

Supplemental Materials

An Acceptance and Commitment Therapy (ACT) Group Intervention for
Cancer Survivors Experiencing Anxiety at Re-entry

Joanna J. Arch, Ph.D.

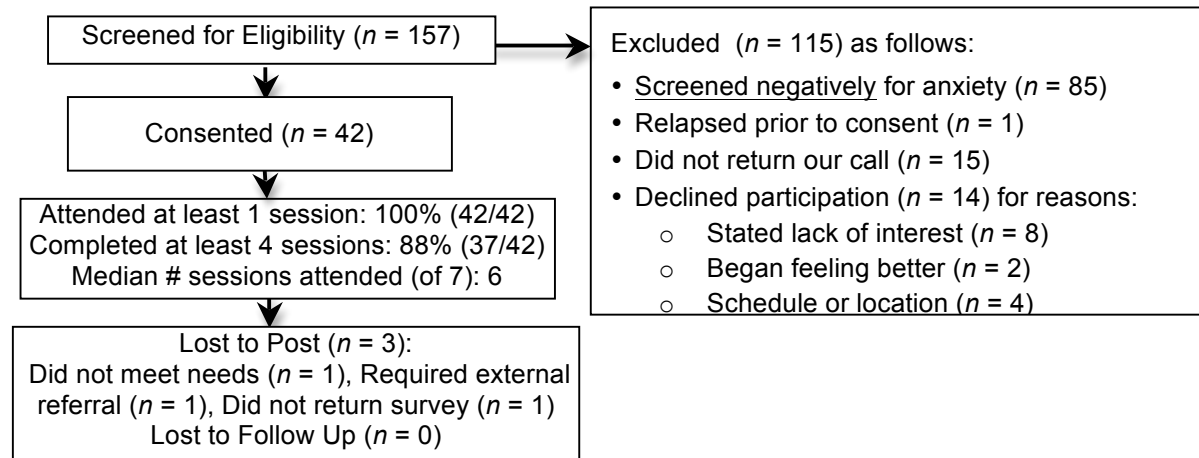
University of Colorado Boulder

Department of Psychology and Neuroscience

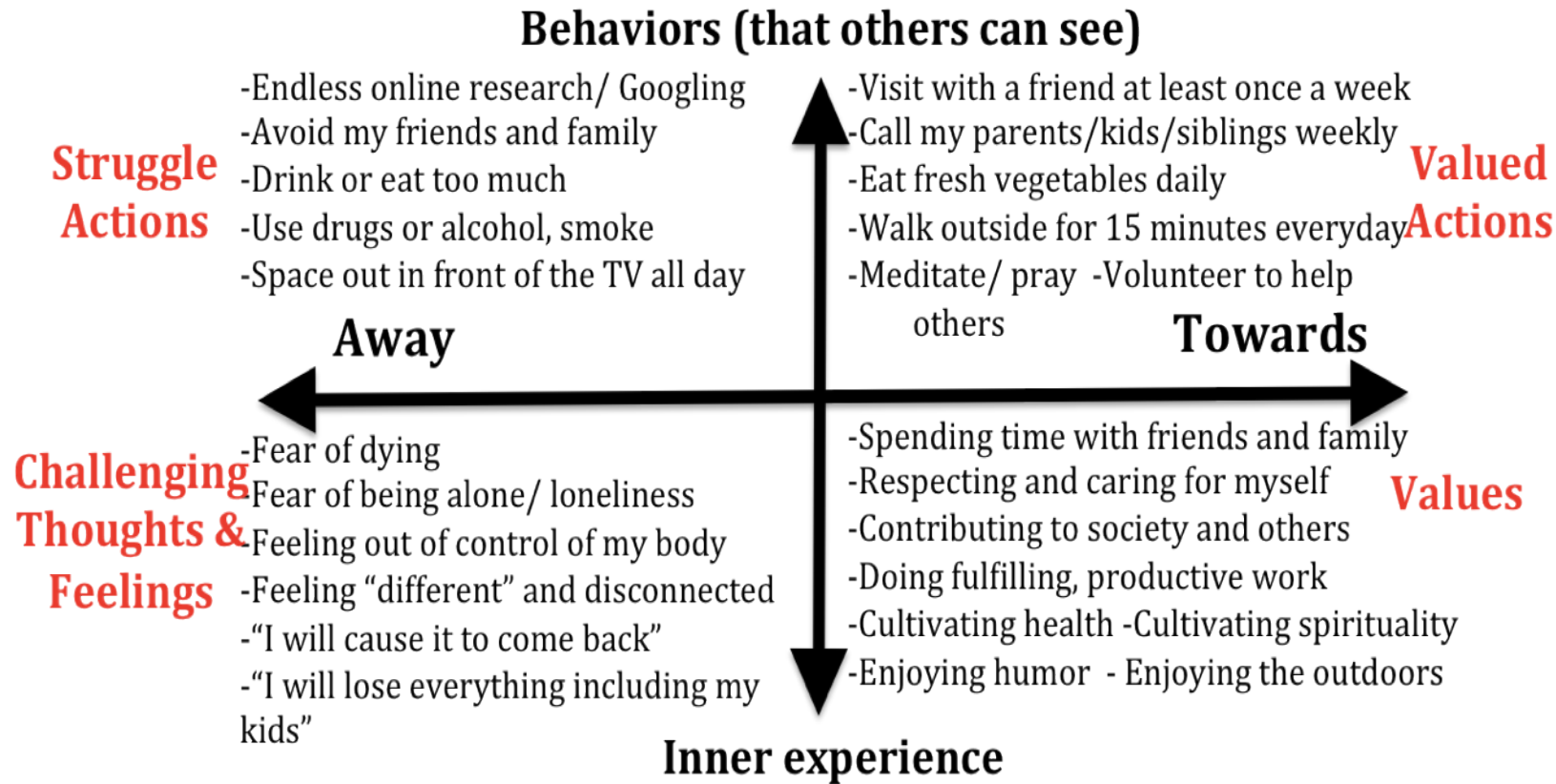
Jill L. Mitchell, Ph.D., L.C.S.W., O.S.W.-C

Rocky Mountain Cancer Centers-Boulder

Supplemental Figure 1. Patient Flow



Supplemental Figure 2. Sample Matrix



Supplemental Table 1. Raw Outcomes by Assessment Point^a

	Baseline 1 ^b		Baseline 2		Baseline 3		Post		Follow-Up	
	<i>M</i>	<i>SE</i>	<i>M</i>	<i>SE</i>	<i>M</i>	<i>SE</i>	<i>M</i>	<i>SE</i>	<i>M</i>	<i>SE</i>
<i>Broad symptoms</i>										
Anxiety STAI	48.97	1.98	50.75	1.79	49.03	1.97	41.97	2.23	39.50	1.83
Depression CESD	26.72	1.96	25.29	1.59	24.80	1.77	16.24	1.81	14.58	1.57
<i>Cancer-specific symptoms</i>										
Cancer-related traumatic impact IES-R	2.44	.09	2.63	.11	2.52	.13	2.28	.12	2.17	.13
Fear of cancer recurrence CARS	4.31	.16	4.24	.18	4.32	.18	4.01	.18	3.77	.20
Physical pain reduction RAND SF-36	59.50	3.45	59.09	4.30	58.90	4.13	64.66	4.84	68.25	4.88
<i>Positive outcomes</i>										
Vitality RAND SF-36	29.00	3.57	29.51	2.92	34.63	3.47	42.82	3.92	47.31	4.08
Sense of life meaning OLQ	4.68	.22	4.84	.17	4.92	.18	5.33	.15	5.38	.18
Sense of life comprehensibility OLQ	3.45	.15	3.60	.14	3.61	.15	3.86	.16	4.07	.15
Sense of life manageability OLQ	4.56	.19	4.54	.16	4.59	.16	4.82	.15	4.97	.15

^a Baselines were administered 1-1.5 weeks apart from one another over the course of ~1 month. Post was 1 week after the last group session; follow-up was 3 months following Post.

^b To accommodate last-minute participants, the 4th group completed only the second and third baselines.