DESCANSO, a Mental Health Intervention for Depression, Insomnia, and Fatigue Symptoms in Latino People With Cancer

NCT07225088

Status	RECRUITING
Phase	Not Applicable
Sponsor	Memorial Sloan Kettering Cancer Center
Enrollment	125 participants

Plain Language Summary

This study is developing and testing a mental health intervention in Spanish called DESCANSO, specifically designed for Latino cancer patients and their mental health providers. It aims to address three of the most undertreated symptoms in this population: depression, insomnia (trouble sleeping), and fatigue. The study involves both patients and the mental health providers who treat them.

You may be eligible as a patient if...
- You identify as Latino/a or Hispanic, are 21 years or older, and live in the mainland U.S. or Puerto Rico
- You have been diagnosed with a solid tumor cancer (Stage I, II, or III), confirmed by pathology
- You are currently undergoing chemotherapy, radiation, or immunotherapy — or finished systemic treatment within the past year
- You screen positive for significant depression, insomnia, or fatigue symptoms

You may NOT be eligible as a patient if...
- Your cancer has spread to other parts of the body (Stage IV/metastatic)
- You do not identify as Latino/a or Hispanic
- You are not currently receiving or have not recently completed systemic cancer treatment

You may be eligible as a mental health provider if you treat Latino cancer patients, have at least 3 years of clinical experience, and can read Spanish.

Talk to your doctor to see if this trial is right for you.

Key Eligibility Criteria

Inclusion (19)

- Provider Eligibility Criteria:
- Mental health provider
- Treats Latino cancer patients and/or survivors
- Has at least 3 years of clinical experience providing psychosocial services to cancer patients and/or survivors
- Able to read Spanish determined by the question: "Can you read in Spanish? Yes/No"

... and 14 more (see full listing online)

Exclusion (5)

- o In the judgment of the treating physician, protocol investigators, and/or study staff, presence of cognitive impairment (e.g., delirium or dementia) sufficient to preclude meaningful informed consent and/or study participation
- Self-Report Criteria
- History of comorbidities within the last 12 months associated with fatigue and poor sleep, including hypothyroidism or abnormal thyroid function, sleep apnea, chronic obstructive pulmonary disease, neuromuscular disease, alcohol or drug abuse
- Pregnant or lactating, women only

• Presence of suicidal risk determined by any affirmative response on the Columbia-Suicide Severity Rating Scale

Locations (7 total)

Memorial Sloan Kettering Cancer Center Basking Ridge (Limited Protocol Activities), Basking Ridge, New Jersey, United States
Memorial Sloan Kettering Monmouth (Limited Protocol Activities), Middletown, New Jersey, United States
Memorial Sloan Kettering Bergen (Limited Protocol Activities), Montvale, New Jersey, United States
... and 4 more locations