

The IMPPACT Study: Intimacy and Mindfulness Post-Prostate Cancer Treatment

PURPOSE OF THIS STUDY:

Prostate cancer treatments are known to impact the sexual lives of men and their partners. Although treatments do exist to help rehabilitate sexual functioning, approximately 50% of people stop using these treatments after 6 months. Researchers at UBC and the Prostate Cancer Centre are developing a new treatment using mindfulness-based therapy to help couples cope with the changes that prostate cancer bring to their sexual lives.

WHO CAN PARTICIPATE?

Couples in which (at least) one member of the couple underwent treatment for prostate cancer.

WHAT IS INVOLVED?

- Couples are invited to a 4-week treatment group (one 2hr session per week)
- The treatment groups involve: Mindfulness-training, education about healthy sexuality after prostate cancer, and some other therapeutic skills.
- Complete daily home practice (e.g., guided mindfulness practice).
- Complete a total of 3 online questionnaires (one before the treatment group and 2 after the group is done).

CONTACT INFORMATION:

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To learn more about this study, visit vchri.ca/participate

STUDY TIME/DURATION

Ongoing until August 2018

STUDY LOCATION

Treatment groups will take place at the Diamond Health Care Center. Questionnaires will be done online at home.

PRINCIPAL INVESTIGATOR

Dr. Lori Brotto
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Executive Director,
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Affiliated Investigator



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