

BETTER CARE

Need-adapted and individualized care for people after the therapy for primary breast cancer

Short description

In the cluster-randomized controlled BETTER-CARE study, a multidisciplinary care-network and supporting digital applications will be developed in order to establish and evaluate follow-up care adapted to individual needs.

Participants will be recruited for the study from 30 breast centers across Germany, continuing routine care treatment at all times. The target group of the study are adults with breast carcinoma after completing curative primary treatment, irrespective of gender and therapies performed.

In the intervention group, routine care is supplemented by a care network, a digital case file, and digital applications. The aim of the study is to improve the quality of follow-up care for people with breast cancer following the treatment guidelines. This is to be achieved by implementing personalized after-care concepts and by establishing a network of experts from all disciplines involved in care. In the control group, after-care will be continuously provided as treatment-as-normal.

Research focus in Ulm: One of the after-care services offered as part of the BETTER-CARE study is a just-in-time adaptive intervention (JITAI). This is an individualized online training for reducing and dealing with cancer-related distress. The training will be available to participants with a need for psychological treatment. The intervention is based on Acceptance and Commitment Therapy (ACT). The intervention was evaluated in a randomized controlled feasibility study (DRKS00013195) and was technologically and content-wise further developed.

By linking so-called Ecological Momentary Assessments (EMA) with psychological content, participants will receive a personalized intervention. In addition to providing an individualized intervention, JITAI technology will enable participants to receive the content at the exact moment when an indicated need is recognized.

For more information on the project, visit: www.better-care.health

Project management

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Project team (employees)

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Cooperation partners



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Publications

Publications of the department can be found here:

<https://www.uni-ulm.de/en/in/dept-clinical-psychology-and-psychotherapy/publications/>