

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:

Physical exercise (aerobic, resistance training, running, and free weights),

psychological interventions (cognitive-behavioral therapy, psychoeducational interventions), and **mind-body interventions** (yoga, mindfulness, hypnosis) have been shown to be effective at mitigating or reducing cancer-related fatigue and sleep disturbances among patients with cancer.



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.

