

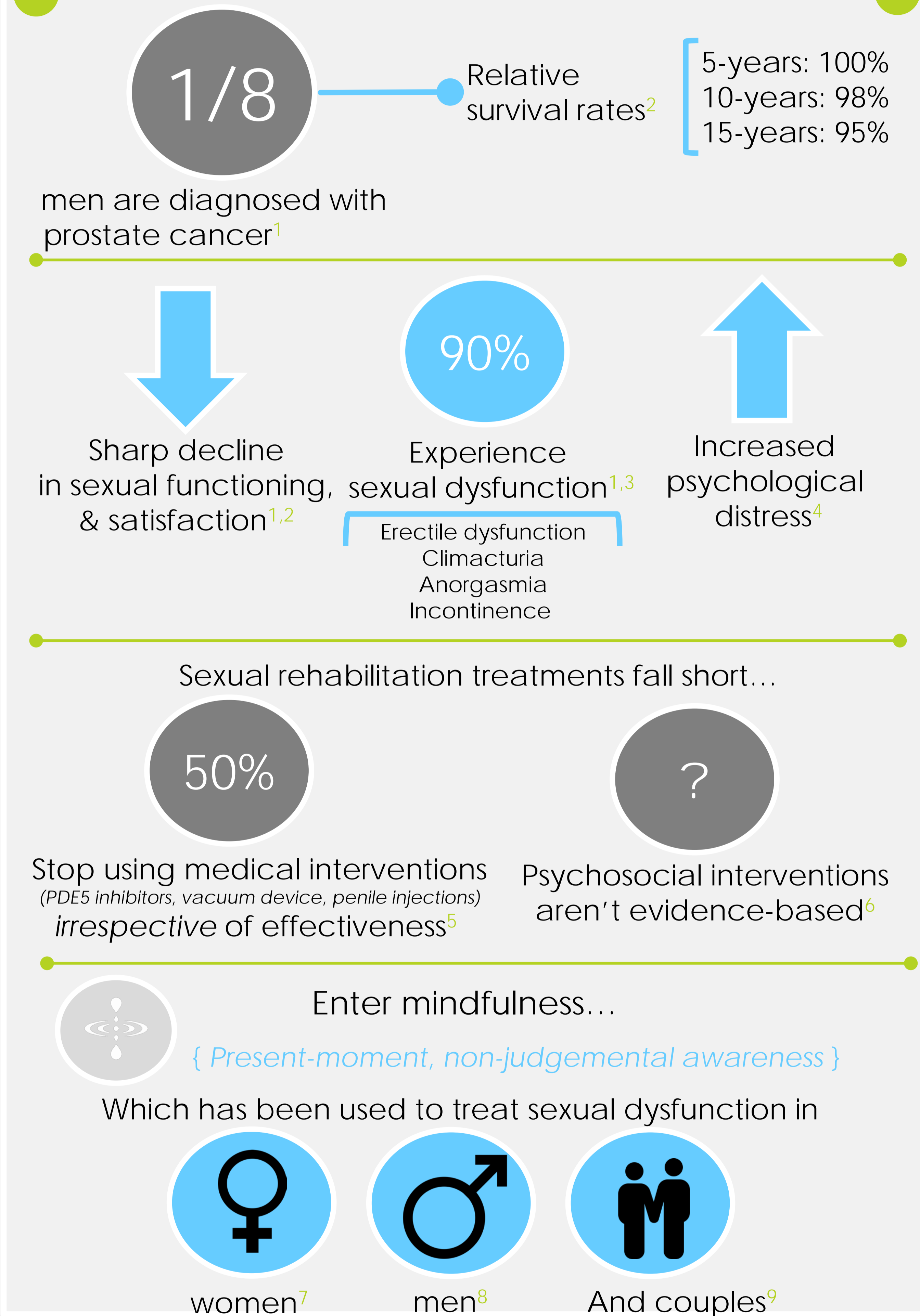
# Intimacy and Mindfulness Post-Prostate Cancer Treatment: The IMPPACT Study

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

## Background



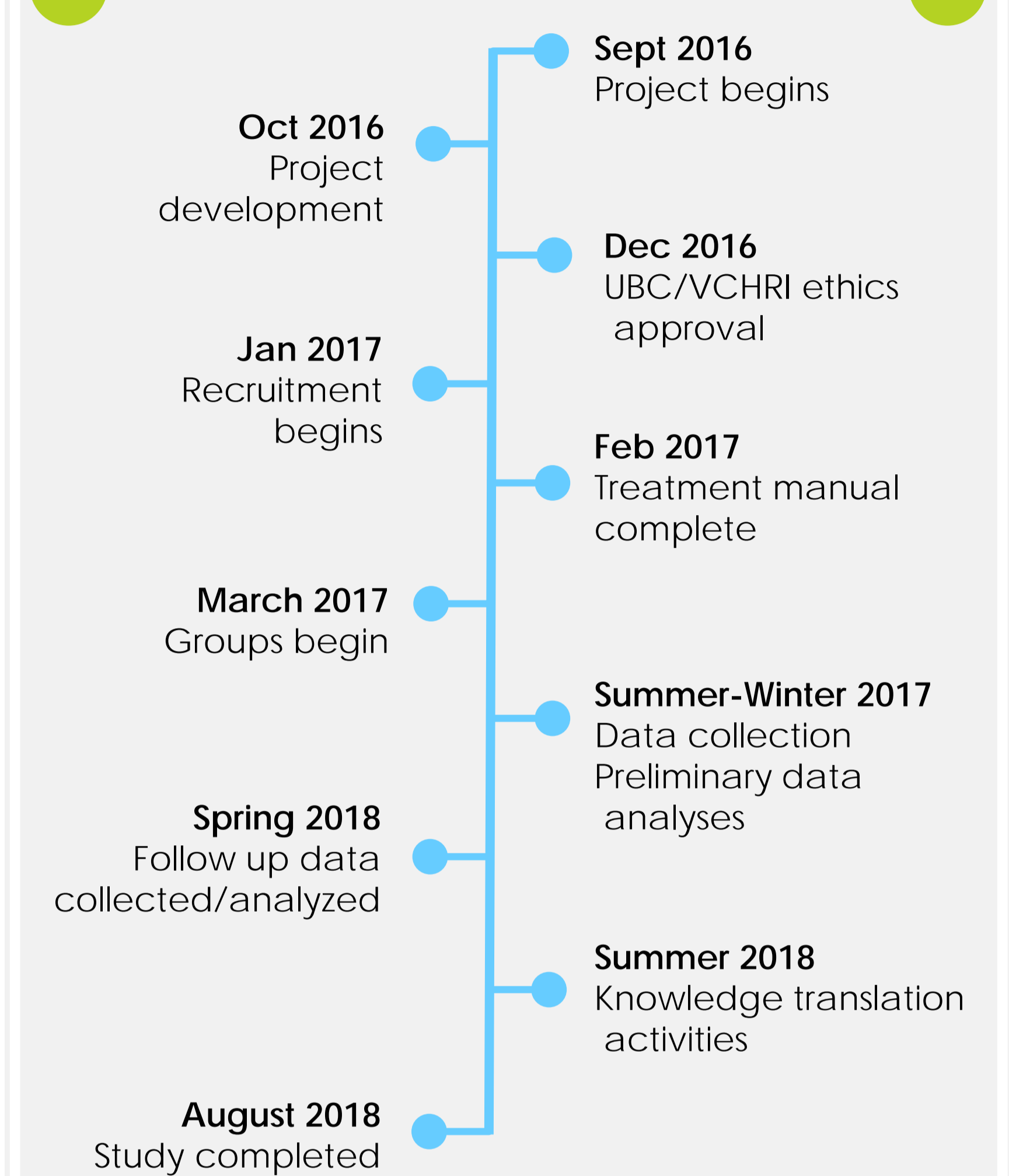
## Research Question

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

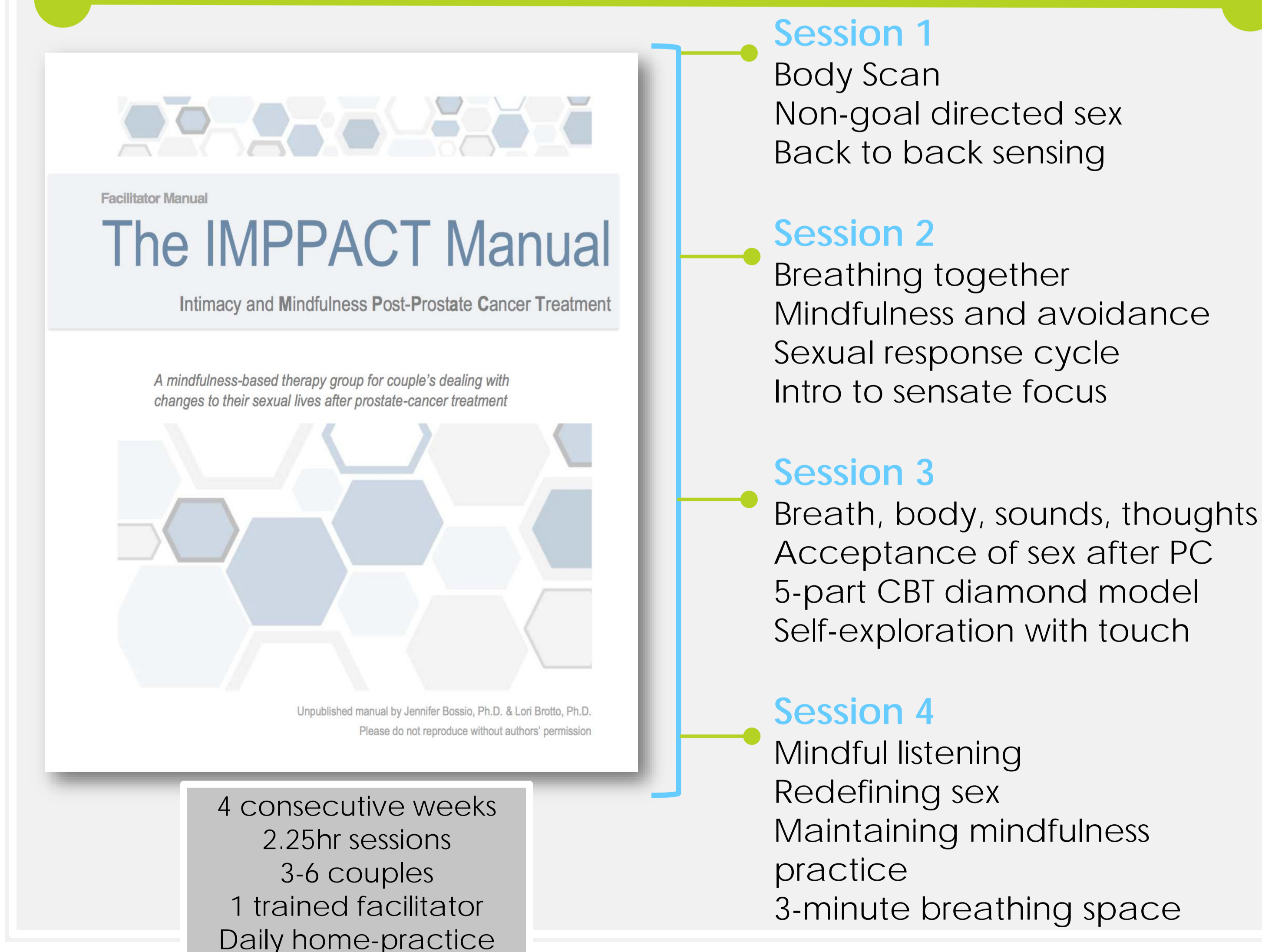
## Objectives

- 1. 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)
- 2. 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
- 3. Demonstrate long-term gains in primary and secondary endpoints.**
  - Above mentioned 6 months post-treatment
- 4. 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



## 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).

