

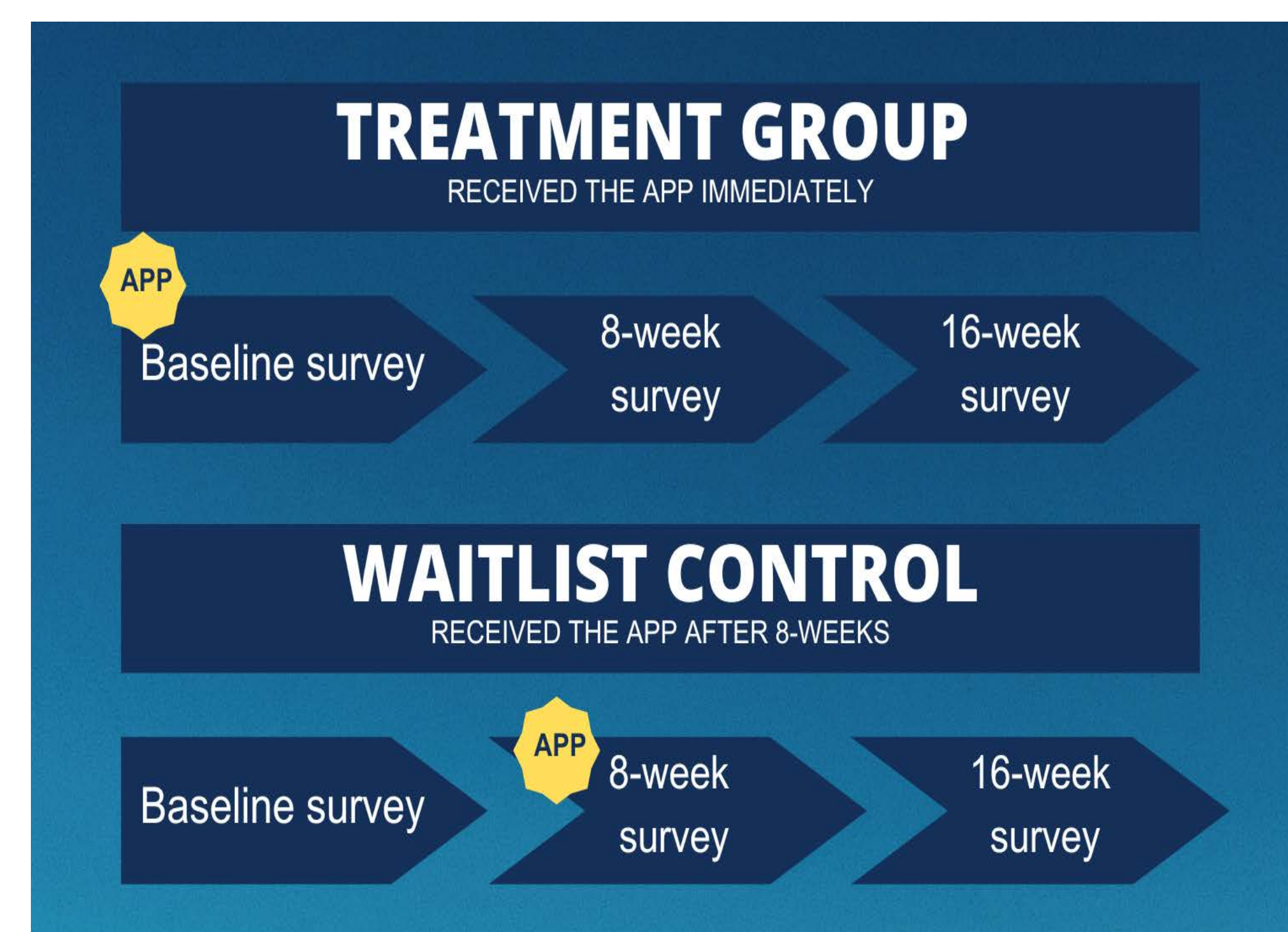
# Mobile Mindfulness Meditation For Cancer Survivors Experiencing Anxiety

## Mindfulness Meditation for Cancer Survivors

- ⊗ Mindfulness meditation can be described as paying attention to the present moment with non-judgmental awareness
- ⊗ Mindfulness meditation has been found to benefit anxiety, pain, fatigue, and many other aspects of life for cancer survivors
- ⊗ Mobile interventions can be helpful with many patients not living near treatment centers and for ease of staying at home

## What Did We Do

- ⊗ 8 weeks of mobile mindfulness via Mindfulness Coach
- ⊗ Participants started immediately or after 8 weeks by random assignment



- ⊗ People were invited to participate with all types of cancer, who were experiencing at least a moderate amount of anxiety, were adults, and could comfortably read in English.

## Who joined the study...

- 86% of the participants were female
- Nearly 60% of the participants had breast cancer

## What were we assessing for...

- We wanted to see if participating in 8 weeks of mobile mindfulness decreased pain, improved fatigue, improved mindfulness, improvements in trauma symptoms, and decreased anxiety.

## What did we find...

- Participants experienced improvements in all measures assessed whether they started the intervention immediately or after 8 weeks.
- Participants in the treatment group (those who began immediately) had a significantly lower level of anxiety and depression, decreased trauma symptoms, as well as less pain.

- This was an effective intervention that was also low cost and versatile in terms of when and from where participants could engage
- Even before beginning the intervention participants started to experience improvement in many domains

## Future Directions?

- In future studies, it will be helpful to ask about other activities participants are engaging in that could have impacted these findings
- A study including another intervention, in addition to mindfulness meditation, will help us to look at how it compares to other interventions in terms of impact

