

# HELPING PATIENTS WITH CANCER THROUGH PSYCHO-ONCOLOGY RESEARCH

Health care practitioners working in the field of psycho-oncology, including psychiatrists, psychologists, and nurses, are dedicated to addressing the behavioral, emotional, psychological, and social challenges faced by patients with cancer. Examples of recent psycho-oncology clinical trials investigating new approaches to helping patients with cancer follow:



A **psychoeducational intervention** called ConquerFear comprising five sessions with a psychologist or psychiatrist reduced fear of cancer recurrence among survivors of breast cancer, colorectal cancer, and melanoma (223).

A **blended cognitive behavior therapy** involving five 1-hour sessions with a psychologist combined with three 15-minute e-consultations reduced fear of cancer recurrence among survivors of breast cancer, prostate cancer, and colorectal cancer (224).



A **web-based stress management program** called STREAM improved quality of life and reduced distress among patients newly diagnosed with cancer who were receiving their initial treatment (225).

An **internet-based cognitive behavioral therapy** involving about 20 weekly sessions with a psychologist or sexologist improved sexual functioning, body image, and menopausal symptoms among breast cancer survivors diagnosed with a sexual dysfunction (226).



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