

# Structured life review using autobiographical retrieval practice in palliative cancer patients

Published: 17-06-2010

Last updated: 02-05-2024

The goal of this study is to investigate the effectiveness of a structured life review protocol named **\*\*Dear Memories\*\*** on decreasing enhancing quality of life in palliative cancer patients, and the autobiographical memory . We would like to...

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Other condition
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON39202

### Source

ToetsingOnline

### Brief title

Effect of Life Review Therapy in Palliative Cancer Patients

### Condition

- Other condition

### Synonym

reduced quality of life, sadness

### Health condition

kwaliteit van leven

### Research involving

Human

## Sponsors and support

**Primary sponsor:** Vrije Universiteit

**Source(s) of monetary or material Support:** ZonMW

## Intervention

**Keyword:** effectiveness, life review therapy, palliative care

## Outcome measures

### Primary outcome

Primary outcome measures of the respondents are quality of life (EORTC QLQ-PAL15), ego integrity (NEIS) and specificity of Autobiographical Memory (AMT).

### Secondary outcome

Secondary outcome measures of the respondents are depressive symptoms (HADS; MINI), health care use (TIC-P). Outcome measures of partners are: level of depressive symptoms (HADS), care givers reaction (CRA) and post traumatic growth (PTGI).

## Study description

### Background summary

In many cancer patients in the palliative phase, a reduced quality of life is present. Incurable ill cancer patients often experience feelings of sadness, depression, hopelessness and spiritual distress, such as an evaluation of one's past and problems with finding a new meaning in life with a palliative disease. In the daily practice of psychosocial care there is an urgent need to evidence-based psychosocial intervention methods enhancing the quality of life and dying and relieving the emotional distress in palliative cancer patients. Structured life review therapy seems to be an intervention appropriate to this need.

### Study objective

The goal of this study is to investigate the effectiveness of a structured life review protocol named **\*\*Dear Memories\*\*** on decreasing enhancing quality of life in palliative cancer patients, and the autobiographical memory . We would like to investigate possible determinants of efficacy of the intervention, such as age, gender and cultural background. If the protocol appears to be effective, it can be introduced in psychosocial care in other cancer patients as well.

## **Study design**

A multicenter prospective randomised control trial with two parallel groups. Patients are assigned to either an intervention group; receiving the life review protocol immediately after premeasurement or to a waiting list condition, receiving care-asusual and a follow-up measurement after one month to asses long-term effectiveness.

15-20 patients who completed the intervention will be asked to participate in a qualitative study in which they will be interviewed regarding their motivation to participate, their experiences with the intervention and the perceived effects of the intervention.

## **Intervention**

The intervention will be individually administered and consists of four weekly sessions, with every session focusing on a particular life period \* childhood, adolescence, adulthood and summary. For each period, 14 questions are prepared that are designed to prompt specific positive memories. For example: **\*\*What is the most pleasant situation that you remember from your childhood?** The interviewer tries to get a specific view of the situation by asking for more information. Patients receive feedback on how well they are doing in retrieving specific memories.

## **Study burden and risks**

Based on our experiences with depressed elderly in primary care settings, we consider the risks associated with participation negligible.

## **Contacts**

### **Public**

Vrije Universiteit

van der Boechorststraat 1  
Amsterdam 1081 BT  
NL

## Scientific

Vrije Universiteit

van der Boechorststraat 1  
Amsterdam 1081 BT  
NL

## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

Palliative cancer patients with a prognosis > 3 months - no severe impediments in oral communication - (clarity) - capability to express themselves in Dutch

### Exclusion criteria

psychotic behaviour (delusions or hallucinations) or severe anxiety or depressive symptoms

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)

Control:	Active
Primary purpose:	Treatment

## Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	14-07-2010
Enrollment:	122
Type:	Actual

## Ethics review

Approved WMO	
Date:	17-06-2010
Application type:	First submission
Review commission:	METC Amsterdam UMC
Approved WMO	
Date:	03-02-2011
Application type:	Amendment
Review commission:	METC Amsterdam UMC
Approved WMO	
Date:	15-08-2011
Application type:	Amendment
Review commission:	METC Amsterdam UMC
Approved WMO	
Date:	17-12-2012
Application type:	Amendment
Review commission:	METC Amsterdam UMC
Approved WMO	
Date:	16-07-2013
Application type:	Amendment
Review commission:	METC Amsterdam UMC

## Study registrations

## Followed up by the following (possibly more current) registration

No registrations found.

## Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
CCMO	NL31343.029.10