



Partner**CARE**

Feasibility and effectiveness of a psycho-oncological online training for partners of people with cancer

Short description

Cancer is associated with great stress not only for the patient but also for his/her family. Especially the partner, who is the most important resource of the patient, is affected. Through the cancer disease of the patient, the partner is confronted with a variety of psychosocial challenges and profound adaption. This challenging support as well as their own daily work leads to many partners feel overwhelmed and report mental problems. However, existing support programs for partners from cancer patients are only little used by the partners.

In scope of this research, a psychooncological online-intervention for partners of cancer patients is to be developed and their effectiveness examined. The online training is based on elements of the cognitive behavioral

therapy as well as on specific contents from psychooncology. It consists of six weekly lessons, four additional optional lessons (topics: children, sleep problems, sexuality and existential burden) and a refreshing lesson. Each lesson is accompanied by a therapist through feedback. In addition, the partner has the possibility to send messages to the therapist and receive a motivating SMS twice a week if desired.

Aim of the intervention is to improve the quality of life and well-being of partners. Due to the time and location independence, an online intervention is particularly suitable for partners of cancer patients. In addition to their job and the support of the patient, the partners are able to decide flexible when they will work on the lessons.

Project management

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Projekt team

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Publications

Publications of the department can be found here: <https://www.uni-ulm.de/en/in/psy-klips/publications/>