Experiencing sleep problems after receiving cancer treatment?

This clinic may be able to offer you new alternatives

Empower yourself and others by participating in a clinical trial to reduce sleep problems among cancer survivors.

What is involved in this study?

If you meet all the eligibility criteria, you will be randomly assigned to one of 3 groups.

Randomization means that you are put into a group by chance. Neither you nor the researcher will choose what group you will be in. You will have an equal chance of being placed in any group.

One group will be doing yoga two times a week for four weeks. The second group will be attending a health education session two times a week for four weeks. The third group will attend a cognitive behavioral therapy session once a week for eight weeks.

All groups will have 5 assessment periods where you will need to come in for appointments

Cognitive therapy

Study procedures you will be asked to complete:

1. Paper questionnaires
2. 6 minute walk test
3. Handgrip strength test
4. Wrist and waist worn actigraphy
5. Fasting blood draw
6. Daily diary

More details about the study involvement will be given to you as part of your written consent, which will be photocopied for your own personal records to review at any time.

ARE YOU ELIGIBLE FOR this nationwide clinical trial?

URCC14040

Criteria: You...
Must have moderate to severe sleep problems.
Must have a diagnosis of cancer without distant metastasis.
Must have received surgery, chemotherapy and/or radiation therapy.
Must have completed surgery, Chemo and/or radiation treament within the last 2-60 months.
Must have completed all treatments except hormone therapy or biologic therapy.
Must be able to complete functional tests and blood draws.
Must be able to read and understand English.
Must be 18 or older.
Must not have regularly practiced yoga one or more times a week for the last 3 months.

If you meet the above criteria and are interested in learning more, contact the team below.

Research Team Contact Information:

269-373-0139

Please leave a message regarding your interest.

Why is this study being done?

The purpose of this study is to compare the effectiveness of yoga, survivorship health education, and cognitive behavioral therapy for treating sleep problems in cancer survivors.

How many people will take part in the study?

Approximately 630 cancer patients across the U.S. will take part in this study.

How long will I be on the study?

It will take you approximately 9 months to complete all study assessments.

The researcher may decide to take you off this study if continuing on the study would not be in your best medical interest.

You can stop participating at any time.

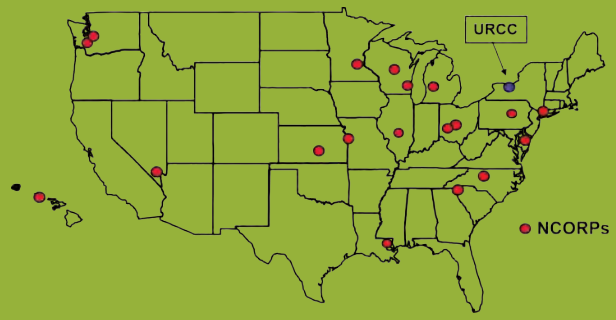
Sleep problems are a commonly reported side effect of cancer treatment in patients.

This nationwide study is looking at three possible treatments for insomnia

By volunteering to participate, you will be helping yourself and future patients take informed action against this troublesome side effect.

This study requires that you be at least 18 years old to participate.

About the URCC NCORP Research Base



Find a Research Site near you

The University of Rochester Cancer Center (URCC) is a Research Base funded by the National Cancer Institute Community Oncology Research Program (NCORP). The URCC NCORP Research Base partners with local community-based oncologists across the United States to conduct cutting-edge cancer clinical trials. These cancer clinical trials focus on testing novel treatments to help manage the toxicities and side effects caused by cancer and its treatments. Through its partnerships with practicing community oncologists, the URCC NCORP Research Base is able to provide cancer patients and survivors with access for participation in these scientific studies. The clinic where you obtained this brochure is affiliated with the URCC NCORP Research Base. If you are interested in finding out more information about this clinical trial or others, please use the contact information provided in this brochure.

This material has been approved by the Research Subjects Review Board (RSRB) at the University of Rochester and by the institutional review board of this facility.

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