

## Mid-term Report

### Recruitment

Approximately 161 patients have been approached to be part of the study.

Please note that this is not the total number of patients that were identified by clinicians. Instead, these numbers represent the individuals that Ben actively recruited, after considering the patients' history and checking eligibility criteria. These numbers do not include multiple visits with patients, although some patients were reassessed months later.

Anecdotally (i.e., clinical-judgement, self-report patient symptom scores), it appears that there is a large number of patients at the Odette Cancer Centre that – while not experiencing notable depressive symptoms – experience elevated anxiety. This was not a notable finding in the literature, when we completed the literature review for our application. In contrast to the evidence-based literature that informed the current study population (survivors with depressive symptoms), it is possible that a study considering both anxious and depressive populations is warranted in the future.

### **Total patients approached: 161**

#### *Patients that did not consent: 59*

Feeling healthy and well (clinical judgement, low ESAS score, self-report): 26

Not interested: 15

Live too far away: 11

Other: 7

#### *Patients that consented and were screened for eligibility: 102*

Interested but ineligible (based on scores or exclusion factors): 52

Eligible but decided that they could not attend, were not reachable after, no longer interested etc.: 12

Try to contact back again (Weren't able to attend intake dates): 4

Have received intake: 23

Currently awaiting intake and group: 11

### Mindfulness-based group therapy

Of the 23 patients who participated in an intake session, six did not match clinical criteria for the group.

To date, two five-week groups have been held and ten participants were treatment completers, providing baseline, pre and post data. The below information details the groups that have occurred, the number of participants, reasons for lost data etc.

#### **Participants enrolled in Groups 1 and 2: 17**

*Participants completed Group 1 (data included): 7 of 12*

Participant did not attend enough sessions (e.g., work conflict): 2

Participant was excluded from group data, but partook (e.g., evident cognitive deficits): 1

Participant attended 3+ of 5 sessions, but missed last data collection session (e.g., forgot): 2

*Participants completed Group 2 (data included): 3 of 5*

Participants did not attend enough sessions: 1

Participants baseline screening measure was too low: 1

A sample size calculation conducted in 2017 suggested that a total sample of 16 participants were required to provide the power necessary to detect significant differences in quantitative measures of depressive mood. With 10 participants providing full datasets thus far, we require 6 more (minimum) to reach this threshold.

Currently, 11 new recruits are scheduled to attend an intake session, which will take place in September/October. The third five-week group will then occur during October-November. Total sample size will be reevaluated at the end of the third group, and it will be determined whether one more group is required to acquire the power to detect significant difference.