



**MINDFULNESS & CBT
IMPROVES SEXUAL
HEALTH & INTIMACY
IN COUPLES AFTER PROSTATE CANCER**

OUR STUDY AT **UBC SEXUAL HEALTH RESEARCH** FOUND THAT PRACTICING MINDFULNESS AND CBT HELPED COUPLES IMPROVE THEIR SEX LIFE AFTER CANCER.

WHAT IS MINDFULNESS?

Mindfulness can be simply defined as present-moment, non-judgmental awareness. This means intentionally bringing awareness to your thoughts, feelings, and bodily sensations through practices such as meditation, yoga, or even walks. Prostate cancer survivors who practice mindfulness have reduced anxiety and distress related to their diagnosis for improved quality of life.

WHAT IS CBT?

Cognitive Behavioural Therapy (CBT) is a type of psychological treatment that focuses on identifying and challenging negative thoughts and behaviours. Practicing CBT techniques helps survivors cope with symptoms after hormonal treatments and can even help manage fatigue. It can also increase survivors' self-esteem post-treatment.

Our study was the first to look at these methods as a way to improve sexual health and intimacy for both prostate cancer survivors and their intimate partners. We found that mindfulness helped reduce feelings of distress about sexuality for couples long after prostate cancer treatment, and that CBT improved sexual satisfaction and quality of life.

To learn more about Mindfulness and CBT, our study, and how to practice these techniques at home (including free practice links), visit pcscprogram.ca/module-2/mind-cbt.



UBCsexualhealth
RESEARCH



Prostate Cancer
Supportive Care