

SU IT RESEARCH

Cognitive Functioning and Work-Related Outcomes in Cancer: Efficacy of a Web-Based Cognitive Rehabilitation Program

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PhD program in Psychology



CANCER-RELATED COGNITIVE IMPAIRMENT



work-related outcomes



INTERVENTION

UCLA Cognitive Rehabilitation
Intervention Program for Breast
Cancer Survivors



- ✓ Accessibility
- ✓ Cost-effectiveness

MAIN AIMS

1. **Translate and adapt** the *UCLA Cognitive Rehabilitation Intervention Program for Breast Cancer Survivors* into a web-based platform to Portugal.
2. Evaluate its **usability**.
3. Determine its **efficacy** on working non-central nervous system (CNS) cancer survivors.

No cognitive rehabilitation program has considered its impact on work-related outcomes

There are no available specific programs to address this problem in Portugal

2019-2020
[in progress]

Relationship between cognitive functioning and work-related outcomes on non-CNS cancer survivors

[SYSTEMATIC REVIEW]
PROSPERO (CRD42020165458)

(collaboration: Diane Von Ah; Indiana University)

2019-2020
[in progress]

Validation study of the *Functional Assessment of Cancer Therapy-Cognitive Function (FACT-Cog - version 3)* and *Cognitive Symptom Checklist-Work 21 (CSC-W21)*

(collaboration CSC-W21: Michael Feuerstein)

- **Age (range):** Adults (18 - 65 years)
- **Cancer types:** All types, except CNS
- **Treatments:** Completed
- **Data collection:** Online

CONTRIBUTIONS

- Explore the relation between cognitive functioning and work-related outcomes

- Provide two validated measures to assess cancer-related cognitive symptoms (both global and work-related) in Portuguese cancer survivors

- ✓ Cross-cultural translation and adaptation
- Assessment of psychometric properties (reliability and validity)

2020-2023
[planning]

Web-based cognitive rehabilitation program

[AUTHOR: LINDA M. ERCOLI, UCLA]


- P**_{opulation} Working non-CNS cancer survivors with completed treatments
- I**_{ntervention} Web-based intervention
- C**_{omparison} No intervention
- O**_{utcome} Cognitive concerns +
Cognitive deficits, work-related outcomes (work ability and work limitations), mood (anxiety and depression) and QoL
- T**_{iming} Immediately after (T1) and 2 months (T2) after baseline (T0)

CONTRIBUTIONS

- Provide a web-based cognitive rehabilitation program for Portuguese cancer survivors



UCLA Cognitive Rehabilitation Intervention Program for Breast Cancer Survivors

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- Cultural translation and adaptation of the program materials
 - Design and development of the web-based interface
 - Usability
 - Efficacy

CURRENT IMPACT

[presently on the 10th month from PhD start]

- 1 paper submitted
- 3 papers in preparation
- 1 communication at a national conference

OTHER TEAM MEMBERS

- Anabela Pereira (DEP-UA; CIDTFF)
- Sara Monteiro (DEP-UA; CINTESIS)
- Ana Bártolo (DEP-UA; CINTESIS)
- Helena Sousa (ESSUA; CINTESIS)
- Rita Tavares (ESSUA; CINTESIS)
- David Oliveira (DeCA-UA; DigiMedia)
- Milaydis Sosa Napolskij (CINTESIS)

Thank you for your attention!

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Ana Filipa Oliveira, Isabel M. Santos, Ana Torres, Linda M. Ercoli

Cancer-related cognitive impairment (CRCI) is one of the most frequent and worrying side effects experienced by non-central nervous system (CNS) cancer survivors, generally related to oncological treatments. Considering its detrimental impact on quality of life, including work-related outcomes, it is necessary to identify effective intervention options. Cognitive rehabilitation is considered the first-line intervention to address CRCI, being effective at improving cognitive functioning. The UCLA Cognitive Rehabilitation Intervention Program for Breast Cancer Survivors is one of such programs, with documented efficacy to ameliorate CRCI. To date, no cognitive rehabilitation program has taken into consideration its impact on work-related outcomes. Furthermore, in Portugal, there are no specific programs available to intervene in this population. Since web-based interventions have the potential to overcome accessibility issues and are cost-effective, the purpose of this research is to translate and adapt the existing UCLA Cognitive Rehabilitation Intervention Program for Breast Cancer Survivors into a web-based platform to the Portuguese context, evaluate its usability, and determine its efficacy concerning CRCI and work-related outcomes on working non-CNS cancer survivors. This will be a unique program in Portugal, being the first online cognitive rehabilitation program specifically developed to address cognitive functioning of cancer survivors.