

# canDIRECT

## New study for cancer survivors

*Help us test a novel treatment to help cancer survivors*

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It is common for people who have had cancer treatment to feel down, worried or stressed.

This study tests a novel approach to help people who have completed their cancer treatments manage their mood.

### *How might this help me?*

Study participants receive a binder containing a workbook, relaxation CDs, a DVD, online tools and other options. These tools include information and exercises designed to develop skills to improve low mood and worry. Telephone support is also available for those who might want it.

*The tools are yours to keep at the end of the study.*

### *Can I join the study?*

If you are 18 or older and have completed treatments (surgery, radiation, and/or chemotherapy) for a non-metastatic cancer, you may be eligible.

### *What is involved?*

People who are interested in signing-up complete an initial 15 minute screening interview over the telephone to determine if they are eligible.

If you are eligible and decide to sign up, you will be asked to complete 3 questionnaires: one at sign-up, one after 3 months, and a final one after 6 months. Each questionnaire takes about 30 minutes to complete, either on paper or online. Questions ask about your health and mood. You can complete them from your home - you will not be required to come to the study centre at any time.

### *To learn more...*

For additional information about the study, or to sign up, contact:

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### *Help us spread the word!*

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