

## New study for cancer survivors

**Help us test a novel treatment to help cancer survivors better manage their mood**

Local researchers:  
(Princess Margaret Cancer Centre)  
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Study funded by:



**Canadian  
Cancer  
Society**

**It is common for people who have had cancer treatment to feel down, worried or stressed.**

## How might this help me?

As a study participant, you would receive:

- A booklet about life after cancer treatments
- A workbook to help you set realistic goals towards feeling better
- A workbook to help you manage worry
- A notebook and smart phone app to monitor your mood
- A video featuring individuals discussing how low mood has affected them and how they overcame it
- Relaxation CDs
- Additional resources about healthy eating, complementary therapies and available community resources
- A helpful booklet for family and friends

## Can I join the study?

If you are 18 or older and have completed treatments (surgery, radiation, and/or chemotherapy) for a non-metastatic cancer, you may be eligible.

## What is involved?

If you are interested, you will be invited to complete a 15 minute screening interview over the phone to determine if you are eligible. If you are eligible and decide to sign up, you will be asked to complete 3 questionnaires: one at sign-up, then 3 and 6 months later. Each takes about 30 minutes to complete, either on paper or online. Questions ask about your health and mood. You can complete them from your home and you will not be required to come to the study centre at any time.

## To learn more...

For additional information about the study, or to sign up, contact:

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## Help us spread the word!

Tell someone you know who might be interested, or share this link through Facebook or Twitter:  
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