

Efficacy of Synchronous, Virtual Cognitive Behavioral Therapy for Insomnia Across Phases of Cancer Survivorship

NCT06807086

Status	RECRUITING
Phase	Not Applicable
Sponsor	Massachusetts General Hospital
Enrollment	198 participants

Key Eligibility Criteria

Inclusion (6)

- Cancer survivor, defined as:
- (A) history of nonmetastatic, localized or regional, solid or blood malignancy(ies) and completion of primary cancer treatment (i.e., radiation, surgery, and/or chemotherapy). Use of hormonal, maintenance, oral, and immunotherapies is permitted; or
- (B) history of nonmetastatic, localized or regional, solid or blood malignancy(ies) and current primary cancer treatment (i.e., radiation, surgery, and/or chemotherapy); Use of hormonal, maintenance, oral, and immunotherapies is permitted; or
- (C) history of metastatic solid or blood malignancy (ies) taking hormonal, maintenance, oral, or immunotherapies to prevent further disease progression.
- Chronic insomnia (DSM-5 criteria)
- ... and 1 more (see full listing online)

Exclusion (4)

- Self-reported inability to speak and write in English
- Undertreated non-insomnia 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)

Massachusetts General Hospital, Boston, Massachusetts, United States