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Title: FearLess in Cognitively Intact Patients with Glioma

A diagnosis of glioma brings about psychological sequelae, including feelings of vulnerability, sense of loss, and concern for the future, frequently translating into depression, anxiety, and cancer-specific distress. A particular type of distress—fear of cancer recurrence (FCR)—is documented as one of the greatest unmet needs among cancer patients, with glioma patients reporting higher rates relative to their oncological peers. To date, neurooncology providers have little to no evidence-based treatment guidance for managing FCR. Two new behavioral health interventions, ConquerFear and IN FOCUS, were developed to address the reoccurring fears cancer patients face. In recent pilot trials, both were effective in reducing FCR—however, glioma patients were excluded from these studies. While the evidence-based techniques included in ConquerFear and IN FOCUS would likely benefit glioma patients, adaptations are necessary given the probability of tumor recurrence is higher for glioma compared to other cancer types and our team has found unique aspects of glioma patient FCR symptomology.

The proposed research examines FearLess in cognitively intact patients with glioma. FearLess is a newly developed intervention, informed by ConquerFear and IN FOCUS and adapted specifically for glioma patients.

This innovative project will yield important insights into: (1) the ongoing feasibility of neuro-oncology patients' inclusion in psychotherapeutic interventions, (2) the optimizations necessary for such inclusion, and (3) the satisfaction and potential benefit of a newly developed FearLess in cognitively intact patients with glioma. If results are promising, these advances will inform practice to reduce frequently elevated FCR in patients with glioma.