Supplemental Materials

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

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Supplemental Figure 1. Patient Flow

Excluded (n = 115) as follows:
- Screened negatively for anxiety (n = 85)
- Relapsed prior to consent (n = 1)
- Did not return our call (n = 15)
- Declined participation (n = 14) for reasons:
  - Stated lack of interest (n = 8)
  - Began feeling better (n = 2)
  - Schedule or location (n = 4)

Consented (n = 42)

Attended at least 1 session: 100% (42/42)
Completed at least 4 sessions: 88% (37/42)
Median # sessions attended (of 7): 6

Lost to Post (n = 3):
Did not meet needs (n = 1), Required external referral (n = 1), Did not return survey (n = 1)
Lost to Follow Up (n = 0)
Supplemental Figure 2. Sample Matrix

**Behaviors (that others can see)**
- Endless online research/ Googling
- Avoid my friends and family
- Drink or eat too much
- 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
- Meditate/ pray - Volunteer to help others

**Values**
- Spending time with friends and family
- Respecting and caring for myself
- Contributing to society and others
- Doing fulfilling, productive work
- Cultivating health - Cultivating spirituality
- Enjoying humor - Enjoying the outdoors

**Challenging Thoughts & Feelings**
- Fear of dying
- Fear of being alone/ loneliness
- Feeling out of control of my body
- Feeling “different” and disconnected
- “I will cause it to come back”
- “I will lose everything including my kids”

**Struggle Actions**
- Away
- Towards
Supplemental Table 1. Raw Outcomes by Assessment Point\textsuperscript{a}

<table>
<thead>
<tr>
<th>Broad symptoms</th>
<th>Baseline 1\textsuperscript{b}</th>
<th>Baseline 2</th>
<th>Baseline 3</th>
<th>Post</th>
<th>Follow-Up</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>(M)</td>
<td>(SE)</td>
<td>(M)</td>
<td>(SE)</td>
<td>(M)</td>
</tr>
<tr>
<td>Anxiety STAI</td>
<td>48.97</td>
<td>1.98</td>
<td>50.75</td>
<td>1.79</td>
<td>49.03</td>
</tr>
<tr>
<td>Depression CESD</td>
<td>26.72</td>
<td>1.96</td>
<td>25.29</td>
<td>1.59</td>
<td>24.80</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cancer-specific symptoms</th>
<th>Baseline 1</th>
<th>Baseline 2</th>
<th>Baseline 3</th>
<th>Post</th>
<th>Follow-Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cancer-related traumatic impact IES-R</td>
<td>2.44</td>
<td>.09</td>
<td>2.63</td>
<td>.11</td>
<td>2.52</td>
</tr>
<tr>
<td>Fear of cancer recurrence CARS</td>
<td>4.31</td>
<td>.16</td>
<td>4.24</td>
<td>.18</td>
<td>4.32</td>
</tr>
<tr>
<td>Physical pain reduction RAND SF-36</td>
<td>59.50</td>
<td>3.45</td>
<td>59.09</td>
<td>4.30</td>
<td>58.90</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Positive outcomes</th>
<th>Baseline 1</th>
<th>Baseline 2</th>
<th>Baseline 3</th>
<th>Post</th>
<th>Follow-Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitality RAND SF-36</td>
<td>29.00</td>
<td>3.57</td>
<td>29.51</td>
<td>2.92</td>
<td>34.63</td>
</tr>
<tr>
<td>Sense of life meaning OLQ</td>
<td>4.68</td>
<td>.22</td>
<td>4.84</td>
<td>.17</td>
<td>4.92</td>
</tr>
<tr>
<td>Sense of life comprehensibility OLQ</td>
<td>3.45</td>
<td>.15</td>
<td>3.60</td>
<td>.14</td>
<td>3.61</td>
</tr>
<tr>
<td>Sense of life manageability OLQ</td>
<td>4.56</td>
<td>.19</td>
<td>4.54</td>
<td>.16</td>
<td>4.59</td>
</tr>
</tbody>
</table>

\textsuperscript{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.

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