

FEAR OF CANCER RECURRENCE

11:30am – 1:30 pm (AEDT)

Friday 10 December

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There has been exponential growth in fear of cancer recurrence (FCR) research in recent years. In the past decade, we have developed a consensus definition, a shared understanding of clinically significant FCR, a number of theoretical accounts of the development of clinically significant FCR and efficacious face-to-face treatments. But there are still a lot of important questions.

In this symposium, we will be asking a number of research questions relevant to FCR. First, **Dr. Rachel Menzies** will be asking whether death anxiety might be an important underlying construct that gives rise to FCR.

We will then have five presentations of empirical studies that address important questions.

- (1) How does FCR affect indigenous people? Little is known about this topic and **Dr. Tamara Butler** will present a mixed-methods study to provide some preliminary answers.
- (2) Can we use a single-item screening tool to identify FCR in routine cancer care? **Winston Gao** will discuss his work refining and further validating the FCR-1.
- (3) How do you provide effective treatments to so many survivors? **Sharuja Jegathees** will discuss her results of what are the barriers and enablers of using an internet-delivered intervention to treat FCR.
- (4) Are theoretical models of FCR empirically supported? **Poorva Pradhan** will discuss her research testing the Cancer Threat Interpretation Model in women with breast cancer.
- (5) Are fear of recurrence and progression the same constructs? **Daelin Coutts-Bain** will present his research examining FCR and fear of progression in women with ovarian and breast cancer.

SESSION RUN TIMES

11:30-11:35 Acknowledgement of Country and introduction **Dr Ben Smith/Professor Louise Sharpe**

INVITED SPEAKER

11:35 – 12:15 Why death anxiety is likely to be important for fear of cancer recurrence. **Dr Rachel Menzies (30 + 10)**

Our awareness of mortality is a universal part of the human experience, and fears of death have been recorded throughout our species' history. More recently, death anxiety has been proposed to be a transdiagnostic construct, underpinning a range of mental illnesses.

This presentation will outline theoretical and empirical evidence suggesting that death anxiety may be central to numerous mental health conditions. Further, its relationship with fear of cancer recurrence will be explored. Lastly, evidence concerning the treatment efficacy for alleviating death anxiety will be discussed.

INVITED ABSTRACTS (12 minutes + 3 minutes for questions)

12:15 – 12:30 Fear of cancer recurrence among Aboriginal and Torres Strait Islander women diagnosed with breast cancer – mixed methods study **Dr Tamara Butler**

12:30 – 12:45 Refinement and further validation of the FCR-1, a single item fear of cancer recurrence screening tool for use in routine cancer care **Winston Gao**

12:45 – 1:00 Evaluating levels, enablers and barriers of engagement with an online self-management intervention for fear of recurrence in breast cancer survivors: the iConquerFear pilot study **Sharuja Jegathees**

1:00 – 1:15 Testing the threat interpretation model of fear of cancer recurrence in women with breast cancer **Dr Poorva Pradhan**

1:15 – 1:30 Are fear of cancer recurrence and fear of progression equivalent constructs? **Daelin Coutts-Bain**

1:30 Wrap up and close

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A zoom webinar link will be distributed to all registrants in advance of the meeting.