

# Nurse-supported Mobile App for Self-help CBT-I in Informal Cancer Caregivers

NCT07089797

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Status	RECRUITING
Phase	Not Applicable
Sponsor	The University of Hong Kong
Enrollment	208 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Age ≥18 years
- Informal caregiver (e.g., family member or a friend) who co-resides with a cancer survivor of any site or stage and provides at least 4 hours of unpaid daily care. If two or more caregivers are available for a cancer survivor, the one providing most of the daily care will be included.
- Able to understand the research procedures, and read and communicate in Chinese
- Able to use WeChat
- Insomnia severity index scores  $\geq 7$

### Exclusion (8)

- Another sleep disorder (e.g., obstructive sleep apnea, restless leg syndrome, rapid eye movement behavior disorder), besides insomnia, that is not adequately treated
- Psychotic disorders (e.g., bipolar disorder, schizophrenia); Suicidal ideation with intent and plan OR attempted suicide within the past 2 months
- Currently taking any psychotropic drugs (e.g., antidepressants, anxiolytics, sleep medications)
- Unstable or acute medical condition or condition requiring surgery in the next 6 months; Pregnancy; or Epilepsy
- Currently participating in any other interventional program
- ... and 3 more (see full listing online)

## Locations (1 total)

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Shanghai University Shanghai Cancer Centre, Shanghai, China