

## **Coping with Cancer-related Distress**

<b>Category</b>	<b>Enrollment Closing Date</b>
Cancer/Cancer Prevention	Oct 6, 2019

### **Description**

Drs. Pia Heppner, Benjamin Felleman, and Alan Hsu are conducting a new study to examine the benefits of brief acceptance-based and stress management workshops for Veterans with cancer. Participants will be randomly assigned to receive brief Acceptance and Commitment Therapy (ACT) for Cancer, or Stress Management for Cancer during two, two-hour workshops.

### **Requirements**

Veterans (men and women) ages 18-89 years old who have been diagnosed with cancer (stage 2 and above) in the last 5 years, who are experiencing at least mild stress. Participate in two workshops and assessments.

### **Benefits**

Learn new skills for coping with stress. Your participation may help to inform treatment options for Veterans with cancer.

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