

Chemotherapy Anxiety Reduction for Breast Cancer (CARE-BC): A RCT Testing Effectiveness of Self-Administered Stress Management Training in Five Community Settings

Primary Investigator: Dr. Joanne Stephen

Co-Investigators: Dr. Kong Khoo, Dr. Wolfgang Linden, Dr. Maria Christina Barroetavena, Richard Doll, Dr. Karen Flood, Karen Janes

Poster by Gurmeet Shergill and Nicolette Rivera
BSN Semester 6 Students

Study Overview

Cancer patients living in rural and small town catchment health delivery areas have limited access to effective psychological treatments. Rural women also face additional burden associated with social isolation, financial hardship, and poor equipped, understaffed medical health facilities. There is a need to know effective and inexpensive psychological treatments that can be accessed by cancer patients including cancer patients who live in rural and semi-rural regions and received treatment in community oncology settings.

This study involves the use of “self-administered” stress management training program (SSMT) developed by another cancer center, and found to be effective by cancer patients.

The goal of the stress management training is to teach the patient to get into a state of deep physical and mental relaxation. As a result, the patient relieves their suffering – physical, and mental.



The SSMT package provides:

Paced abdominal breathing and Progressive muscle relaxation - lowers general arousal, gives a sense of peacefulness, restfulness, and slowing of thoughts

Cognitive Restructuring – replace negative self Statements with more hopeful and strengthening Messages to improve mood and physiological response

Hypothesis

Breast cancer patients treated in the community Oncology settings who are offered SSMT will Demonstrate improved quality of life and lowered Distressed outcomes compared to cancer Patients who do not receive SSMT.

Roles of the Student

- Enter data from the results of the study
- Conduct a literature search on a variety of topics on breast cancer