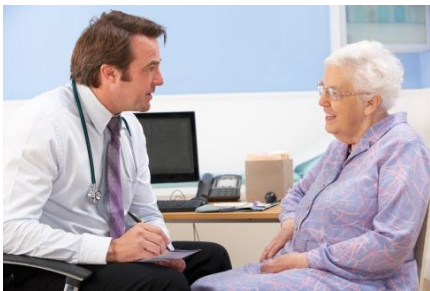


# CanTalk - Supporting Cancer Patients

## Cognitive Behavioural Therapy for the treatment of major depression, in patients with cancer

Therapists and patients at Coventry and Warwickshire Partnership Trust are talking part in a study looking at the benefits of a talking therapy for the treatment of depression in adults with advanced cancer.

Depression is a common in people with advanced cancer, which can worsen their



quality of life, affect their treatment, become a psychological burden for carers,

and prolong a patient's stay in hospital.

In this study we are looking at whether a 12 week course of cognitive behaviour therapy (CBT), in addition to usual care, will improve depression, reduce the costs to the NHS and society and also benefit carers.

Previous research has shown the benefits of CBT to treat depression for people who have cancer, which modifies negative thinking and unhelpful behaviours, but it is fully know if this benefits people with advanced cancer experiencing depression.

This study will help us understand how to best manage low mood for people with cancer.

Those taking part, will have advanced cancer and symptoms of depression and either receive 12 sessions of CBT offered flexibly over 12 weeks by an IAPT therapist, or their usual care. Researchers will measure whether the addition of CBT compared to usual improves depression.

If you, or someone you know, are interested in taking part in the CanTalk Study, please click [here](#) for further information; alternatively contact the team at [cantalk@ucl.ac.uk](mailto:cantalk@ucl.ac.uk).

The results of this study will be published in March 2016 – details will be available at [www.covwarkpt.nhs.uk](http://www.covwarkpt.nhs.uk)

**Dr Marc Serfaty**

**“This research aims to redress an unmet need in patients with distressing symptoms at a difficult time in their and their families’ life.”**

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