

Validation of CALM psycho-social therapy in metastatic breast cancer patients in Portugal



Luzia Travado

Head of Psycho-Oncology

Fundação D. Anna de Sommer Champalimaud
e Dr. Carlos Montez Champalimaud

📍 Lisbon, Portugal



**Champalimaud
Foundation**

“

“With this grant we expect to make available for Portuguese speaking MBC patients a cost-effective psychosocial intervention to respond to patients’ psychosocial needs and contribute to reduce their high levels of distress and existential suffering in this most challenging phase of their lives.”



Read more on the SPARC MBC Challenge at uicc.org/SPARC

Short description

Clinical trial to test and validate in Portuguese metastatic breast cancer (MBC) patients a brief psychotherapy model shown to reduce depression and other symptoms of distress and improve quality of life.

Abstract

The prevalence of distress in MBC patients has been reported to be 42%, making it critical for these patients to benefit from psychosocial cancer services. The CALM (Managing Cancer and Living Meaningfully) intervention developed in Canada is designed as an individual therapy intended for patients with advanced disease to address the specific psychosocial needs and risk factors that contribute to the emergence of depressive symptoms. The psychosocial benefits of CALM therapy have already been successfully tested in Canada and European countries, showing significant reductions in depressive symptoms and death anxiety and a significant improvement in spiritual wellbeing over time. We will conduct a randomised control trial to test and validate the CALM intervention as a short therapy model to reduce depression and other symptoms of distress and improve quality of life of Portuguese MBC patients. We will also adapt and translate the CALM therapy manual for MBC Portuguese patients for its application and dissemination in Portugal and in the Portuguese-speaking countries. We expect to help alleviate depression and death anxiety and increase the sense of meaning and purpose in life in patients diagnosed with MBC in Portugal, and to develop a reliable cost-effective psychosocial oncology intervention which can be also used in other Portuguese-speaking countries.

Focus areas

National planning

Stakeholders

Patients



A MEMBERSHIP ORGANISATION
FIGHTING CANCER TOGETHER

Supported by

