

## 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 and survivors with cancer. Approaches to helping these individuals tested in recent psycho-oncology clinical trials include:

Having a form of cognitive behavioral therapy called acceptance and commitment therapy, or ACT, comprising six group sessions lasting 2 hours, reduced fear of cancer recurrence, anxiety, and symptoms of depression among patients with breast cancer.

Attending a 1-week outdoor adventure therapy program providing peer support decreased distress symptoms and increased self-efficacy and social support among young adults ages 18 to 40 who have cancer.

