

## HELPING PATIENTS WITH CANCER THROUGH PSYCHO-ONCOLOGY RESEARCH

Health care practitioners working in the field of psycho-oncology, including psychiatrists, psychologists, nurses, and social workers, 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 psychotherapeutic intervention called Managing Cancer and Living Meaningfully, or CALM, comprising three to six psychotherapy sessions lasting from 45 to 60 minutes, reduced symptoms of depression among patients with advanced cancer (284).



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 (285).

