

# LOGOS - A hybrid intervention study of meaning-centered psychotherapy for adult cancer survivors in aftercare

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## Background

In addition to physical and psychosocial limitations, many cancer patients experience existential distress as a result of the disease and its subsequent treatment, which continues to play an important role in coping with the disease in the follow-up phase.

Internationally, initial studies on meaning-centered psychotherapy (MCP) according to Breitbart<sup>1</sup> show clinically high effectiveness of this approach for dealing with these existential issues. An encouragement of acceptance, a sense of meaning or meaningful coping is perceived as necessary as well as helpful. Meaning-oriented interventions prove to be able to increase a sense of life, quality of life or spiritual well-being and reduce anxiety, depression and existential burden.

In German-speaking countries, no evidence-based research studies on MCP are available yet. At the same time, there is a need for controlled randomized psycho-oncological intervention studies after treatment completion.

The ongoing study LOGOS is piloting and adapting MCP for adult cancer survivors in aftercare for the first time in Germany.

## Methodology

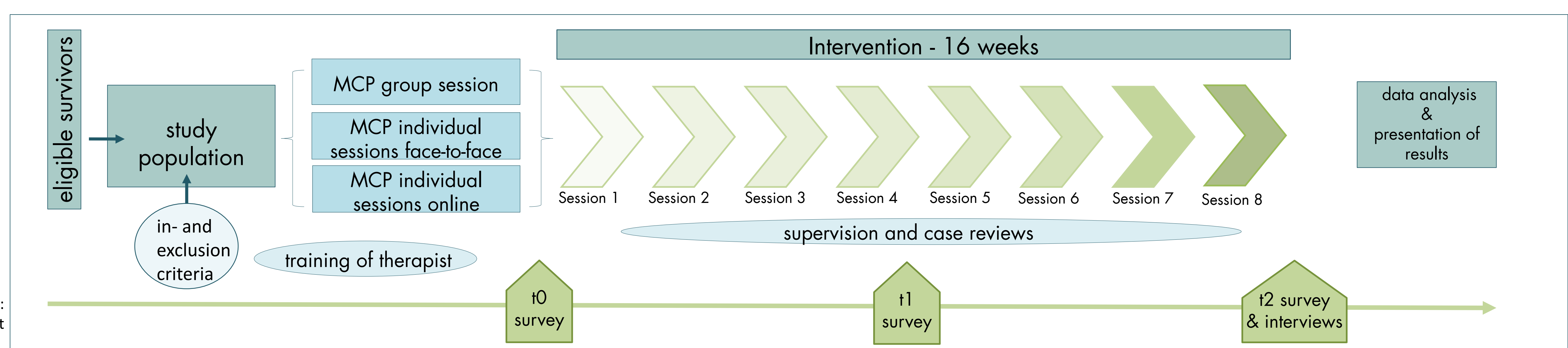
Cancer survivors with a curative prognosis ( $\geq 18$  years) are assigned to one of the following conditions: Group setting (face to face), Individual sessions (face to face) or Individual sessions (online). Over the course of 16 weeks, participants attend 8 manualized MCP sessions<sup>2</sup> which are carried out by trained and supervised psychotherapists.

Data collection takes place at three measurement points: baseline t0, t1 after 4 MCP sessions, t2 after 16 weeks coinciding with the end of the intervention (Fig.1). Primary and secondary outcomes are assessed by standardized validated questionnaires and qualitative interviews (Table 1).

Table 1. Outcomes LOGOS

Primary Outcomes	Secondary Outcomes
<ul style="list-style-type: none"> <li>• Feasibility                             <ul style="list-style-type: none"> <li>- Organizational &amp; personal</li> <li>- Recruitment, adherence &amp; acceptance</li> </ul> </li> <li>• Satisfaction</li> </ul>	<ul style="list-style-type: none"> <li>• Meaning of life (LAP-R; Facit-SP)</li> <li>• Posttraumatic growth (PTGI)</li> <li>• Demoralization (DS-II)</li> <li>• Anxiety &amp; Depression (GAD-7, PHQ-9)</li> <li>• Quality of life (EORTCC QLQ-C30)</li> <li>• Distress (DT)</li> </ul>

Fig. 1:  
Flowchart  
LOGOS



## Results selected

### Study Sample

N = 42  
Ø 47 years old  
86 % female

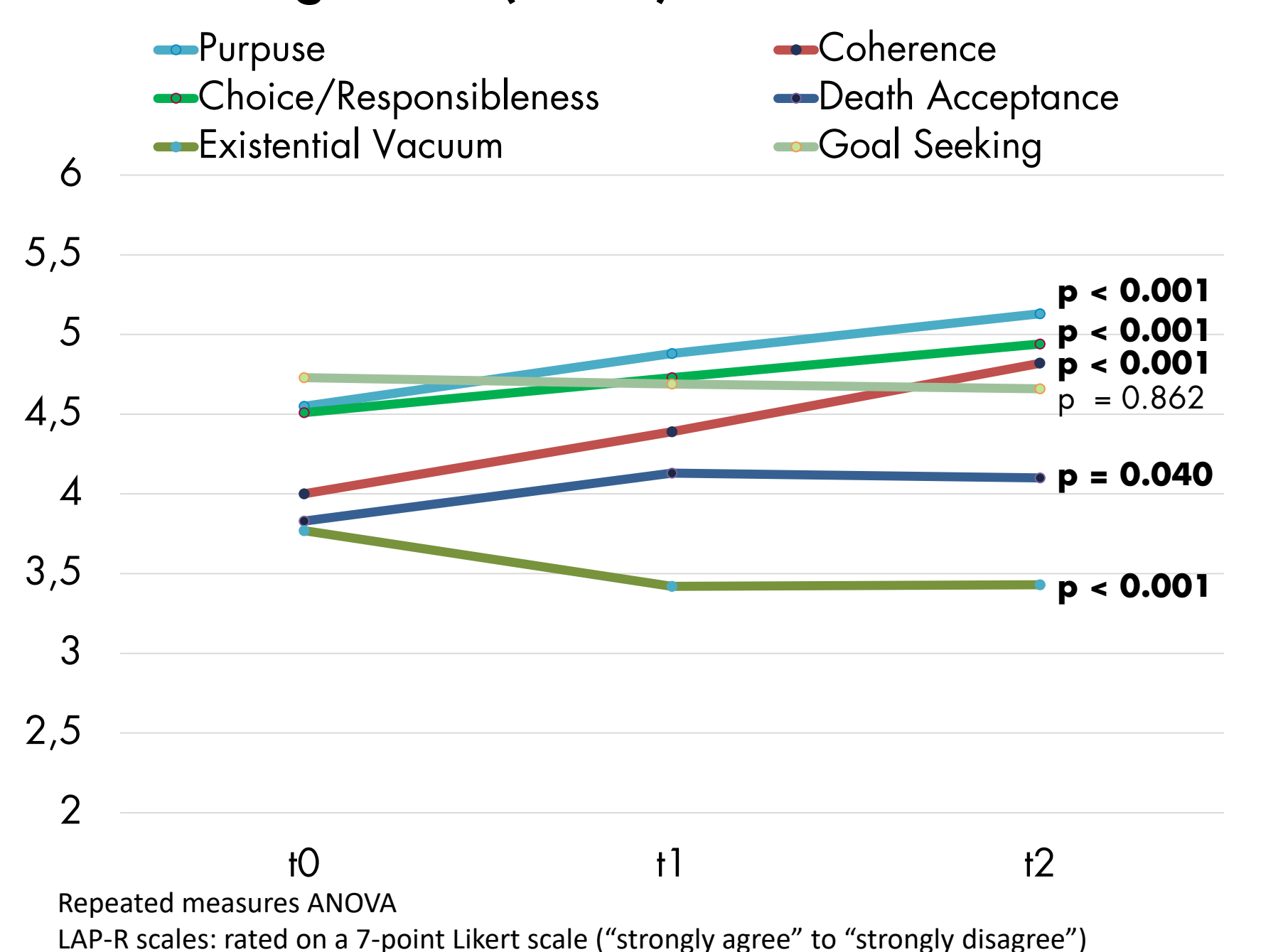
### Cancer diagnosis

Cancer diagnosis	N (%)
Breast cancer	21 (50.0)
Hodgkin / Non-Hodgkin Lymphoma	4 (9.5)
Testicular and prostate cancer	3 (7.1)
Haematological Cancer	1 (2.4)
others	13 (30.6)

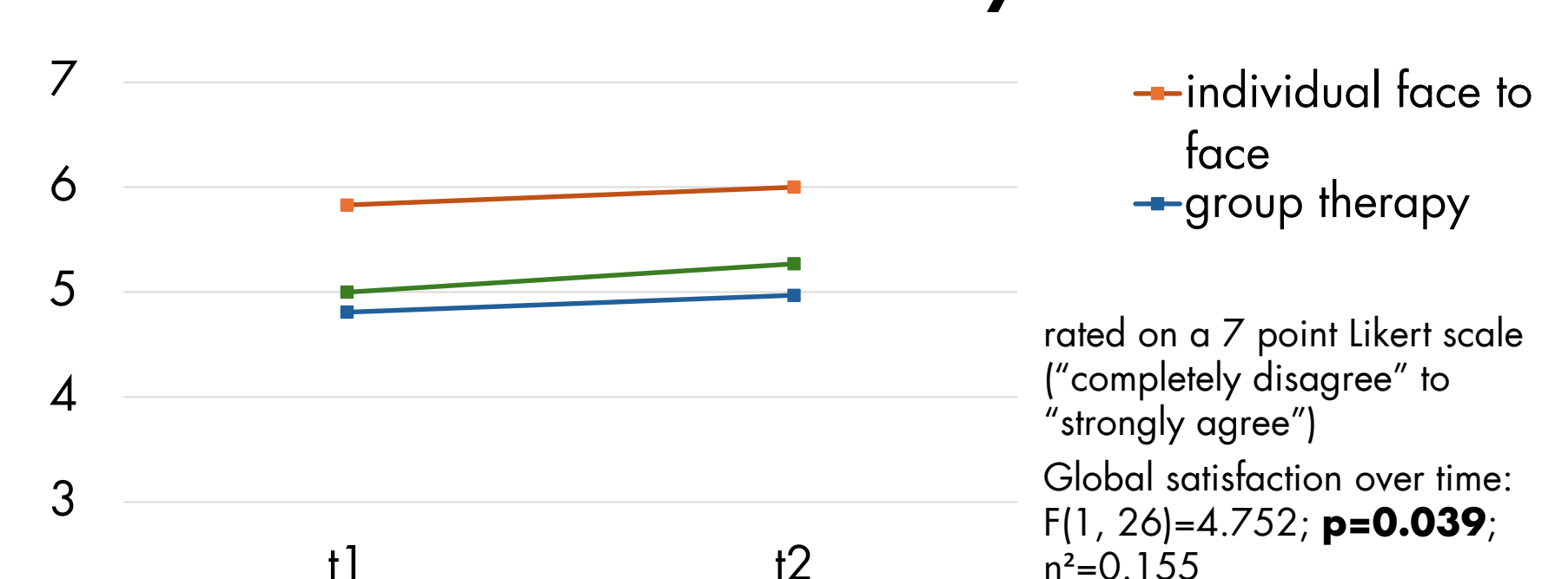
### Feasibility & Satisfaction

- Recruitment: goal N=36; n<sub>0</sub>= 42
- Retention: actual n<sub>12</sub>=33 completed; 4 dropouts (12.1%)  
- died / new disease / timing conflicts
- personnel feasibility: 6 therapist  
- Freelancer and full-time employees
- Self-assessment therapeutic adherence to the manual: very to highly adherent on average

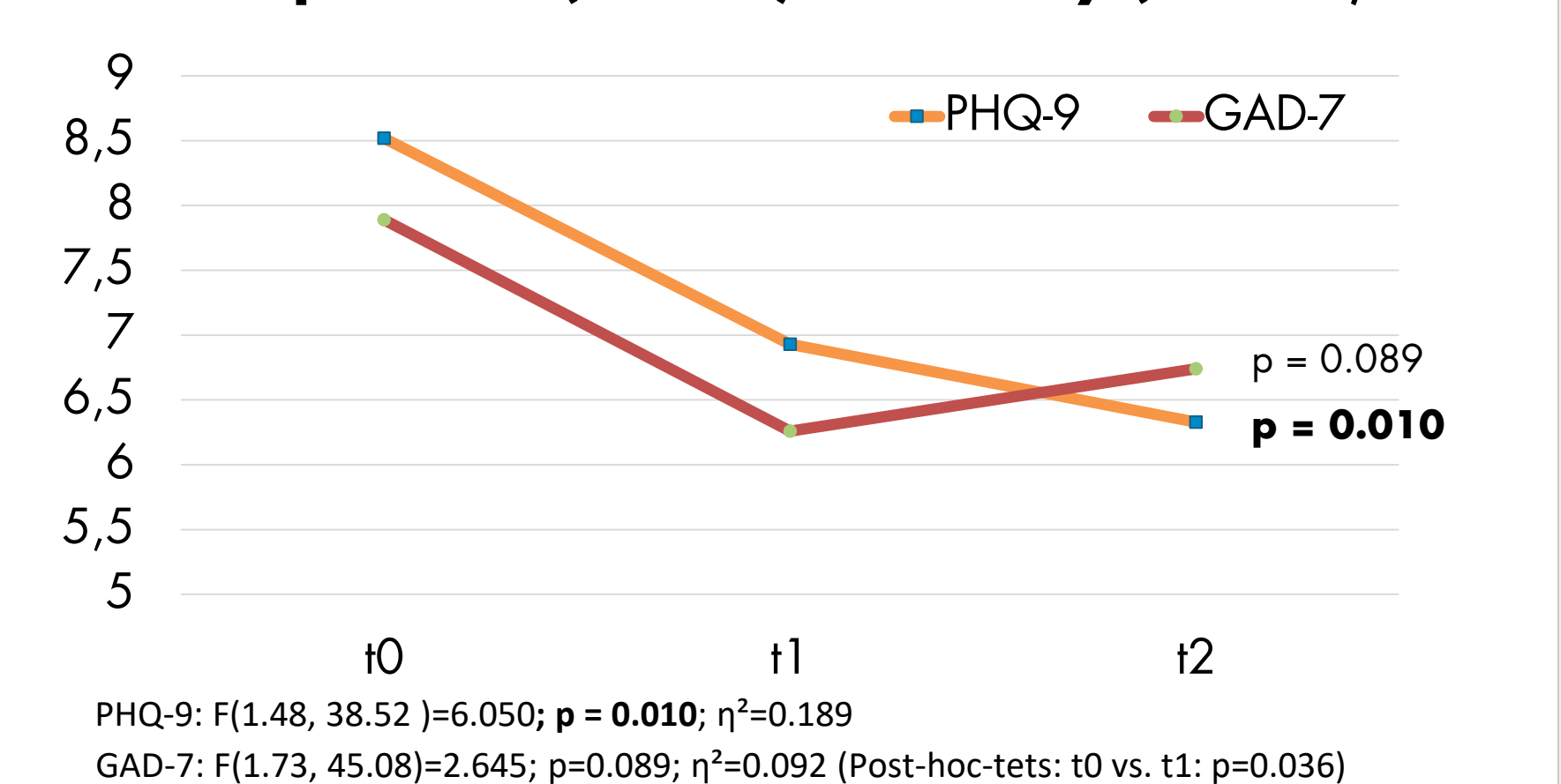
### Meaning of Life (LAP-R)



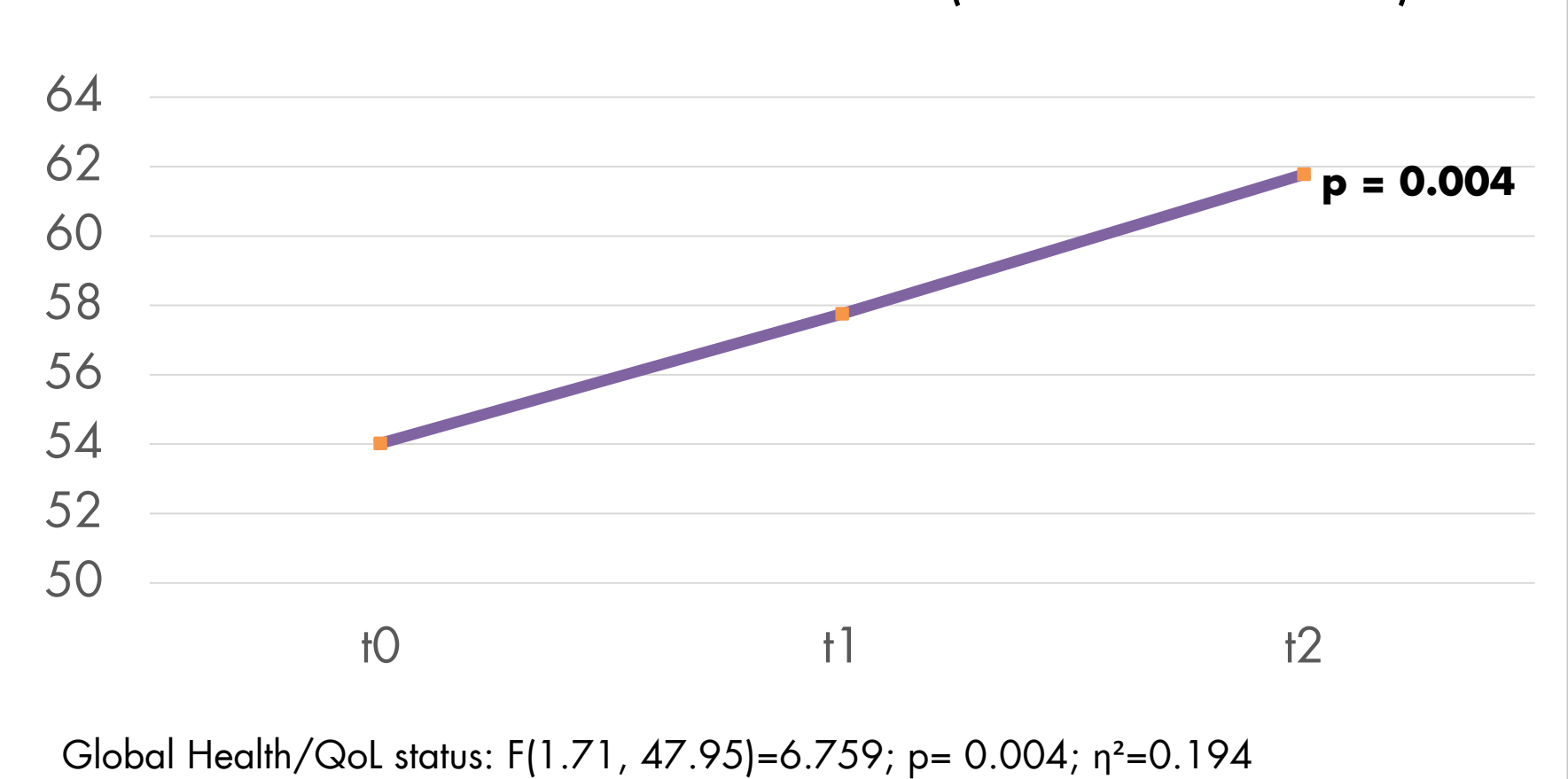
### Satisfaction with LOGOS Study



### Depression (PHQ-9) & Anxiety (GAD-7)



### Global health/QoL status (EORTC QLQ-C30)



## Discussion

- LOGOS provides **feasible** and **accepted** support in the aftercare
- **functional hybrid concept** for individual sessions and groups
- **group therapy** more popular  
→ Increased **economic efficiency**
- initial trends regarding a **promising efficacy**

### Implications

- improving the psycho-oncological aftercare for survivors with curative prognosis
- hybrid support for rural areas  
→ RCT planned: effectiveness of MCP in aftercare

