

MY ROAD AHEAD: Navigating life after prostate cancer

Preliminary results of an RCT examining the efficacy of an online psychological support program for men after treatment for prostate cancer



 @AddieWootten

Research Team
Dr Addie Wootten
Prof Anthony Costello
A/Prof Declan Murphy

Dr Jo Abbott
A/Prof Britt Klein
A/Prof David Austin

Prof Marita McCabe
Ms Katherine Chisholm

RESEARCH PARTNERS



Prostate Cancer

Significant side effects post-treatment

- Erectile dysfunction
- Incontinence (bladder and bowel)
- Changes to sexual response
 - Lowered libido
 - Changed orgasmic sensation
 - Loss of ejaculate fluid
- Ongoing fear of cancer recurrence

The Psychological impact of Prostate cancer

Patient reported needs

- 54% unmet psychological needs
- 47% unmet sexuality needs
 - 25% had moderate or high unmet needs

Smith, D. P., Supramaniam, R., King, M. T., Ward, J., Berry, M., & Armstrong, B. K., (2007). Age, health, and education determine supportive care needs of men younger than 70 years with prostate cancer. *Journal of Clinical Oncology*, 25(18), 2560-2566.

MY ROAD AHEAD

This program aims to overcome the barriers for men in accessing appropriate support

- Stigma associated with accessing mental health services such as seeing a psychologist
- Lack of available services within the hospital setting
- Lack of appropriately trained and experienced psychologists or other support professionals within the community, particularly for rural or remote patients.



MY ROAD AHEAD

An online psychological intervention

6 module self-directed online program covering a range of topics:

- The emotional impact of prostate cancer
- Recognising emotions and learning how to manage distress
- Coping with physical changes
- Managing incontinence
- Stress management and relaxation
- Communication and relationships
- Sexuality and masculinity
- Sexuality, intimacy and relationships
- Planning for the future and coping with uncertainty

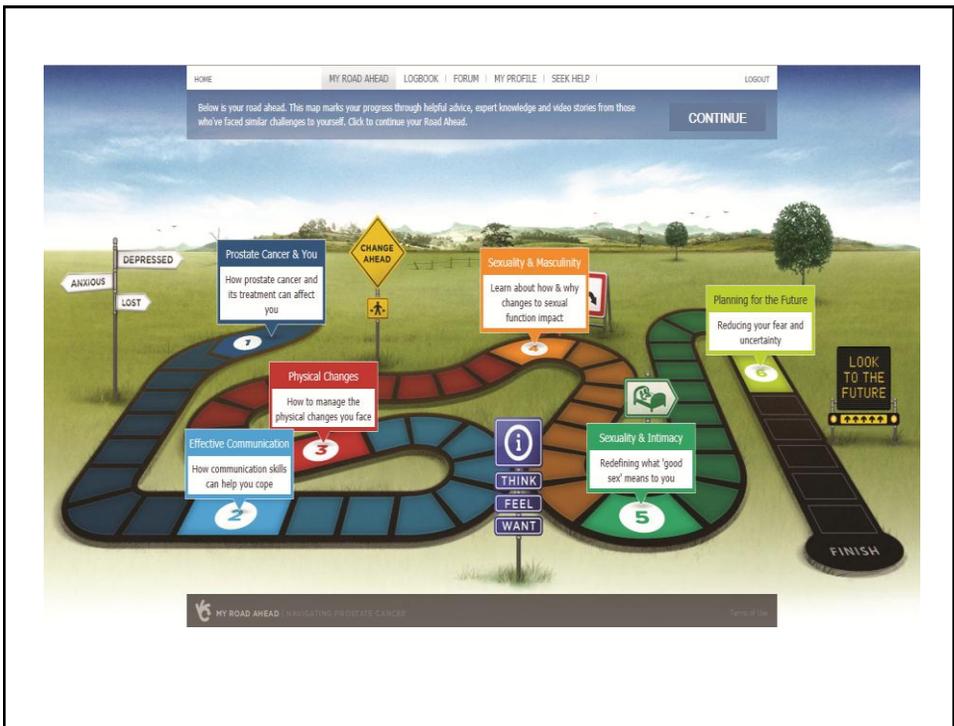
MY ROAD AHEAD

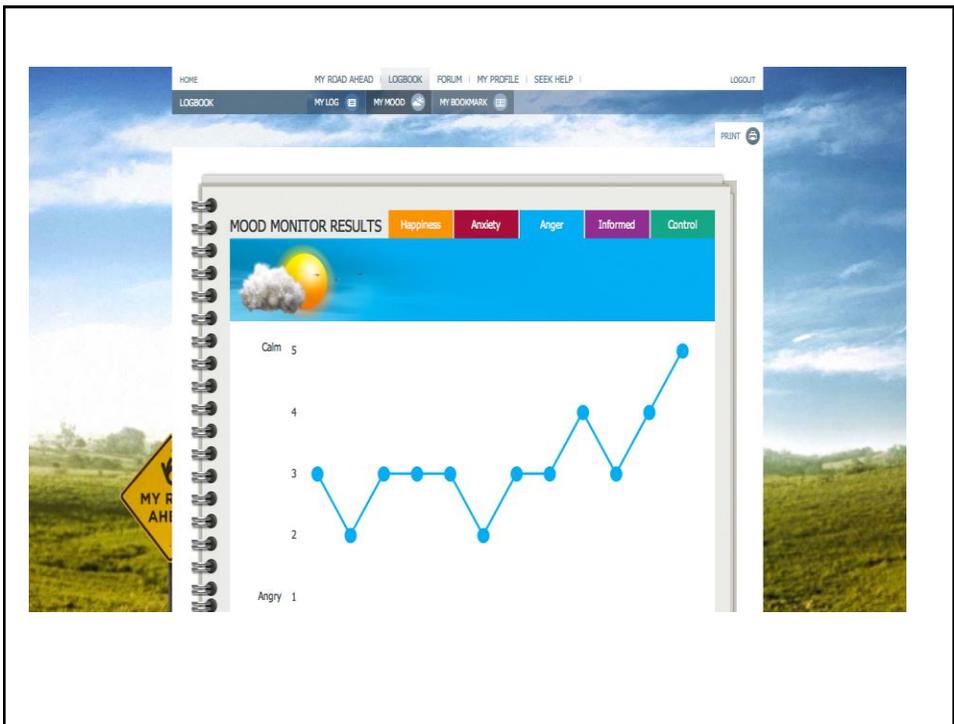
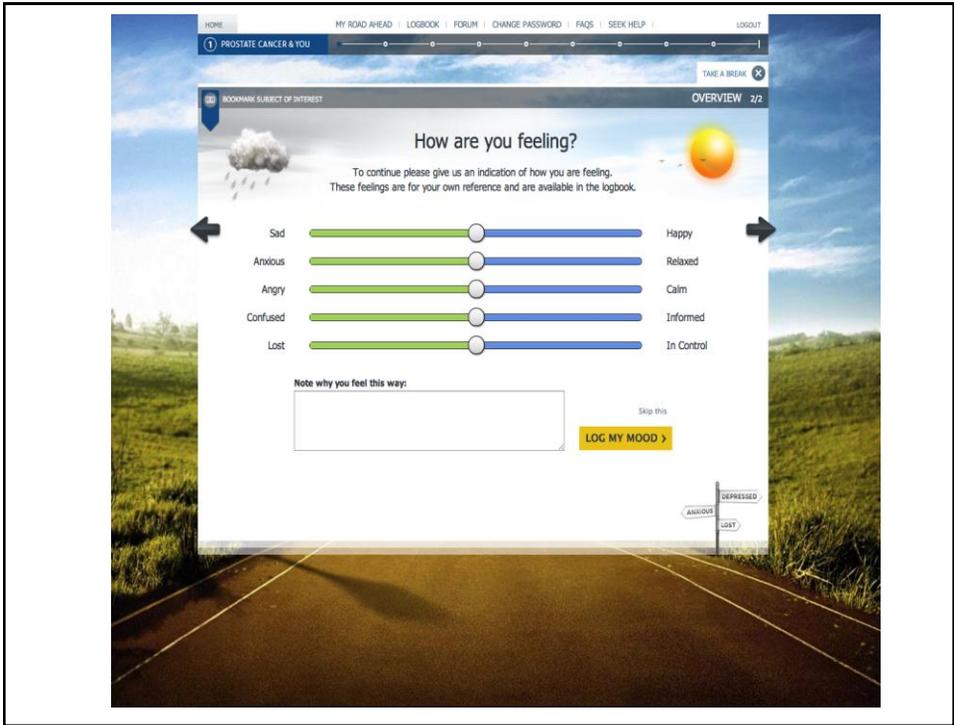
Components of the program

- Videos, interactive exercises and offline exercises
- Partner information and exercises are optional
- 10-week access to the program

Moderated bulletin board

- Topic driven forum for discussion between participants
- Information, questions and social support





MY ROAD AHEAD:

Measures

- Mood
 - Depression, Anxiety and Stress Scale - short form (DASS-21)
- Quality of life
 - Prostate Cancer Specific Quality of Life Scale,
 - International Index of Erectile Function (IIEF),
- Marital relationship
 - Kansas Marital Satisfaction Scale (KMSS),
- Communication style
 - Communication Patterns Questionnaire - Short Form (CPQ-SF),
- Demographics and program satisfaction

MY ROAD AHEAD: Pilot testing

Participants

- 64 completed baseline data collection and utilized the program for 2 months.
- Mean age 62 years (range 46-78 years)
- Mean time since diagnosis was 27.83 months (SD = 16.95)
- 98% received radical prostatectomy

Baseline functioning

- 21% of men experiencing symptoms of anxiety or stress, 24% depression
- Mean IIEF score = 27.31
- Very low sexual confidence

MY ROAD AHEAD: Participant feedback

It encouraged me to think about issues that have an impact on life and relationships

learning how others felt and what they experienced. Made me realise that I was not the only one

Learning the relationship between thoughts, feelings and behaviour was useful

It gave me better insight into my issues and thought processes, and how to manage them constructively

The offline exercises were helpful as they resulted in my wife and I communicating - this was the real benefit for me (and her too I think) - we talked about the issues

Should be used when first diagnosed

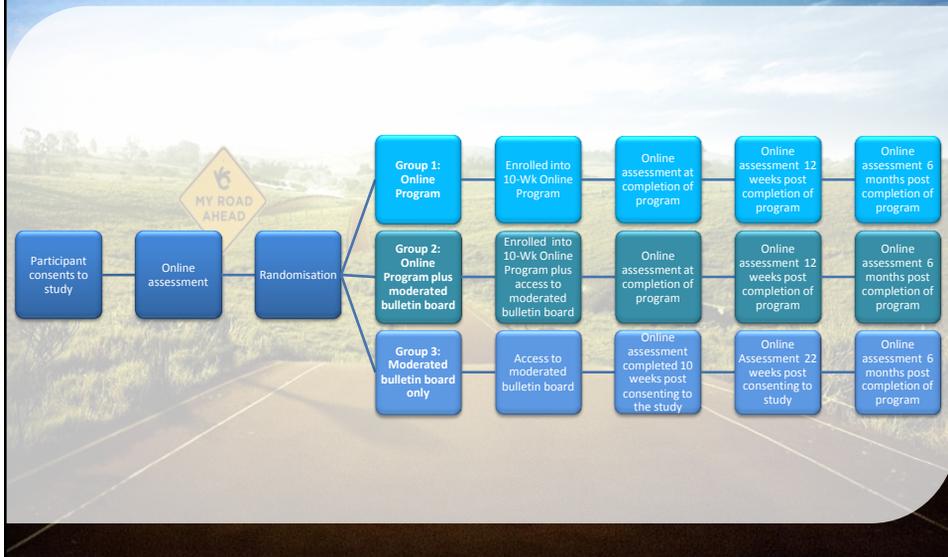
Being unable to bypass certain parts & return to them later was annoying. I just became frustrated with this aspect of the program, this was the reason for me failing to complete the program on time.

MY ROAD AHEAD: Pilot testing

Modifications as a consequence of user feedback

- Open access to modules so users can focus on modules most relevant to their concerns
- Integrated automated feedback to participants about proportion of program complete
- Time limitation and visual timer to encourage continued use of program
- Weekly email encouragement to continue engagement with the program
- Discussion posts by moderator on the forum

MY ROAD AHEAD: A Randomised Controlled Trial



MY ROAD AHEAD: A Randomised Controlled Trial

Participants

- Target N = 150
- Men who have received treatment in the last 5 years
 - Any type of treatment
 - Targeted towards men who have received treatment for local disease but men with locally advanced disease are welcome to join
- Single men
- Men in a relationship

MY ROAD AHEAD: Preliminary results

Participants

- N = 87
- Age = 61.64 (range 42-76 years)
- Marital Status:
 - Married = 78%

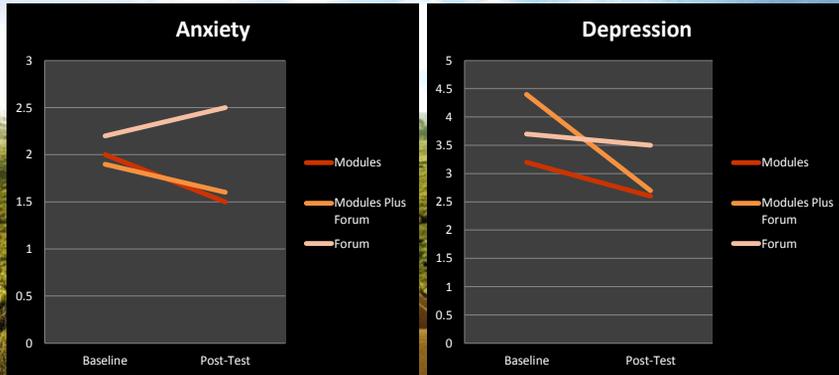
MY ROAD AHEAD: Preliminary results

Program Participation

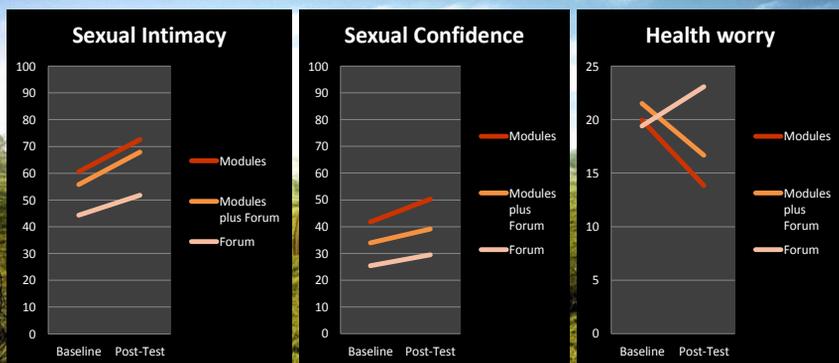
- 66 participants have completed pre and post test
 - 24% drop-out rate overall

	Modules only	Modules & Forum	Forum
Mean content completion	67%	64%	-
Drop out	N = 3	N = 2	N = 4
100% content completion	36%	37%	-

MY ROAD AHEAD: Preliminary Mood outcomes



MY ROAD AHEAD: Preliminary quality of life outcomes



MY ROAD AHEAD: Participant feedback

- 93% said they would recommend this program to someone else
- 21.4% said their partner was involved in the program
- Average program satisfaction rating was 7/10 (10 best, 1 worst)
- Reasons for choosing to do the program:
 - 17.5% anonymity
 - 10.5% convenience
 - 12.3% preference for self-help
 - 5.3% nothing else available
 - 1.8% financial constraints



MY ROAD AHEAD
NAVIGATING PROSTATE CANCER
myroadahead.org