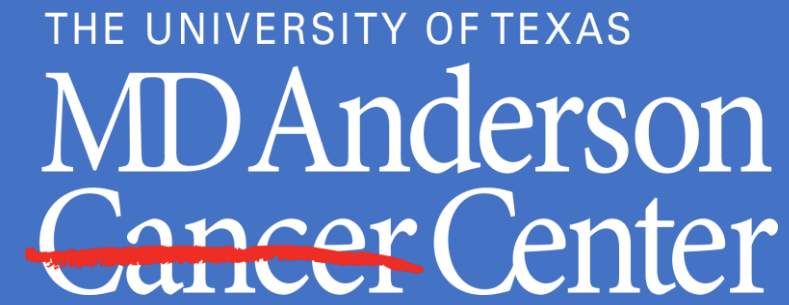


Supporting Patients with an Incurable Cancer and Spouses in Parenting their Minor Children

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Background:

- ~ 18.3% of newly diagnosed cancer patients parent at least one minor child.
- Parental cancer poses unique challenges to patients and their spousal caregivers/coparents.
- Parents with advanced cancer are particularly vulnerable to parenting-related concerns and distress.
- Spousal caregivers/coparents tend to experience substantial distress due to the competing tasks of caring for their ill partner as well as their child(ren).

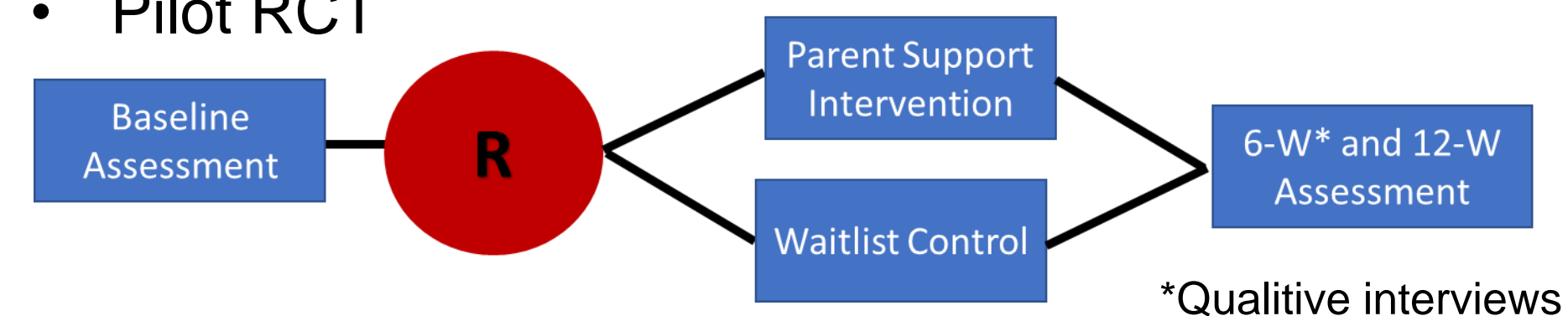
Study Goals:

- To examine the feasibility, acceptability and initial efficacy of a parent support intervention

Methods:

Sample Size and Design:

- N=50 dyads
- Pilot RCT



Eligibility:

Patients	Patients and Caregivers
<ul style="list-style-type: none"> Metastatic or locally recurrent solid malignant tumor ≥1 dependent child(ren) between the ages of 4 and 18 ECOG 0-2 Have a spousal caregiver/coparent 	<ul style="list-style-type: none"> ≥18 years old Share joint custody Speak and read English

Measures:

- Psychological symptoms (HADS) and parenting concerns (PCQ) and efficacy (CAPSE) at T1-T3

Intervention:

- Weekly sessions were delivered by an LPC via Zoom.
- Dyads in the intervention completed session evaluations.

Overview of Session Format and Topics:

Session	Format	Topic
1 (60min)	Dyadic	Illness Communications
2 (60min)	Dyadic	Family Routines and Rituals, Legacy Making
3 (60min)	Caregiver	Caregiver Illness Processing and Coping
4 (60min)	Caregiver	End of Life Preparations

Participants:

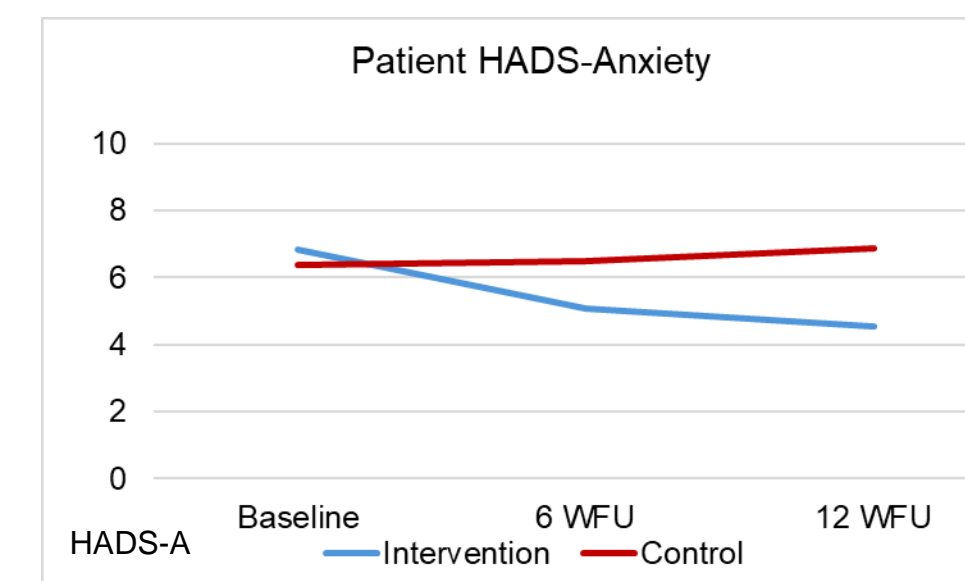
- Patients:** 56% female; 48% NHW; mean age = 42 yrs; 70% ≥ college degree; mean time since dx = 2.1 yrs; 52% had GI and 24% had breast cancer dx
- Caregivers:** 56% female; 42% NHW; mean age = 42 yrs, 72% ≥ college degree; 80% FT employed
- 46% of patient and 58% of caregivers reported clinical levels of anxiety; 50% of patients and caregivers reported clinical levels of depressive symptoms

Results:

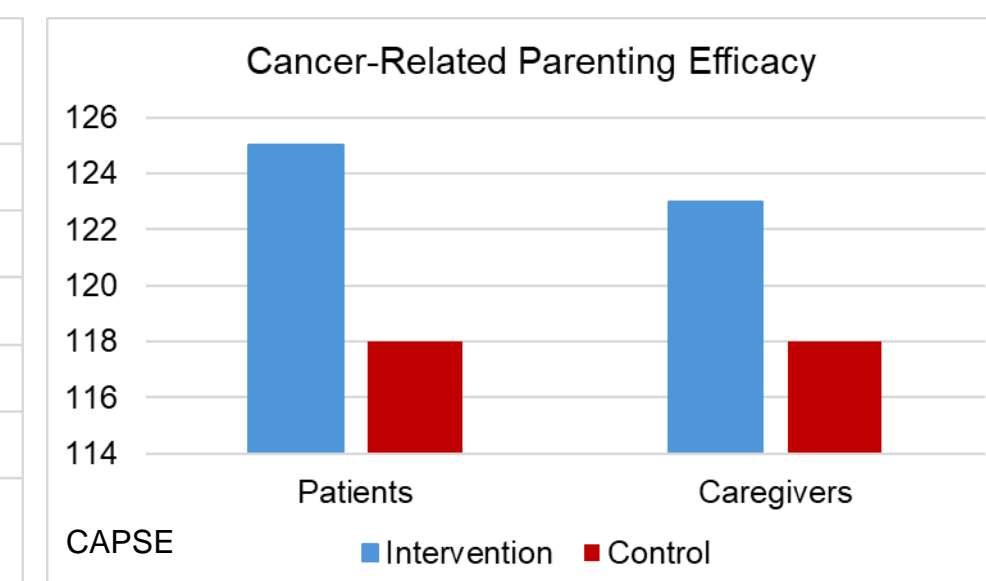
Feasibility Indicators:

- Consent rate:** 50%
- Attendance:** mean =3.5, SD=1.3, range=0-4 with 84% of dyads completing the intervention per protocol
- Acceptability:** 96% of patients and caregivers rated the intervention as useful and beneficial and would recommend it to others

Preliminary Efficacy:



MLM reveals significant effect for 6 and 12-Week FU at P<.05



GLM reveals significant effect for 6 FU at P<.05 for both patients and caregivers

- There were no significant effects for depressive symptoms and cancer-related parenting concerns.

Conclusions:

- This RCT revealed promising results regarding feasibility and preliminary efficacy (i.e., anxiety and efficacy).
- The dyadic and caregiver focused components were well received.
- We are currently enhancing and testing the intervention in medically underserved families.
- A large-scale efficacy trial is warranted.