INTIMACY AND MINDFULNESS
POST-PROSTATE CANCER TREATMENT:
LESSONS LEARNED FROM THE IMPACT STUDY

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BACKGROUND

1 in 7 Canadian men are diagnosed with prostate cancer (PC)

Relative survival rates:
- 5-years: 100%
- 10-years: 98%
- 15-years: 94.6%

Up to 90% of PC survivors experience sexual health difficulties and resulting psychological distress

Enter mindfulness...

ACKNOWLEDGEMENTS

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METHODS

Recruitment

Couples with sexual intimacy complaints
Completed PC treatment (any)
Willing/available for all sessions

TIME 1: Pre-treatment measures
Demographics
Relationship satisfaction (RAS)
Sexual Intimacy (GMSEX)
Sexual functioning (IIEF, FSFI)
Mental wellbeing (HADS)

TIME 2: Post-treatment measures
1 Facilitator
4 consecutive weeks
2.25 hr sessions
Daily homework
Included education, sex therapy elements, and mindfulness

TIME 3: Follow-up measures
Immediately after group ended
Same measures as Time 1

All participants were invited to complete a qualitative feedback interview

Analyzed via Grounded Theory Approach

6-month follow-up
Same measures as Time 1 and 2

* Analyses presented in this poster focus on Time 1 vs Time 2 via Linear mixed effects analysis

QUALITATIVE RESULTS

8 interviews completed
4 independent reviewers
Grounded theory approach

N = 7 (all male identified)
M age = 68.3 yrs
SD = 3.4
Range = 64-74

N = 4 (all female identified)
M age = 62 yrs
SD = 8.1
Range = 50-68

QUALITATIVE ANALYSES revealed the following 6 themes:

PC as a couple’s disease

Impact of illness

TREATMENT MODALITY (I.E., MINDFULNESS)

INDIVIDUAL FACTORS

MECHANISMS FOR CHANGE

GROUP DYNAMICS

RELATIONSHIP SATISFACTION (ADAS)

SEXUAL INTIMACY (GMSEX)

SEXUAL FUNCTIONING (IIEF OVERALL SATISFACTION/FSFI TOTAL)

MENTAL WELLBEING, ANXIETY (HADS)

MENTAL WELLBEING, DEPRESSION (HADS)

QUANTITATIVE RESULTS

14 couples
5 iterations of the group

N = 14 (all male identified)
M age = 65.6 yrs
SD = 6.6
Range = 52-74

N = 14 (all female identified)
M age = 61.4 yrs
SD = 8.2
Range = 44-74

QUANTITATIVE ANALYSES, comparing TIME 1 and TIME 3 outcomes revealed:

REFERENCES & ACKNOWLEDGEMENTS


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CONCLUSIONS & NEXT STEPS

QUANTITATIVE ANALYSES provide preliminary evidence that mindfulness may hold promise for addressing sexual intimacy concerns among PC survivors and their partners.

QUALITATIVE ANALYSES revealed two groups of participants: Those who were ready, engaged, and attributed self-reported gains to the treatment, and a second group who were less engaged and perhaps less ready to take part in this treatment.

Outcomes elucidate important questions about TIMING AND FIT OF PSYCHOSOCIAL INTERVENTIONS (i.e., personalized medicine).

FUTURE RESEARCH:

Future research will explore this further through a randomized clinical trial comparing mindfulness, CBT, and no intervention (i.e., the INTROSPECT study) [Innovations in the treatment of sexual health post-prostate cancer treatment funded by the Movember Discovery Grant.