

Translation and cultural adaptation of the Self-Help Plus stress management course for cancer patients in Viet Nam

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BACKGROUND

47.5%

of women's cancers in Viet Nam are breast and gynecologic cancers.



Cancer patients experience anxiety and depression in the absence of mental health support.¹

PURPOSE

To translate and adapt SH+ to be piloted among breast and gynecologic cancer patients in Viet Nam



REFERENCES

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2. Heim E, Kohrt BA. Cultural adaptation of scalable psychological interventions: A new conceptual framework. *Clin Psychol Eur*. 2019;1(4):1-22. doi:10.32872/cpe.v1i4.37679
3. World Health Organization. Self Help Plus (SH+): A group-based stress management course for adults. Published September 23, 2021. Accessed June 5, 2025. <https://www.who.int/publications/i/item/9789240035119>

METHODS

FORMATIVE RESEARCH

- Key informant interviews with oncologists, psychiatrists, hospital administrators, and cancer survivors
- Focus groups with cancer patients and caregivers

TRANSLATION & ADAPTATION

- Iterative translation of SH+ materials, incorporating cancer survivors, clinicians, and researchers
- Adaptation based on Heim and Kohrt's conceptual framework for psychological interventions²

Self-Help Plus (SH+)

- Group-based stress management course based on Acceptance and Commitment Therapy (ACT)
- Developed by the World Health Organization (WHO)³ for anyone who has experienced adversity
- 5 sessions (~90 minutes each)
- Lay facilitators (e.g., community leaders, community health workers)
- Audio clips + handouts

Vietnamese Self-Help Plus (vSH+)

- Translated and adapted by researchers, clinicians (oncologists, nurses), and cancer survivors
- 4 sessions (~75 minutes each)
- Nurses as lead facilitators; Cancer survivors as co-facilitators
- PowerPoint slides with audio clips + handouts

CONCLUSION



vSH+ showcases the use of robust research methods in the translation and cultural adaptation of evidence-based psychosocial interventions in LMICs.



A clinical trial is currently underway to pilot the acceptability and feasibility of vSH+.



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