

Stick together – A feasibility study of a digital dyadic intervention for younger women with breast cancer and their partners

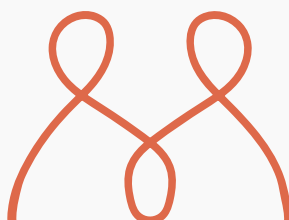


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Background and aim

- Younger women with breast cancer and their partners face cancer at an unexpected age, while also faced with building families and careers, and are at increased risk of distress.
- We tested the acceptability and feasibility of the Stick Together intervention and assessed preliminary effects on couples' dyadic coping and mental health, for women newly diagnosed with breast cancer and their partners at Copenhagen University Hospital, Gentofte, Denmark.



STICK TOGETHER

- **Participants:** 22 couples were included. Completers were 18 women aged 29-48 years (mean 42), and their cohabiting partners (mean age 43). Mean relationship duration was 18 years (range 8-26). All but one couple had children.
- **Outcomes:** Feasibility (recruitment) and acceptability (satisfaction), patient and partner outcomes (dyadic coping, depression, anxiety)



- Browser based smartphone-program
- 11 flexible, self-guided modules with psychoeducation, interviews and exercises
- Timed access prompts via text message over 6-8 months

Conclusions

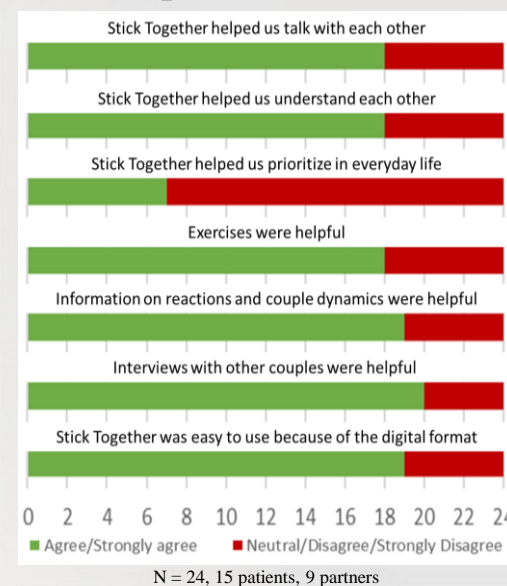
Stick Together

- is relevant, easy to use
- strengthens couples' perceived communication and mutual understanding
- may help maintain dyadic coping and mental health
- may need adaptation to improve targeting to needs, prior to an RCT

Preliminary results

- **Feasibility:** 47% consent rate, 4/22 (18%) withdrawal rate, large variation in intervention use: mean per couple: 306 minutes (range: 46-688), longer time (up to 8 months) to completion for some couples

Couples' Satisfaction



Preliminary effects

Couples' levels of dyadic coping, anxiety and depression were maintained/improved over time (baseline to post-intervention)

