

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

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This protocol was approved by UBC Behavioural Ethics Board (H16-02857)

Background

1/8 men are diagnosed with prostate cancer¹

Relative survival rates²

- 5-years: 100%
- 10-years: 98%
- 15-years: 95%

Sharp decline in sexual functioning & satisfaction^{1,2}

Experience sexual dysfunction^{1,3}

- Erectile dysfunction
- Climacturia
- Anorgasmia
- Incontinence

Increased psychological distress⁴

Sexual rehabilitation treatments fall short...

50% Stop using medical interventions (PDE5 inhibitors, vacuum device, penile injections) irrespective of effectiveness⁵

? Psychosocial interventions aren't evidence-based⁶

Enter mindfulness... { Present-moment, non-judgemental awareness }

Which has been used to treat sexual dysfunction in

- women⁷
- men⁸
- And couples⁹

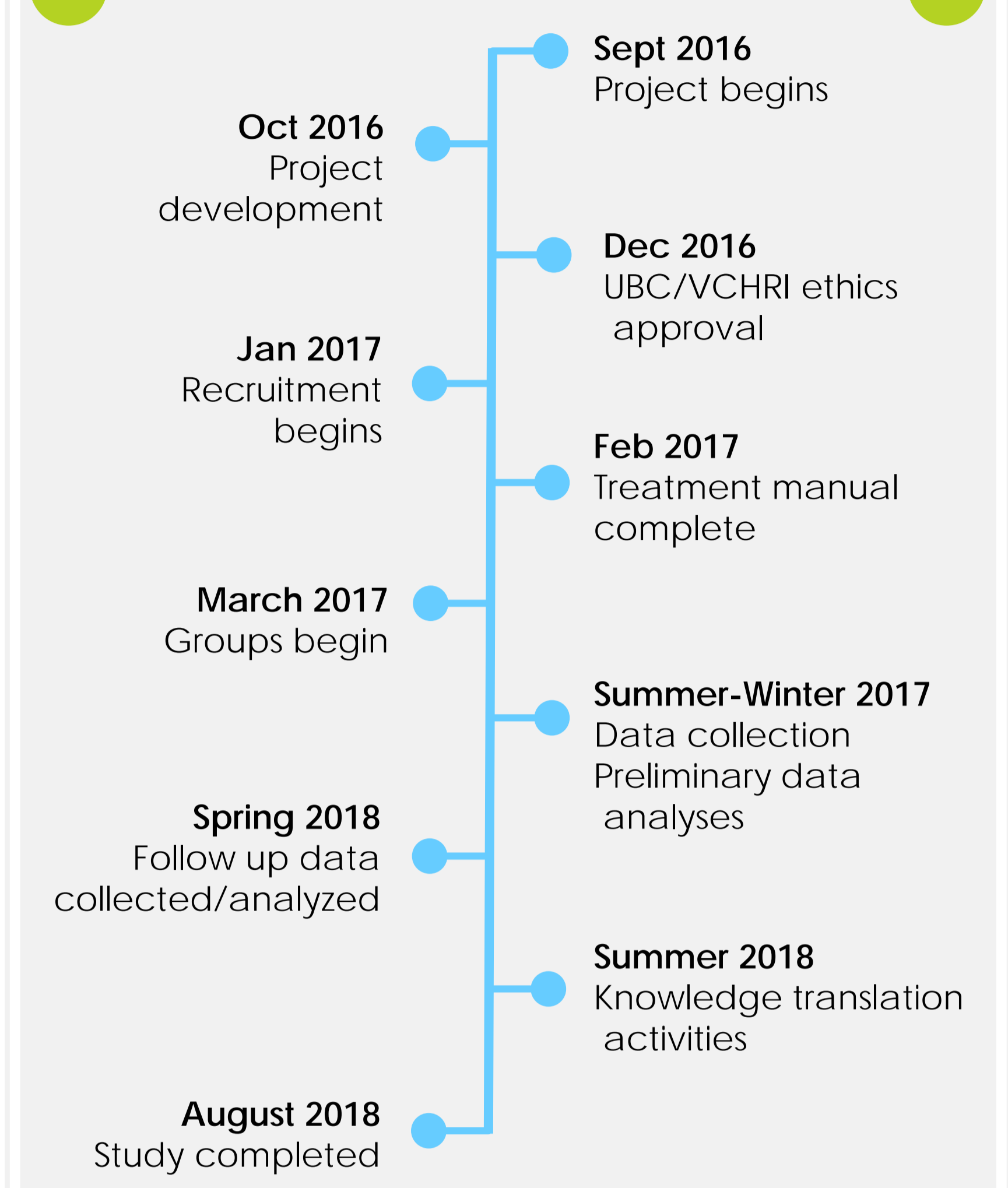
Research Question

The current study aims to assess whether mindfulness-based therapy is **feasible** and **efficacious** for improving outcomes for couples following prostate cancer treatments.

Objectives

- Demonstrate efficacy of the group in primary endpoints of sexual well-being**
 - International Index of Erectile Functioning (IIEF)
 - OR IIEF for Men who have Sex with Men (IIEF-MSM)
 - OR Female Sexual Functioning Index (FSFI)
 - GMSEX
 - Sexual activity scale
 - Adapted Dyadic Adjustment Scale (A-DAS)
- Demonstrate improvement in secondary endpoints of mental well-being and health-related quality of life**
 - Hospital Anxiety and Depression Scale (HADS)
 - UCLA Prostate Cancer Index
- Demonstrate long-term gains in primary and secondary endpoints.**
 - Above mentioned 6 months post-treatment
- Explore individual tertiary endpoints of treatment factors that predict improvements**
 - Five Facets of Mindfulness Questionnaire; Short form (FFMQ-SF)
 - Expectations for treatment
 - Time since prostate cancer treatment
 - Penile rehabilitation aids use
 - Mindfulness Practice (amount daily)

Timeline



The Intervention

4 consecutive weeks
 2.25hr sessions
 3-6 couples
 1 trained facilitator
 Daily home-practice

- Session 1**
 - Body Scan
 - Non-goal directed sex
 - Back to back sensing
- Session 2**
 - Breathing together
 - Mindfulness and avoidance
 - Sexual response cycle
 - Intro to sensate focus
- Session 3**
 - Breath, body, sounds, thoughts
 - Acceptance of sex after PC
 - 5-part CBT diamond model
 - Self-exploration with touch
- Session 4**
 - Mindful listening
 - Redefining sex
 - Maintaining mindfulness practice
 - 3-minute breathing space

Methods & Recruitment

Couples with complaints of sexual difficulties secondary to prostate cancer treatments ($N=41$, based on anticipated medium effect size, $\alpha = .05$, power = 0.8) are being recruited at **Vancouver General Hospital** through the **Prostate Cancer Supportive Care Program** from the Vancouver Prostate Centre.

Couples randomized to an **immediate** or **delayed (control)** treatment group.

Couples take part in a mindfulness-based treatment group consisting of four 2-hour group sessions comprised of education, elements of sex therapy, and mindfulness training.

Men and their partners complete validated questions at **three time-points** (pre-, immediately post-, and 6-months post-treatment) to assess outcomes related to sexuality (primary endpoints), well-being (secondary endpoints), and treatment adherence (tertiary endpoints).

