

# Exploring the effectiveness of psychosocial interventions designed to address cancer-related psychosocial distress in young

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**Background** The impact of cancer is profound, affecting both the person diagnosed and their immediate support network. Cancer can be even more distressing for young who often play a significant caregiver role. Young commonly experience enormous developmental challenges that they should overcome, and this process is disrupted further facing a cancer diagnosis within the family. It is important that effective supportive interventions are developed and used in a timely manner.

**Aim** Investigating the effect of psychosocial interventions designed to address psychosocial distress in young facing a cancer diagnosis within the family

**Method** A systematic search of interventions,

Published between 2010 and 2022

Databases (Medline, Psych-INFO, and CINAHL)

In a peer-reviewed journal in English

Qualitative, Quantitative, Mixed methods

Participants, aged between 10 and 30 years

Had a family member diagnosed with cancer

Interventions targeted psychosocial distress

*(intervention\* or program\* or pilot) (family or familial or parent\* or mother\* or maternal or father\*...) adj3 (cancer\* or oncol\*) AND (adolescen\* or teen\* or young adult\* or child\* or offspring\* or pediatric or paediatric...) AND (psycho\* or social or resilien\* or mental health or emotion\* or impact or coping or well-being or wellbeing)*

Using the Mixed Method Appraisal Tool.

**Results** Narrow evidence of published interventions!

## Quantitative Studies

Personal growth ensuing **Psychosocial-education** about cancer

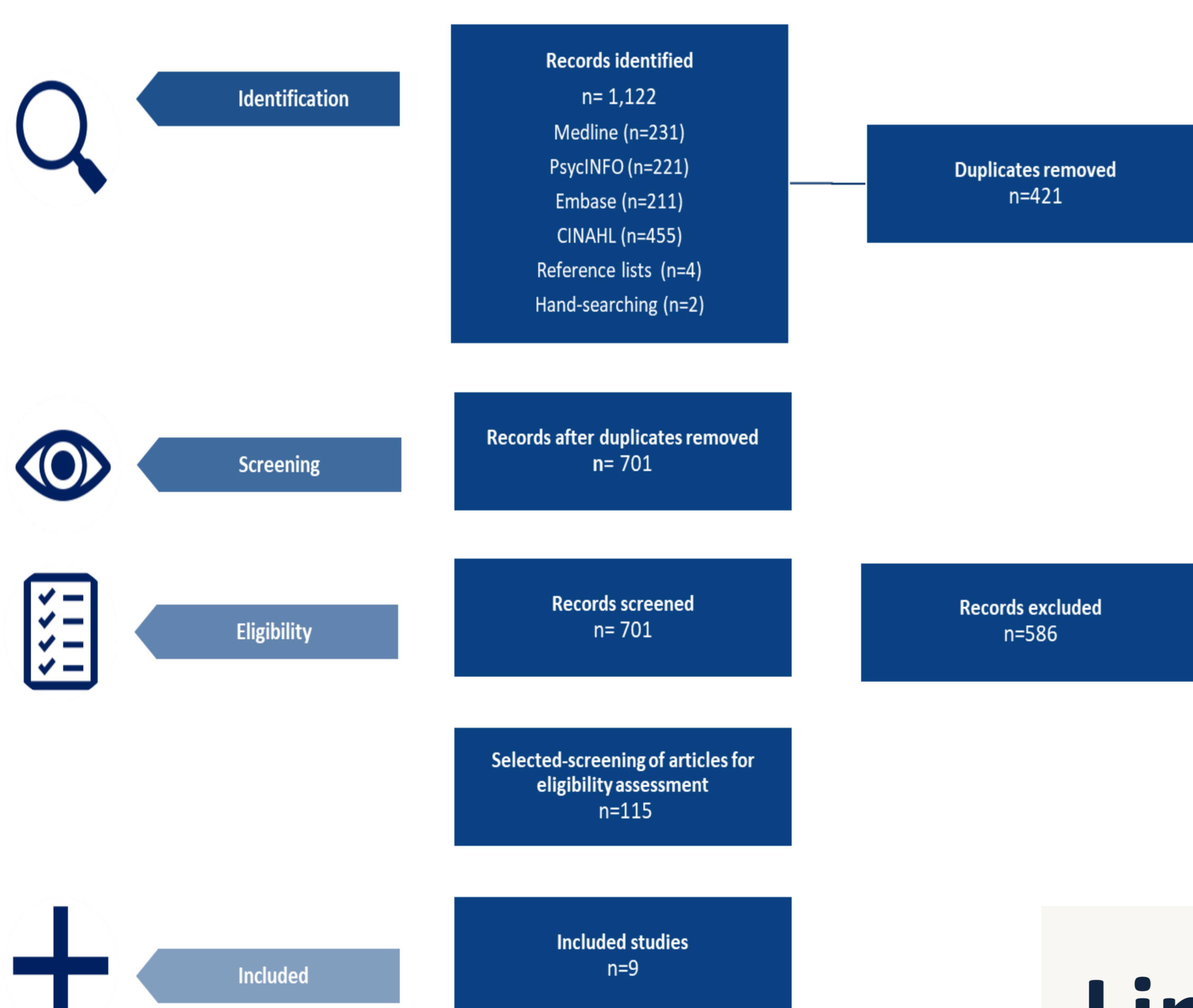
Moderate improvements in psychosocial dimensions of quality of life ( $d=0.57$ ), and improvements in internalizing issues ( $d=0.76$ ) following **Group support and Educational interventions**

Moderate to large effect sizes in family communication ( $d=0.70$ ) and participant satisfaction ( $d=1.55$ ) resulting **Family-based intervention**

## Qualitative Studies

**Peer support** associated with **Group interventions** might assist in normalizing the experience.

**Family-based interventions** might improve family communication, family functioning, and participant satisfaction.



**Implications and Conclusion** Starting point for further research

Designing and implementing of such psychosocial interventions to develop effective methods for mitigating cancer-related psychosocial distress in young facing a cancer diagnosis within the family.

**Limitation** Methodological limitations and Research resource limitations

## References

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