eHOPE for Cancer Survivors

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Cancer Survivors

2 million currently

4 million
2030


Challenges for Cancer Survivors

- Up to 65% CS experience anxiety and depression (1)
- 73% of lung CS with major depression not receiving treatment (2)
- 33-96% fear of recurrence is a key concern for CS (1)
- 14-28% CS severe fatigue pre-treatment (3)
- Needs are poorly understood and relatively neglected
- Role for early intervention
- Rebuilding confidence – important part of recovery (4)

(1) Crist J & Grunfeld E (2012) Factors reported to influence fear of recurrence in cancer patients: a systematic review
Development of eHOPE

Theory / Process

- **Positive psychology**
  - What’s right with you? (1)

- **C Snyder's Hope Theory**
  - Motivation to plan & reach goals (2)

- **I Yalom’s Group curative factors**
  - Change though group therapy
  - Instillation of hope
  - Universality “ you are not alone” (3)

- **A Bandura’s Social cognitive theory**
  - Social process of observational learning
  - Self- efficacy (4)

Help Overcome Problems Effectively (HOPE)

- Face to Face group based course
- Showed early promise (5)
- Challenges
- Macmillan commissioned CU to develop online course

eHOPE Cancer Self Management

Asynchronous
6 week online course
2 ½ hours /week
2 Course facilitators

• Self-monitoring tools
• Worksheets/diaries
• Audio & Video materials
• Interactive gratitude and goal setting walls
• Discussion forums
Method

Participants

• Macmillan Cancer Support Website

• Eligibility
  – Resident in UK
  – Able to read and write English
  – Regular access to a computer

• Completion of screening questionnaire

• 15-20 participants – 3 courses

Pre /post test repeated measures

• Demographic data at baseline only
• Adult State Hope Scale (HOPE)
• Warwick and Edinburgh Mental Wellbeing Scale (WEMWBS)
• Patient Health Questionnaire (PHQ-9)
• General Anxiety Disorder Scale (GAD7)
• 2 Subscales from the Quality of Life in Adult Cancer Survivors (QLACS)
  Fatigue & Fear of recurrence
### eHOPE Cancer Survivors (n= 34)

<table>
<thead>
<tr>
<th></th>
<th>BASELINE Mean (SD)</th>
<th>Post-course Mean (SD)</th>
<th>P-value</th>
<th>Effect size</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>PHQ9</strong> depression</td>
<td>8.8 (5.0)</td>
<td>5.9 (5.3)</td>
<td>&lt;.001</td>
<td>0.6</td>
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<tr>
<td>(0-27↓ = better)</td>
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<tr>
<td><strong>GAD7</strong> anxiety</td>
<td>6.4 (4.9)</td>
<td>3.8 (4.2)</td>
<td>.002</td>
<td>0.5</td>
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<td>(0-21↓ = better)</td>
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<tr>
<td><strong>QLACS</strong> fatigue</td>
<td>17.9 (5.8)</td>
<td>13.5 (6.5)</td>
<td>&lt;.001</td>
<td>0.8</td>
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<tr>
<td>(↓ 4-28 )</td>
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<tr>
<td><strong>QLACS</strong> fear</td>
<td>17.1 (6.4)</td>
<td>13.4 (6.1)</td>
<td>&lt;.001</td>
<td>0.6</td>
</tr>
<tr>
<td>(↓ 4-28 )</td>
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<tr>
<td><strong>WEMWBS</strong> positive mental wellbeing</td>
<td>42.6 (8.2)</td>
<td>50.3 (8.1)</td>
<td>&lt;.001</td>
<td>0.9</td>
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<td>(14-70↑ = better)</td>
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<tr>
<td><strong>GHQ-6</strong> gratitude,</td>
<td>34.8 (5.3)</td>
<td>37.0 (5.6)</td>
<td>.037</td>
<td>0.4</td>
</tr>
<tr>
<td>(6-42,↑ = better)</td>
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</tr>
<tr>
<td><strong>HOPE</strong> goal/motivation /planning</td>
<td>28.6 (9.4)</td>
<td>36.2 (7.6)</td>
<td>&lt;.001</td>
<td>0.8</td>
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<td>(6-48 ↑ = better)</td>
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</tbody>
</table>
# Clinical cut-off (n= 34)

<table>
<thead>
<tr>
<th>(PHQ9) Depression %</th>
<th>(GAD7) Anxiety %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre 47</td>
<td>Pre 38</td>
</tr>
<tr>
<td>Post 18</td>
<td>Post 9</td>
</tr>
</tbody>
</table>

**Cut-off points**
- PHQ9 - 10-27
- GAD7 - 8-21
Participant: Mrs A

- Worked
- 2 years since diagnosis
- Seeking support
- Felt dealt with the physical effects not emotional
- Used to accessing online resources

Emotional impact - had counselling
- Not coping with pressure
- Felt overwhelmed
- Fear of recurrence was an issue
- Lost confidence in herself and body
Reflection about feelings pre-course

“I’d been somebody who **took care of people** and now I was having to be taken care of and that sense of **being out of control** post cancer rather than in control, **feeling guilty, feeling responsible** for what you’ve done to other people by being around”

How they feel now post course?

“**Calm**, probably a sense of being more calm….and that for me is very **liberating**, I feel more I guess in charge of it, I’m not ,but actually the acknowledgement of it is **empowering** …. There are ups and downs in there its not consistent and I would say my outlook on life isn’t as consistent as it was, but its **not negative**.”
Mrs A  (what helped and did not)

• Interactive questionnaires
• Sharing experiences
• Setting weekly goals
• ‘Knowing you don’t have to be positive all the time’

Less so…..

• Not knowing whether the feedback she gave was of any use in social forums
Summary

Preliminary findings - 6 week eHOPE

**Decrease** in anxiety, depression, fear, recurrence and fatigue

**Increase** in well-being, gratitude and hope

Future Research

- Focus on underserved populations
  - Men – 2 PhDs (testicular and prostate cancer)
  - BME populations
- RCT
- Different platforms - Mobile phone
Thank You

Any Questions?

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