

# Social Support and Parental Cancer- A RCT Study



Hauken, M. and Senneseth, M

Center for Crisis Psychology/University of Bergen, Norway

## ABSTRACT

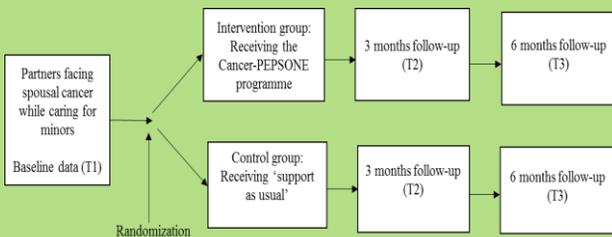
- Social support is essential to human health, especially in times of crisis
- Families living with parental cancer report network withdrawal and lack of social support to sustain their parental capacity and everyday life
- Aiming to increase social support, a short, homebased psychoeducational program for the family and their network was developed - the Cancer PEPSONE Program (CPP)

## METHODS

- A RCT study including 35 families living with parental cancer (60% having metastasis)
- 35 healthy parents and 35 children (8-18 year) filled in questionnaires at baseline (T1), after three months (T2), and after six months (T3)

	Gender	Age
Healthy parents	14 female	45 (SD 7)
	21 male	
Children	21 female	13 (SD 3)
	14 male	
Sick parents	21 female	46 (SD 7)
	14 male	

- 18 families were randomized to the intervention group and 17 families to the control group
- 130 network members were included in the intervention



## RESULTS

### HEALTHY PARENTS:

- At baseline, healthy parents were significantly distressed ( $p < .02$ ) and reported significant impaired QOL ( $p = .02$ ), while social support buffered these effects
- The CCP significantly improved received ( $p = .04$ ) and perceived ( $p = .01$ ) social support, while a significant ( $p = .017$ ) decrease occurred for the control group
- The CCP significantly increased parental capacity ( $p = .021$ ) and had an indirect effect on QOL through improvement of social support

### CHILDREN:

- At baseline, the children reported significant anxiety ( $p = .03$ ) and impaired QOL, - especially related to physical ( $p = .03$ ), emotional ( $p = .04$ ) and school function ( $p = .00$ )
- The CCP significantly sustained the family function ( $p = .006$ ), while decreasing in the control group



## CONCLUSIONS

- Both well parents and children are distressed and in risk of impaired QOL
- CPP seems to help to improve social support, parental capacity and family function



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