

# Studying Quality of Life Inclusive of Mental Health and Cognitive Behavioral Therapy for Cancer Distress for the Improvement of Quality of Life in Stage III-IV Melanoma Patients

NCT07379138

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Mayo Clinic
<b>Enrollment</b>	350 participants

## Plain Language Summary

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This study looks at the quality of life — including mental health and emotional wellbeing — of patients newly diagnosed with Stage III or IV melanoma (an advanced skin cancer), and tests whether cognitive behavioral therapy (CBT) can help reduce distress and improve mental health outcomes.

**\*\*You may be eligible if...\*\***

- You are 18 years or older
- You have been diagnosed with Stage III or IV melanoma within the past 2 months
- You can read English well enough to complete questionnaires and informed consent

**\*\*You may NOT be eligible if...\*\***

- You do not meet the above inclusion criteria

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

## Key Eligibility Criteria

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### Inclusion (3)

- Age  $\geq$  18-years
- Stage III-IV melanoma and  $\leq$  2 month duration of this diagnosis
- Able to read English sufficient to complete survey, informed consent

## Locations (1 total)

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Mayo Clinic in Rochester, Rochester, Minnesota, United States