Efficacy of Mindfulness Based Stress Reduction (MBSR) for Breast Cancer Treatment on Cognitive Impairment among Breast Cancer Survivors

“The overall goal of this program is to teach breast cancer patients how to take care of themselves...as survivors, as a complementary treatment to traditional care.”

(Lengacher et al 2006; Santorelli & Kabat-Zinn, 2003)

Offering MBSR(BC) & BCES Programs for Research with Breast Cancer Survivors

What is Mindfulness Based Stress Reduction for Breast Cancer (MBSR(BC))?

⇒ A stress reduction program developed by Jon Kabat-Zinn.
⇒ It increases the survivor’s concentration through increased attention and awareness thus decreasing stress and improving breast cancer survivors cognitive abilities, for memory and concentration (Lengacher et al 2006; Santorelli & Kabat-Zinn, 2003).
⇒ Allows the survivor to take an active part in their healing process by learning new skills that include sitting meditation, body scan, walking meditation and Gentle Hatha yoga.

What is Breast Cancer Education Support (BCES)?

⇒ A 6-week educational cancer support program that relates to breast cancer survivorship.
⇒ Participants will gain the knowledge needed to improve their survivorship and to provide group support.
⇒ Participants will find and explore possible ways to monitor and improve symptoms over time.
⇒ Learning will take place through presentation of weekly focused educational content and through sharing of experiences and emotional feelings related to their cancer survivorship.

Am I eligible?

☒ Female age 21 or older.
☒ Diagnosed with Stage I, II, or III breast cancer.
☒ Undergone lumpectomy and/or mastectomy, are at 2 weeks from end of treatment with adjuvant chemotherapy or radiation and/or chemotherapy or are at a maximum of 5 years out from completion of such treatment.

A positive response to at least 1 of 2 questions:
1) Please rate on a scale from 0 to 10, the difficulty level you have in concentrating on things, like reading a newspaper or watching television? “0” means no difficulty and “10” means very difficult.
2) Please rate on a scale from 0 to 10, the difficulty level you have in remembering things. “0” means no difficulty and “10” means very difficult.

No Difficulty Very Difficult

0 1 2 3 4 5 6 7 8 9 10

If you agree, you can expect to be randomized to 1 of the following 3 groups for the 26 Weeks:

(1) the 6-week MBSR(BC) program;
(2) the 6-week Breast Cancer-Education Support (BCES) program; or
(3) Usual Care (UC) or Control group.

☒ ALL participants regardless of randomized assignment will be offered the MBSR(BC) Program after completion of the 26 Weeks enrollment into the study.
☒ Study participants will be compensated for time at each study assessment visit.
☒ Those randomized to UC will receive a $40 gift card at orientation, 6-week and 12-week visits, and a $50 gift card at the 26-week visit.
☒ Those randomized to the MBSR(BC) and BCES will receive $40 gift card at the orientation, 6-week and 12-week visits, and $50 gift card (plus $20 gift card for completion of weekly diaries) at the 26-week visit for a total of $70 gift card.
☒ This is a clinical trial funded by National Institute of Health/National Cancer Institute.

If interested in participating, please contact:
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