Cancer Research Consortium of West Michigan
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FAST FACTS

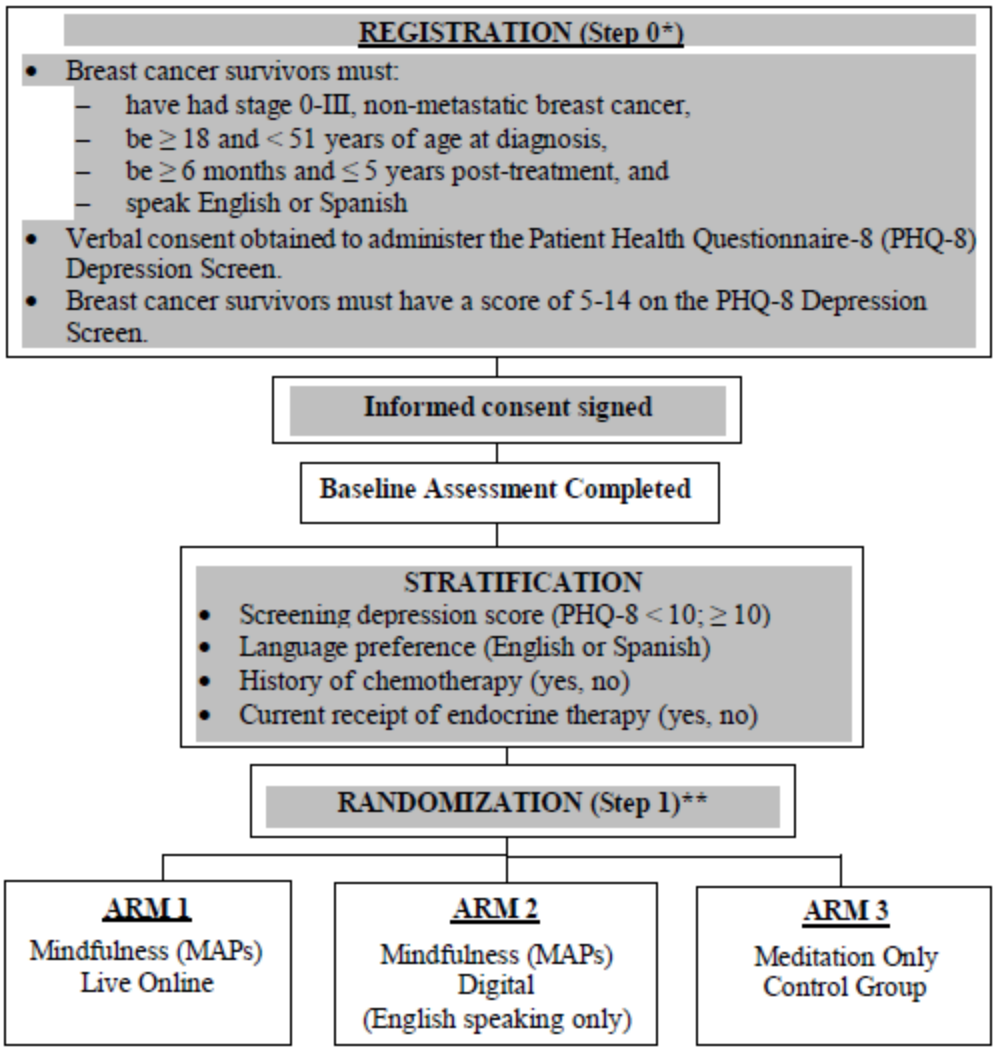
NRG-CC015: HARNESSING E-MINDFULNESS APPROACHES FOR LIVING-AFTER BREAST CANCER---HEAL-ABC

Eligibility Criteria

1. The participant must provide authorization permitting release of personal health information.
2. The participant must have been ≥ 18 or <51 years of age at the time of breast cancer diagnosis.
3. The participant must have a first-time diagnosis of non-metastatic breast cancer which is Stage 0, I, II, or III.
4. The participant must have a score of ≥ 5 and ≤ 14 on the Patient Health Questionnaire-8 item (PHQ-8).
5. Participants must have completed all primary breast cancer treatments at least 6 months prior to and no more than 5 years prior to registration. Note: Primary treatments include surgery, radiation therapy, adjuvant chemotherapy, and targeted therapies (e.g., PARP inhibitors, CDK4/6 inhibitors, TDM-1, pertuzumab, or immunotherapy). Participants may still be taking adjuvant therapy with trastuzumab or adjuvant endocrine therapy or completing minor reconstructive surgery.
6. The participant must be able to understand, speak, read, and write in English or Spanish.
7. Participant must be willing to participate in a 6-week program to receive training in mindfulness.
8. Participant must be able to use a smartphone, tablet, or other digital device.
9. Sex assigned at birth must be female.

Ineligibility Criteria

1. Patient Health Questionnaire-8 item (PHQ-8) score of < 5 or > 14.
2. Any history or current evidence of recurrent or metastatic breast cancer.
3. Current or past history of another cancer. Participants with a history of only non- melanoma skin cancer or in situ cervical cancer without chemotherapy treatment would be eligible.
4. Currently pregnant or planning to become pregnant in the near future.
5. Participants who are enrolled in other cancer control or behavioral intervention trials that require frequent assessments or training activities.



* All potential participants will be registered in Step 0.

** If a participant meets all eligibility requirements, provides written informed consent, and completes the baseline assessment (VTOC tool), the participant will be randomized in Step 1.

Randomization is 1:1:1 for English speaking participants and 1:1 to Arms 1 and 3 for Spanish speaking participants.

Registration (Step 0) and Randomization (Step 1) are a collaboration of NRG Oncology sites, NRG SDMC, and UCLA (shading represents the steps where sites are involved). The baseline assessment is a function of UCLA only.