



**Susan G. Komen
Research Grants – Fiscal Year 2014**

This research grant was approved by Komen's national board of directors for FY2014 Research Programs funding. This grant will be funded upon the execution of grant agreements between Komen and the grantee institutions.

Stress reduction in breast cancer survivors: intervention development and evaluation

Investigator(s): Patricia Ganz, M.D.

Lead Organization: University of California, Los Angeles

Grant Mechanism: KS

Grant ID: SAC110009

Public Abstract:

During the past 6 months we have tried to evaluate a psychosocial intervention program for women living with metastatic breast cancer. In the process of attempting to recruit women for the study, we identified a number of barriers to program delivery and have now stepped back to re-assess how best to meet the needs of this target population. We are working closely with Los Angeles Komen Affiliate and with this target population to develop and refine an intervention that is appropriate and will meet their needs. We are also collaborating with advocates and other scientists to write about the needs of this group of breast cancer survivors so that more resources can be used to address their concerns as they now live for an extended time with metastatic disease. The latter will take the form of a written commentary in a high profile peer-reviewed cancer journal. Secondly, we now have an opportunity to take what was learned in our earlier clinical trial testing a mindfulness meditation intervention in younger breast cancer survivors and move this into a multi-site clinical trial supported by the Translational Breast Cancer Research Consortium (TBCRC). Younger breast cancer survivors are a vulnerable group of women who are at risk for recurrence or second cancers and finding strategies to reduce their stress may improve their outcomes. We are now going to see if the mindfulness intervention program and a health education program can be delivered at sites outside of UCLA, and tested for their benefit on stress reduction and improvement in well-being in comparison to a group of women who will receive these interventions at a later date. The current Komen Scholar funding will allow the research team to rapidly develop this protocol with anticipation of its launch in the later part of 2014. This will allow extension of the research findings we have reported on earlier that were funded by this grant.