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The development of mindfulness-based psychoeducation for cancer survivors: An evidence-based practice

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Cancer survivors face multiple challenges associating with cancer and its treatments. They experience ongoing physical symptoms requiring frequent visits to healthcare providers and report stress disorders, depression, and anxiety. There is a need to help cancer survivors manage their physical symptoms and preventing the psychological symptoms. Evidence showed that mindfulness interventions could be used to achieve such goals. However, most interventions entail general information concerning mindfulness practice and knowledge specifically tailored for cancer survivors is not emphasized. We developed the four-week mindfulness-based group psychoeducation program for cancer survivors [the MindCAN program] based on existing empirical evidence. This program aimed to help participants learn to manage physical symptoms and negative emotions associating with cancer. The four-session included mindfulness management of your stress, b) Mindful body sensations, c) Mindful emotions: Calmness and composure, and d) Mindfulness: The powerful mind. Each session lasted 90 minutes, comprising the education components and the practice of mindfulness. We offered the program to cancer survivors at a tertiary hospital in Singapore as a free service. Four groups were offered from June 2017 to March 2018 and twelve participants attended

the groups. Most participants provided positive evaluations toward the objective, content, and duration of the program. They also commented that the program was easy to understand and useful. Based on such positive evaluation, we then continue to offer the free program to participants. Next, we will initiate a research project to properly test the effectiveness of the program.

Reference:

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Biography

Piyanee Yobas is currently working as Associate Professor an academic staff at Alice Lee Centre for Nursing Studies, National University of Singapore. She graduated from Mahidol University, Thailand. She has received her Master and PhD degree from Frances Payne Bolton School of Nursing, Case Western Reserve University, USA. Her research interests are: a) stress and health; and b) psychosocial interventions among healthy participants and people with medical and mental disorders.

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