

**Abstract:**

**Introduction:** Family caregivers of the elderly with cancer bear a heavy care burden. They need help to adapt to the situation and choose an effective coping style. The present study was conducted to determine the comparison of virtual and face-to-face training on the caregiving burden and coping strategies of caregivers of elderly patients with cancer.

**Method:** A semi-experimental study, with random allocation of samples into two control and intervention groups, with 30 people in each group. Questionnaires of demographic characteristics, Zarit burden of caregiving, and coping inventory for stressful situations (CISS) questionnaires were used. SPSS16 software was used for data analysis.

**Results:** The present study showed that before the intervention, the level of care burden and the type of coping style in both face-to-face and virtual training groups did not have a statistically significant difference. However, after the intervention and two weeks after the intervention, the care burden in the face-to-face training group was significantly reduced compared to the virtual training group. Also, the type of coping style in both groups tended towards problem-oriented coping style. In the face-to-face training group, the use of a problem-oriented style was significantly higher than in the virtual training group.

**Conclusion:** This study showed that both face-to-face and virtual training methods are effective in reducing caregiving burden and using a problem-oriented coping style in family caregivers of the elderly with cancer. However face-to-face training was significantly more effective in achieving these goals.

**Keywords:** virtual training, face-to-face training, family caregivers, elderly with cancer, caregiving burden, coping style.