i>Cochrane Database of Systematic Reviews</i> , (4).	Teruggetrokken door auteurs
Nzwalo, I., Aboim, M. A., Joaquim, N., Marreiros, A., & Nzwalo, H. (2020). Systematic review of the prevalence, predictors, and treatment of insomnia in palliative care. <i>American Journal of Hospice and Palliative Medicine</i> , 37(11), 957-969.	Voldoet niet aan de PICO
Simon, S. T., Pralong, A., Radbruch, L., Bausewein, C., & Voltz, R. (2020). The palliative care of patients with incurable cancer. <i>Deutsches Ärzteblatt International</i> , 117(7), 108.	Voldoet niet aan de PICO
Zaporowska-Stachowiak, I., Szymański, K., Oduah, M. T., Stachowiak-Szymczak, K., Łuczak, J., & Sopata, M. (2019). Midazolam: Safety of use in palliative care: A PICO systematic critical review. <i>Biomedicine &amp; Pharmacotherapy</i> , 114, 108838.	Voldoet niet aan de PICO

## Zoekstrategie 2: aanvullend

Datum: tussen 31 mei 2022 en 5 juni 2022

Database: Ovid MEDLINE(R) ALL  
 <1946 to May 31, 2022>

- 1 sleep/ or exp sleep hygiene/ (63647)
- 2 exp "Sleep Initiation and Maintenance Disorders"/ (16041)
- 3 exp Sleep Wake Disorders/ (102883)
- 4 (sleep or insomni\* or (sleep adj2 diffic\*) or (sleep adj2 disturb\*) or sleep probl\*).tw,kw. (205042)
- 5 or/1-4 (233703)= P**
- 6 "filter palliatieve fase van 20220516 EPZU".ti. (0)
- 7 Palliative Care/ (60485)

8 (palliat\* or (reduced adj1 life adj2 expectanc\*) or (end adj2 life) or (terminal\* adj2 ill\*)).tw,kw. (110426)

9 Terminal Care/ (30887)

10 ((terminal adj1 care) or (terminal adj1 sick) or hospice\* or (advance adj1 care\*) or terminal adj1stage).tw,kw. (19560)

11 "Hospice and Palliative Care Nursing"/ (1881)

12 exp Palliative Medicine/ (477)

**13 or/7-12 (148186)= palliatief**

14 exp "Sleep Initiation and Maintenance Disorders"/th (3197)

15 exp Complementary Therapies/ (238595)

16 exp Mindfulness/ (5407)

17 cognitive behavioral therapy/ or "acceptance and commitment therapy"/ (29541)

18 exp Hypnosis/ (12611)

19 exp Music Therapy/ (4080)

20 exp Massage/ (6689)

21 sensory art therapies/ or acoustic stimulation/ or aromatherapy/ or art therapy/ (48749)

22 exp Exercise/ (232180)

23 Sleep Hygiene/ (465)

24 exp Mind-Body Therapies/ (45837)

25 (cognitve behavior therapy or cbt).tw,kw. (13152)

26 (mindful\* or hypnother\* or (music adj2 thera\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or meditat\*).tw,kw. (188637)

**27 or/14-26 (667637)= I**

**28 5 and 13 and 27 (129)= P + palliatief + I =interventies**

29 "filter medline systematic reviews".ti. (0)

30 meta analysis.pt. (161423)

31 (meta-anal\$ or metaanal\$).tw,kf. (237863)

32 (systematic\$ adj10 (review\$ or overview\$)).tw,kf. (274424)

33 (quantitativ\$ adj10 (review\$ or overview\$)).tw,kf. (11921)

34 (methodologic\$ adj10 (review\$ or overview\$)).tw,kf. (14542)

35 medline.tw. and review.pt. (90806)

36 (pooled adj3 analy\*).tw,kf. (25727)

37 "cochrane\$".fc\_jour. (15856)

38 or/30-37 (466833)

39 "medline filter rct".ti. (0)

40 controlled-clinical-trial.pt. (94893)

41 randomized-controlled-trial.pt. (569807)

42 randomized controlled trial/ (569807)

43 randomi?ed controlled trial?.tw. (221740)

44 randomi?ed controlled trial?.kf. (16157)

45 random-allocation.tw,kf. (1918)

46 double-blind-method.tw,kf. (531)

47 single-blind-method.tw,kf. (94)

48 (random adj8 (selection? or sample?)).kf,tw. (49961)

49 random\*.tw,kf. (1325087)

50 or/40-49 (1540130)

**51 5 and 13 and 27 and 38 (21)=SR**

**52 (5 and 13 and 27 and 50) not 38 (22)=rct**

Database: Embase  
<1974 to 2022 June 02>

1 sleep/ (105612)

2 exp "Sleep Initiation and Maintenance Disorders"/ (77566)

3 exp Sleep Wake Disorders/ (273569)

4 (sleep or insomni\* or (sleep adj2 diffic\*) or (sleep adj2 disturb\*) or sleep probl\*).tw,kw. (309335)

5 1 or 2 or 3 or 4 (447317)

6 "filter palliateve fase vian 20220516 EPZU".ti. (0)

7 Palliative Care/ (84772)

8 (palliat\* or (reduced adj1 life adj2 expectanc\*) or (end adj2 life) or (terminal\* adj2 ill\*)).tw,kw. (168483)

- 9 Terminal Care/ (39239)
- 10 ((terminal adj1 care) or (terminal adj1 sick) or hospice\* or (advance adj1 care\*) or terminal adj1stage).tw,kw. (31047)
- 11 "Hospice and Palliative Care Nursing"/ (1400)
- 12 exp Palliative Medicine/ (127462)
- 13 palliative nursing/ (1400)
- 14 terminal care/ or hospice care/ (49101)
- 15 hospice nursing/ (73)
- 16 palliative therapy/ (100990)
- 17 7 or 8 or 9 or 10 or 11 or 13 or 14 or 15 (219026)
- 18 "slot vertaling embase palliatieve fase vanuit EPZU".ti. (0)
- 19 Sleep Hygiene/ (2092)
- 20 exp Cognitive Behavioral Therapy/ (20531)
- 21 exp Mind-Body Therapies/ (69525)
- 22 (cognitve behavior therapy or cbt).tw,kw. (19568)
- 23 (mindful\* or hypnother\* or (music adj thera\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or meditat\*).tw,kw. (221572)
- 24 exp mindfulness/ (12587)
- 25 "acceptance and commitment therapy"/ (2040)
- 26 hypnosis/ (14233)
- 27 exp music therapy/ (8122)
- 28 exp massage/ (16121)
- 29 art therapy/ (4478)
- 30 auditory stimulation/ or exp sensory stimulation/ (106237)
- 31 exp exercise/ (392424)
- 32 or/19-31 (823896)
- 33 "emb SR filter".ti. (0)
- 34 meta analysis/ (247225)
- 35 "systematic review"/ (347313)
- 36 (meta-analy\$ or metaanaly\$).tw,kw. (305826)
- 37 (systematic\$ adj4 (review\$ or overview\$)).tw,kw. (328194)
- 38 (quantitativ\$ adj5 (review? or overview?)).tw,kw. (6746)
- 39 (methodologic adj5 (overview? or review?)).tw,kw. (415)
- 40 (review\$ adj3 (database? or medline or embase or cinahl)).tw,kw. (35099)
- 41 (pooled adj3 analy\$).tw,kw. (38615)
- 42 (extensive adj3 review\$ adj3 literature).tw,kw. (4418)
- 43 (meta or synthesis or (literature adj8 database?) or extraction).tw,kw. (1657065)
- 44 review.pt. (2909190)
- 45 43 and 44 (204984)
- 46 or/34-42,45 (729914)
- 47 "rct filter embase".ti. (0)
- 48 randomization/ (93921)
- 49 exp randomized controlled trial/ (712799)
- 50 exp controlled clinical trial/ (902612)
- 51 Major Clinical Study/ (4480278)
- 52 random\$.tw,kw. (1800579)
- 53 double blind procedure/ (195490)
- 54 or/48-53 (6023592)
- 55 5 and 17 and 32 and 46 (50)=SR**
- 56 (5 and 17 and 32 and 54) not 46 (79)=rct**

Database: APA PsycInfo  
<1806 to May Week 4 2022>

- 1 exp sleep/ (40090)
- 2 sleep treatment/ (705)
- 3 exp sleep wake disorders/ or sleep quality/ (23688)
- 4 (sleep or insomni\* or (sleep adj2 diffic\*) or (sleep adj2 disturb\*) or sleep probl\*).tw,id. (87795)
- 5 or/1-4 (95731)=P**
- 6 "filter palliatief".ti. (0)
- 7 palliat\*.tw,id. (14131)
- 8 (reduced adj1 life adj1 expectanc\*).tw,id. (220)

- 9 end-of-life.tw,id. (11003)  
 10 (end adj2 life).tw,id. (11078)  
 11 (end adj2 life).ti,id. (6763)  
 12 "Palliative Care".mh. (6165)  
 13 "Terminal Care".mh. (4396)  
 14 "death and dying"/ or terminally ill patients/ (38457)  
 15 (terminal\* adj2 sick).tw,id. (3)  
 16 hospice/ or terminally ill patients/ (7839)  
 17 hospice.tw,id. (5441)  
 18 ((palliati\* or hospice) adj2 nursing).tw,id. (262)  
 19 **or/7-18 (56923)=palliatief**  
 20 "filter palliatief RD opzet".ti. (0)  
 21 exp alternative medicine/ or holistic health/ or hypnotherapy/ or massage/ or meditation/ or mind  
 body therapy/ (21631)  
 22 exp music therapy/ or exp creative arts therapy/ or exp movement therapy/ or exp recreation  
 therapy/ (13770)  
 23 mindfulness/ or mindfulness-based interventions/ or exp psychotherapeutic techniques/ (46682)  
 24 exp hypnotherapy/ or exp alternative medicine/ or exp relaxation therapy/ (17903)  
 25 massage/ (555)  
 26 (cognitve behavior therapy or cbt).tw,id. (16218)  
 27 (mindful\* or hypnother\* or (music adj ther\*) or massa\* or (breathing adj2 exerc\*) or relaxat\* or  
 meditat\*).tw,id. (58589)  
 28 exp exercise/ (29877)  
 29 **or/21-28 (153613)=I**  
 30 5 and 19 and 29 (93)  
 31 "psycinfo SR filer".ti. (0)  
 32 (meta-anal\* or metaanal\*).tw. (46261)  
 33 (quantitativ\* adj5 (review\* or overview\*)).tw. (2965)  
 34 (quantitativ\* adj5 (review\* or overview\*)).id. (75)  
 35 (systematic\* adj5 (review\* or overview\*)).tw,id. (46512)  
 36 (methodolo\* adj5 (review\* or overview\*)).tw,id. (7779)  
 37 ((medline or cochrane) adj5 (review\* or overview\*)).tw,id. (3410)  
 38 (literature adj5 (overview or review)).tw,id. (88820)  
 39 (synthes\* adj3 (literature\* or research or studies or data)).tw,id. (11181)  
 40 (pooled adj5 analys\*).tw,id. (2788)  
 41 (data adj2 pool\*).tw,id. (2663)  
 42 ((hand or manual\* or database\* or computer\* or electronic\*) adj2 search\*).tw,id. (13782)  
 43 "literature review"/ or meta analysis/ (27972)  
 44 "systematic review"/ (705)  
 45 **or/32-44 (176034)=SR**  
 46 **30 and 45 (8)**  
 47 46 (8)  
 48 **limit 47 to all journals (6) = gevonden SR artikelen**  
 49 "psycinfo filter rct".ti. (0)  
 50 randomi?ed controlled trial\*.tw. (38460)  
 51 randomi?ed controlled trial\*.id. (4849)  
 52 controlled clinical trial\*.tw,id. (3362)  
 53 ((random adj allocation) or (double adj blind adj (method\* or stud\*))).tw,id. (2980)  
 54 single blind stud\*.tw,id. (161)  
 55 clinical trials/ or exp randomized controlled trials/ (13235)  
 56 exp randomized controlled trials/ (1201)  
 57 **or/50-54,56 (44709)=rct**  
 58 (5 and 19 and 29 and 57) not 45 (4)  
 59 58 (4)  
 60 **limit 59 to all journals (3) = gevonden rct artikelen**

Tabel 3. Resultaten van aanvullende zoekactie van onderzoeksvraag

Database	Aantal
PsychInfo	9
Medline	43

Embase	129
Cinahl	15
<b>Totaal aantal resultaten</b>	<b>196</b>
Aantal geëxcludeerd (dubbelen)	23
<b>Totaal aantal unieke resultaten</b>	<b>173</b>