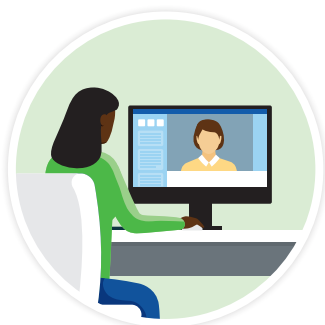


HELPING PATIENTS WITH CANCER THROUGH PSYCHO-ONCOLOGY RESEARCH

The field of psycho-oncology comprises psychiatrists, psychologists, nurses, and social workers who are dedicated to addressing the behavioral, emotional, psychological, and social challenges faced by cancer survivors and their caregivers. Approaches to helping these individuals tested in recent clinical trials include:



Participating in a computer-based, 12-week-long cognitive rehabilitation program during and after chemotherapy significantly improved cognitive abilities and working memory, and reduced symptoms of depression and anxiety among cancer patients.



Participating in face-to-face or online group positive psychotherapy, an approach that focuses on increasing resilience and a sense of well-being, for cancer survivors, significantly reduced symptoms of emotional distress and improved mental well-being among cancer patients.



Participating in mindfulness-based interventions significantly reduced the severity of anxiety and depression, and improved quality of life, in adults with cancer up to six months after delivery of mindfulness sessions compared to usual care or no intervention.