Supplemental Materials

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

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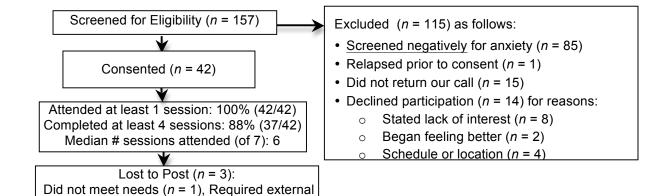
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referral (n = 1), Did not return survey (n = 1)Lost to Follow Up (n = 0)



Behaviors (that others can see)

Struggle -Drink or eat too much

-Endless online research/ Googling

-Avoid my friends and family

Actions -Use drugs or alcohol, smoke

-Space out in front of the TV all day

-Visit with a friend at least once a week

-Call my parents/kids/siblings weekly

-Eat fresh vegetables daily

-Walk outside for 15 minutes everyday Actions

-Meditate/pray -Volunteer to help **Towards**

others

Away

Challenging Fear of dying Fear of being alone/loneliness

Thoughts & Feeling out of control of my body

Feelings -Feeling "different" and disconnected

-"I will cause it to come back"

-"I will lose everything including my kids"

-Spending time with friends and family

-Respecting and caring for myself

Values

Valued

-Contributing to society and others

-Doing fulfilling, productive work

-Cultivating health -Cultivating spirituality

-Enjoying humor - Enjoying the outdoors

Inner experience

Supplemental Table 1. Raw Outcomes by Assessment Point^a

| | Baseline 1 ^b | | Baseline 2 | | Baseline 3 | | Post | | Follow-Up | |
|---------------------------------------|-------------------------|------|------------|------|------------|------|-------|------|-----------|------|
| | M | SE | M | SE | M | SE | M | SE | M | SE |
| Broad symptoms | | | | | | | | | | |
| 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 |
| | | | | | | | | | | |
| Cancer-specific symptoms | | | | | | | | | | |
| 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 |
| | | | | | | | | | | |
| Positive outcomes | | | | | | | | | | |
| 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; followup was 3 months following Post.

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