

Phase I pilot of a Mindfulness-Based Stress Reduction intervention for Head and Neck Cancer patients receiving treatment of curative intent.

ACTRN12613000271707

Status	RECRUITING
Sponsor	Beyond Blue Limited (beyondblue)
Enrollment	30 participants

Plain Language Summary

Head and neck cancer and its treatments — surgery, radiation, and chemotherapy — can cause lasting changes to a person's appearance and ability to speak or swallow. These changes often lead to high levels of emotional distress and reduced quality of life. This pilot study is developing and testing a tailored version of Mindfulness-Based Stress Reduction (MBSR) — a program that teaches focused awareness and acceptance — to help head and neck cancer patients cope better during their treatment.

You may be eligible if:

- You are 18 years of age or older
- You have been newly diagnosed with a potentially curable cancer in the head or neck region (not skin-only cancers)
- You have agreed to undergo curative-intent cancer treatment at Peter MacCallum Cancer Centre in East Melbourne

You may NOT be eligible if:

- You are currently being treated for another cancer or a severely debilitating illness
- You cannot speak or understand English adequately
- You have been diagnosed with an intellectual disability, dementia, or active psychotic illness
- You are already enrolled in another time-intensive study at Peter MacCallum Cancer Centre

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Eligibility for participation in this study is a diagnosis for the first time of a potentially curable cancer in the head and neck region (excluding cancers exclusively involving skin), where the patient has agreed to undertake cancer treatment with curative intent the recruiting site, Peter MacCallum Cancer Centre East Melbourne. Eligibility of patients to participate will be evaluated by oncologists and/or the nurse co-coordinator. Participants must also be aged 18 years or older at the time of recruitment to be considered for inclusion in this study.

Exclusion (1)

- A patient will not be eligible for this study if they are being actively treated for another cancer; or another severely debilitating illness, cannot speak or understand English adequately, or have been diagnosed with an intellectual disability, dementia or active psychotic illness. Participants who have been recruited into other time-intensive studies at the recruiting site, Peter MacCallum Cancer Centre, will not be approached to participate in this study.

Locations (1 total)

Peter MacCallum Cancer Institute - East Melbourne, VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12613000271707>

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