# Mindfulness-Based Interventions for Psychological Wellbeing and Quality of Life in Men with Prostate Cancer

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**Submission Type**   Late Breaking Posters

**Topic**             Research

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## SUBMISSION DETAILS

**Primary Category**  Survivorship and Rehabilitation

**Abstract Population**  Adult, Geriatric/Aging Adults

**Background/Purpose**  Prostate cancer is the most frequently diagnosed malignancy in men after lung cancer with a global prevalence of over 1 million cases every year. The numbers of cases are further projected to double by 2040 in developed countries, and an associated decrease in mortality rate is also anticipated. Mindfulness-based interventions (MBIs) are increasingly being encouraged for managing treatment-related symptoms and psychological burden of cancer progression. However, women with breast cancer account for over 75% of participants in most studies. The uneven distribution of participants may suggest a lack of clarity in the study design. It is however unclear if the claims made by the authors accurately reflect men with prostate cancer. Currently, little is known about the extent to which mindfulness is effective in relieving the psychosocial distress associated with prostate cancer.

**Methods**  A systematic review was conducted to explore available literature to suggest if MBIs can enhance the psychological wellbeing and improve the quality of life in men diagnosed with prostate cancer. We conducted a quantitative literature search on Embase, CINAHL, MEDLINE, PsycINFO, PsycArticles and Web of Science. Participants included men age 40 and over who had a diagnosis of prostate cancer. Outcomes considered were psychological distress (anxiety, depression, cancer-specific distress); quality of life and post-traumatic growth. All identified studies were assessed for quality using appropriate appraisal tools. Similar study results were pooled in a meta-analyses while narrative synthesis was used to summarise the findings from heterogeneous results. Effect size was expressed as Cohen's d [95% confidence intervals] and statistical significance (p-value) was set at 0.05.

**Results**  Four studies comprising 3 randomised trials and 1 non-randomised study met the inclusion criteria. Mindfulness-based interventions for men with prostate cancer showed small to

moderate effect for improving psychological outcomes. The pooled result of quality of life and post-traumatic growth in study participants showed moderate (d = -0.29 [-1.29, 0.71], p = 0.57) and large (d = 0.77 [-0.33,1.88], p = 0.000) effects respectively. The queries raised in our study are those concerned with the impact of comorbidity, sufficiency of research evidence and stability of the overall effect estimate with the addition of new studies.

**Conclusions and Implications** Solid recommendations on mindfulness intervention for prostate cancer cannot be made based on the findings of this review due to limited research and inadequate methodological rigour of published literature. Robust research is needed to draw a reliable conclusion about the sustained effect of mindfulness in men with advanced prostate disease.

**Does your submission directly address equity in psychosocial oncology as related to age, race, ethnicity, religion, culture, language, disability, socioeconomic status, sexual orientation, gender identity and/or expression?** Yes

**Acknowledgement of Funding** N/A

**Please select at least 3 keywords that best describe your abstract. If you do not find relevant keywords, please type them into the box below.**

| Keywords |
|---|
| Systematic review |
| Psycho-oncology |
| mindfulness-based interventions |
| Prostate cancer |
| Quality of life |

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## DISCLOSURE

<u>Financial Relationships</u>

**Disclosure**  No, I have nothing to disclose.

**Statement 1**  I Agree.

**Statement 2**  I Agree.

**Statement 3**  I Agree.

**Statement 4**  I Agree.

**Statement 5**  I Agree.

**Statement 6**  I Agree.