

# The INTROSPPECT study: Treatment for sexual health and couple intimacy after prostate cancer

## PURPOSE OF THIS STUDY:

One in eight men will be diagnosed with prostate cancer in their lifetime, and up to 90% of men who receive treatment will experience changes to their sexual functioning and their intimate lives. We are interested in evaluating different treatment options for improving intimacy in couples after prostate cancer treatment.

## WHO CAN PARTICIPATE?

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

## WHAT IS INVOLVED?

Couples will be randomized to one of three groups: 4-weeks of a mindfulness-based group therapy program, 4-weeks for a cognitive behavioural therapy (CBT) group therapy program, or 4-weeks of no treatment ("control" group).

As part of the study, both members of the couple will also complete 3 sets of online questionnaires; one at the time of study enrolment, one approximately 6 weeks later (for those randomized to the mindfulness or CBT arm, this will be immediately after the group is done), and one again 6 months later. These questionnaires take approximately 20-30 minutes. Some honoraria will be provided to participants.

## CONTACT INFORMATION:

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## PRINCIPAL INVESTIGATOR

Dr. Lori Brotto  
Professor, Department of Obstetrics &  
Gynaecology  
VCH Research Institute Affiliated  
Investigator

## STUDY TIME / DURATION

Ongoing until Fall 2019

## STUDY LOCATION

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

To learn more about this study, visit [vchri.ca/participate](http://vchri.ca/participate)