A program teaching cancer survivors multiple mind-body skills for addressing fear of cancer recurrence shows preliminary acceptability, feasibility, and favorable trends in key resiliency outcomes.

"We may not even realize what we’re doing. And so pointing out these negative thoughts or pointing out how these can affect your body and trying to do meditation, and imagery, and all of those things is a tool. And yes, I think that it’s a great aid to somebody who has had cancer."

Funding: This work was conducted with support from the National Center for Complementary and Integrative Health (T32AT000051, K23AT010157, K24AT009465), the National Cancer Institute (K24CA197382), and from Harvard Catalyst | The Harvard Clinical and Translational Science Center (National Center for Advancing Translational Sciences UL1TR002541) and financial contributions from Harvard University and its affiliated academic healthcare centers.

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