

# Innovating CBT-I for Cancer Survivors: An Optimization Trial

NCT06181643

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Massachusetts General Hospital
<b>Enrollment</b>	80 participants

## Key Eligibility Criteria

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### Inclusion (4)

- History of nonmetastatic, localized, or regional solid or blood malignancy(ies)
- Completion of primary cancer treatment (radiation, surgery, and/or chemotherapy). Use of hormonal, maintenance, oral, and immunotherapies is permitted.
- Chronic insomnia (DSM-5 criteria)
- years of age or older

### Exclusion (4)

- Self-reported inability to speak and write in English
- Undertreated noninsomnia sleep disorder (e.g., sleep apnea)
- Undertreated epilepsy, undertreated serious mental illness, undertreated suicidality, and/or psychiatric hospitalization in the past year
- Unwilling or unable to discontinue night shift work

## Locations (1 total)

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Massachusetts General Hospital, Boston, Massachusetts, United States