

Project Summary

Mindful After Cancer

Many people experience sexual concerns after breast and gynecologic cancer and few resources are available to support them. We developed and tested a mindfulness-based program to help fill this gap.

Click to [here](#) to read about our research!



Step 1

We asked 10 survivors and 4 cancer care providers their opinions on the program. They agreed the program should include educational materials, guidance on talking with providers and partners, and be inclusive and community-based, not clinical.



Step 2

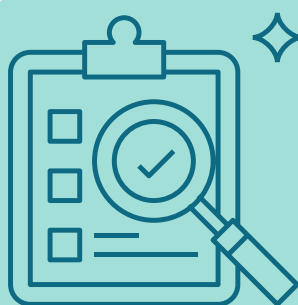
The modified 8-week program was tested with a small group of survivors, who overall enjoyed the program. Additional changes included progressive meditation lengths (shorter to longer duration) and more specific information for breast and gynecological survivors.

Most Recent Phase of Research

We delivered the program to two groups of breast and gynecologic cancer survivors via Zoom.

Step 3

Overall, participants believed the program was feasible, acceptable, and appropriate. Interviews with stakeholders also revealed how to implement and sustain the program.



Next Steps

Next steps are to evaluate Mindful After Cancer with a larger group over a longer period of time to understand program benefits.

Acknowledgements

We are grateful to everyone who participated in this research, the OHSU Knight Community Partnership Program for funding this project, and our community partners, including Samaritan Cancer Resource Center for their support.