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CEDARS-SINAI MEDICAL CENTER®
Maxine Dunitz Neurosurgical Institute

IMPROVING QUALITY OF LIFE FOR BRAIN TUMOR PATIENTS

SKILLS BUILDING COURSES

*Memory
Enhancement
Strategies*

Relaxation

Coping

*Behavioral
Activation*

Goal Setting

*Thought
Restructuring*

*Emotional
Expression*

A NEW STUDY TO HELP COPE WITH THE STRESS OF HAVING A BRAIN TUMOR

Having a brain tumor not only affects physical well-being, but can also cause serious psychological distress. For most people finding out they have a brain tumor is an unexpected and shocking event, and few people feel they have the tools or skills to best cope with what they are experiencing.

Psychological distress can complicate your response to treatment, affect your relationship with your doctors, caregivers, and family members, deteriorate your overall quality of life and may affect the course of your illness. Attending to your emotional health is important to your overall care.

Studies have shown that cognitive behavioral therapy, a type of treatment that teaches coping skills through a focus on the relationship between environment, thoughts and behavior, is an effective way to reduce psychological distress and improve quality of life in patients with other types of cancer.

The Maxine Dunitz Neurosurgical Institute in collaboration with the Department of Psychiatry and Mental Health is conducting a study that is examining the effect of a series of skills building groups, on improving quality of life and decreasing psychological distress in patients with brain tumors.

The goal of these skills building groups is to provide you with support that will assist you in coping with the many changes you may experience in your thinking, role functioning, relationships and emotions, throughout the course of treatment for your brain tumor.



- Participants will receive a neuropsychological screening exam at no charge

TO PARTICIPATE IN THIS STUDY:

- ◆ You must be over the age of 18
- ◆ Have been diagnosed as having a high-grade glioma

To learn more about how you can participate in the groups and other requirements of the study, please contact the principal investigator
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