

Conquer Fear of Cancer Recurrence program for breast cancer patients in Russia

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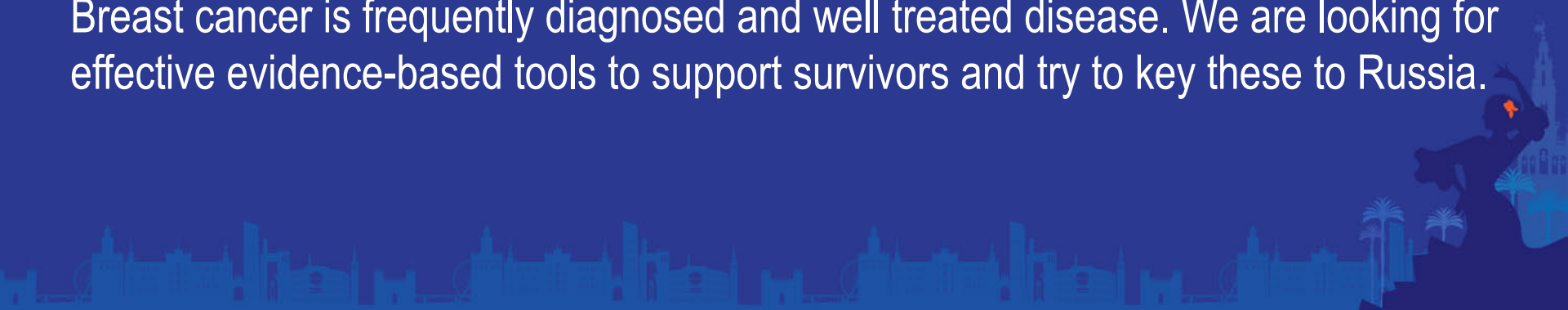
Introduction



One of the most significant psychological problem of patients with and survivors of cancer is a fear of cancer recurrence (FCR) which is a lifelong burden.

Trials show that it persists many years after treatment even prognosis is excellent.

Breast cancer is frequently diagnosed and well treated disease. We are looking for effective evidence-based tools to support survivors and try to key these to Russia.



Methods



Canadian psycho-oncologists have proffered Conquer Fear of Cancer Recurrence program (ConquerFCR) of group therapy (Sophie Lebel, University of Ottawa) which was assayed in Moscow region of Russia.

In our testing this evidence-based program consists of five instead six group settings at shorter program's time duration.

Psychometrics (FCRI included) was before the program start and two times after finish (one and three months later).

Survivors of breast cancer was residents of Supportive Center "Together" by National Women's Health Care Foundation.



Results



After five group settings twice a week, anxiety and fear reduced and effect was lasting three months ago despite some corrections of original program.

Positive effect was rising in months after therapy finish.



Results

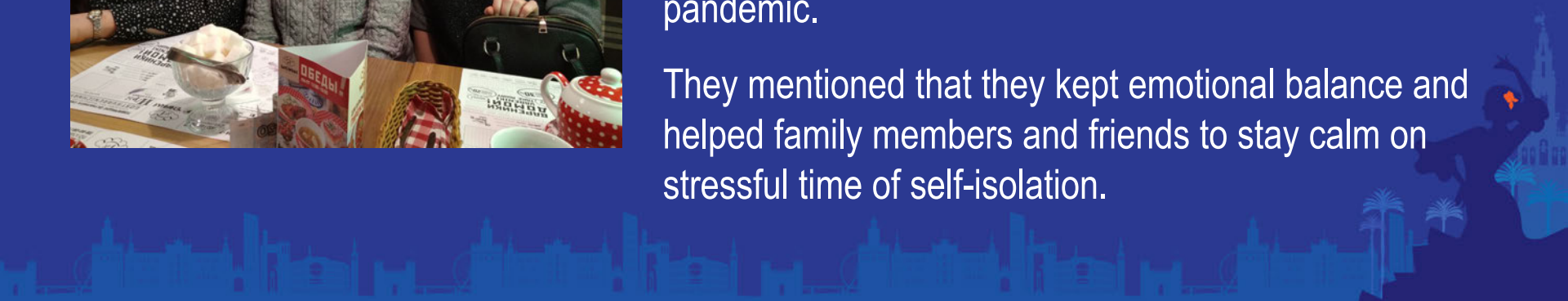


All participants have been stabled during COVID outbreak.

The FCR and anxiety went down even during quarantine.

Survivors noted that new skills of FCR management are applicable in other uncertain situations as well as pandemic.

They mentioned that they kept emotional balance and helped family members and friends to stay calm on stressful time of self-isolation.



Methods



Average value for psychometrics

Inventory	FCRI	Zung	STAI-1	STAI-2	TAS-20
base line	80	41	49	52	64
3 mths later	60	35	37	45	61
shift %	27	14	15	12	6

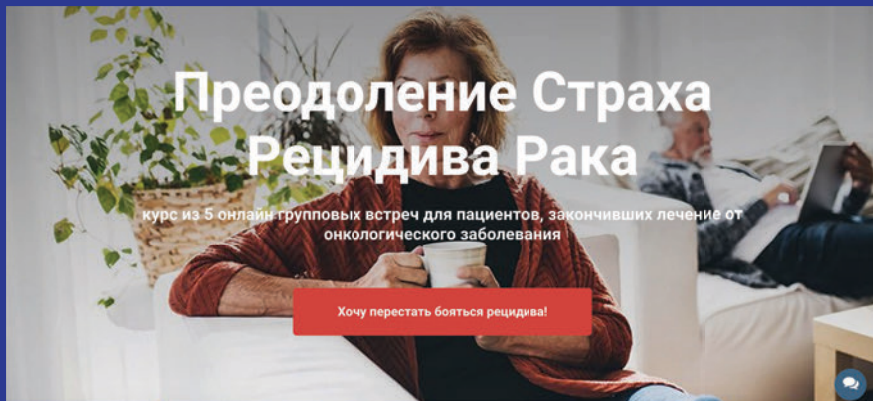


Results

The next step due to COVID outbreak was online training ConquerFCR for survivors of breast cancer.

We had experience of remote training for patients with different cancer localization before pandemic.

There were the same results including wellbeing in quarantine duration. We anticipate that online training will be effective as well as offline one.



Conclusion



Conquer FCR group program based on contemporary CBT and has effectiveness for as well Canadian as Russian survivors.

We should use special psychometrics for FCR assessment (FCRI) which is necessary to implement in practice.

As a general matter, we recommend ConquerFCR program for survivors face-to-face in origin and online.



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