Randomized clinical trial to evaluate an e-health intervention for fear of cancer recurrence, anxiety and depression among cancer survivors

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Recruitment website: http://onward.northwestern.edu

Background

- Fear of cancer recurrence is prevalent among cancer survivors and for some can persist years after cancer treatment has been completed
- Clinically significant anxiety and depression are prevalent and can compromise quality of life among survivors
- Psychosocial interventions can teach survivors strategies to manage fear of recurrence, depression and anxiety
- Barriers to accessing psychosocial care exist
- Novel approaches for disseminating evidence-based interventions are needed

Objectives

- Evaluate an innovative e-health intervention +/- social networking to reduce fear of recurrence, depression and anxiety among cancer survivors

Schema

<table>
<thead>
<tr>
<th>Weeks 1 - 8</th>
<th>Weeks 9 - 12</th>
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</thead>
<tbody>
<tr>
<td>E-Health Intervention</td>
<td>E-Health Intervention + Social networking</td>
</tr>
<tr>
<td>2 groups: n = 8 per group</td>
<td>2 groups: n = 6, 9</td>
</tr>
</tbody>
</table>

Optional modules:
- Fatigue, pain, sleep disturbance, cognitive dysfunction, body image

Current Accrual = 31

Eligibility

1) Any cancer diagnosis (excluding basal or squamous cell skin CA)
2) Completed cancer treatment and in remission, NED or SD
3) ECOG PS 0-2
4) Age ≥ 19 years
5) No psychiatric hospitalization in past 5 years
6) Not currently receiving psychosocial treatment

Endpoint | PRO
---|---
Fear of Recurrence | Concerns about Recurrence Scale
Anxiety | Hospital Anxiety and Depression Scale – Anxiety
Depression | Hospital Anxiety and Depression Scale – Depression
Intervention adherence | Website utilization
Cost | EQ-5D

E-Health Intervention

- Didactic material
- Self-monitoring
- Interactive tools
- Social networking

Clinical trial registry number: NCT01114802

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