

HIPS/17/57 - A Pilot Trial of the Mini-AFTERc intervention to manage Fears of Cancer Recurrence in patients with breast cancer

Patients with breast cancer report high levels of fears of cancer recurrence (FCR) and show increased health service use, over-frequent self-examination, depression and reduced quality of life. This research will assist cancer patients to manage their FCR levels following their initial treatment. A psychological intervention, AFTER, has been shown to be effective in reducing severe levels of FCR [1] and we have preliminary tested a shortened version (Mini-AFTERc) [2], for delivery by breast cancer nurses via telephone (BCN) to people with moderate FCR. We have undertaken: manual development, initial feasibility testing, measurement validation (using a mobile-phone system), fidelity assessment and breast cancer nurse acceptability via survey and interviews. We intend to run a pilot trial of the Mini-AFTERc in four Scottish cancer centres. Aim is to test: recruitment, retention, training and supervision of model delivery, intervention uptake, centre randomisation, evaluation system and decision to go to a full clustered randomised trial.