



**British Psychosocial Oncology
Society
2020 Annual Conference:**

'Personalisation, Policy and Practice'

Thursday 27th and Friday 28th February 2020
MacDonald Holyrood Hotel, Edinburgh



***For further information please go to:
<https://www.bpos.org/events/2020-spring-conference/>***



@BPOSUK

Conference Sponsors

The British Psychosocial Oncology Society gratefully acknowledges the support of the following institutions, companies and organisations. Please see pages 29-31 for more information.

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UNIVERSITY



Psycho-Oncology

Journal of the Psychological, Social and Behavioral Dimensions of Cancer

WILEY

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MAGGIE'S

Welcome

It's very exciting to be able to welcome you to this year's BPOS conference in Edinburgh. Our chosen theme: Personalisation, Policy and Practice reflects current priorities in the psychosocial care of people affected by cancer and the associated challenges for researchers and clinical colleagues working in this setting. We are very pleased to have 3 excellent keynote speakers representing each of these key areas: Dr Catherine Calderwood, Chief Medical Officer for Scotland will discuss the Scottish Government's 2019 report on Personalising Realistic Medicine; from the University of Stirling Professor Gerry Humphris will focus on his research on patient-professional communication in clinical practice and Liz O'Riordan, Consultant Breast Surgeon and co-author of 'The Complete Guide to Breast Cancer: How to Feel Empowered and Take Control' will present her personal perspective on cancer.

We extend a massive thank you to all who submitted abstracts and who are presenting an oral or poster presentations this year. Your contribution and continued investment in the conference is integral to the ongoing success of the event. We would like to thank the Scientific Committee (Jo Armes, Lynn Calman, Claire Foster, Steph Archer, Jonathan Koffman, Richard Kyle, Jenny Young, Debbie Cavers, Sara MacLennan and Kate Absolom) who scored abstract submissions and provided helpful advice and knowledge for guiding the content of the programme. The conference would not have been possible with the immense organisational skills, time and dedication provided by Emma Nicklin (BPOS conference organiser) and Sarah Gelcich (BPOS Treasurer). Thank you also to the wider executive committee whose excellent ideas have contributed to planning over the last few months.

The BPOS Annual General Meeting is planned for Friday at 13.00 please come along and help contribute ideas for the future development of the Society. We have a number of opportunities coming up this year to join the executive committee so if you are interested then feel free to myself or other committee members to learn more.

On Friday afternoon we are delighted to be hosting a session jointly organised by Hannah Thomas (Macmillan Academic Research Lead) and Mariano Kålfors (National Cancer Research Institute Programme Manager) to launch a new initiative to attract large scale funding for research in living with and beyond cancer. We thank Macmillan for their sponsorship for this element of the programme. In addition this year's conference has been supported by Wiley and Maggie's along with the School of Health & Social Care at Edinburgh Napier University and the Usher Institute at the University of Edinburgh.

Many congratulations to our BPOS bursary winners. First, the consumer bursary was awarded to Virginia Sherborne. Second, Emily McBride won the student bursary for the highest scoring abstract.

Finally don't forget the conference schedule includes some excellent opportunities for networking and socialising at the pre-conference welcome event, self-guided walking tour and conference dinner. We hope you have a fantastic time in Edinburgh this year learning, sharing knowledge and importantly having fun in the process!

Kate Absolom (BPOS Chair)

Debbie Cavers, Richard Kyle and Jenny Young (Local organising committee)

Keynote Speakers



Dr Catherine Calderwood

Chief Medical Officer for Scotland



@cathcalderwood1

Catherine has been the Chief Medical Officer for Scotland since 2015.

Catherine qualified from Cambridge and Glasgow Universities and continues to work as an obstetrician at a regular antenatal clinic at the Royal Infirmary of Edinburgh.

She is responsible for the Health Promoting Health Service initiative which aims to tackle health inequalities and improve health across the population of Scotland and is leading work to improve the health of those working in the public sector specifically NHS and civil service staff. She is Chair of the Taskforce for the Improvement of Services for Victims of Rape and Sexual Assault, the Committee on Antimicrobial Resistance in Scotland and the Scottish Global Health Collaborative.

Catherine has published four annual reports on Realistic Medicine. Realistic Medicine puts the person receiving health and care at the centre of decision-making and creates a personalised approach to their care. Her fourth report Personalising Realistic Medicine was published in April 2019. This report explores personalising realistic medicine for patients and staff and recognizes the importance of valuing and supporting staff as vital to improving outcomes for the people in their care. These reports have been universally well received and read by millions of people across the world.



Professor Gerry Humphris

University of Stirling

 @GHumphris

Gerry studied Psychology at Reading University (1973-76) before going to Guy's Hospital to complete a PhD (1983). He qualified in clinical psychology at Liverpool (1986) before taking up the post of Chair in Health Psychology at the Medical School, University of St Andrews (appointed: Nov 2003). His main interest is understanding the communication processes between clinician and patient in long-term conditions. He holds an Honorary Consultant Clinical Psychology contract with NHS Lothian in the Edinburgh Cancer Centre, Western General Hospital, Scotland where he runs a Psycho-Oncology clinic. He is a Fellow of the Royal College of Physicians and was the Chair of the Standing Research Committee for the International Association of Communication in Healthcare <https://www.each.eu/>

His current focus is on fear of cancer recurrence and the intensive longitudinal assessment of patients during and soon after treatment. This focus has given rise to applying data analytical and psychological approaches using mixed methods to assist with intervention development. The interactions between patients and staff are recognised as crucial elements of care provision however these processes present challenges to investigate. He is working with others on the Mini-AFTERc and KEW interventions that highlight aspects of these interactions. Support has been generously provided by Breast Cancer Now and the Chief Scientist Office (Scotland).



Liz O'Riordan

Breast surgeon and patient

@Liz_ORiordan

Liz is an international speaker, broadcaster and award-winning co-author of 'The Complete Guide to Breast Cancer: How to Feel Empowered and Take Control' (Penguin) with Professor Trisha Greenhalgh. In 2015 (aged 40) she was diagnosed with Stage 3 breast cancer whilst working as a consultant breast surgeon. In 2018 she had a locoregional recurrence on her chest wall. The side effects of treatment for this meant she had to retire as a surgeon in 2019.

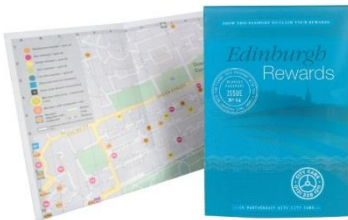
During chemotherapy she started an award-winning blog about her experiences (www.liz.oriordan.co.uk) and talks all over the world about how to improve patient care. She was nominated for a 'Woman of the Year' award in 2016 and was one of Medscape's Top 20 Doctors of 2018. Liz has a keen interest in digital health and spoke at the launch of NHSx. She is also a keen sportswoman and is passionate about promoting the benefits of exercise for cancer patients.

Welcome to Edinburgh!



Edinburgh is the second most visited city in the UK after London. Every year over two million tourists visit Scotland's capital city. With an abundance of history, top quality attractions and beautiful architecture, Edinburgh is a city that you won't forget in a hurry!

To find out more visit - www.visitscotland.com/destinations-maps/edinburgh



In your delegate packs we will be including the Edinburgh Rewards Passport, which contains special offers for a variety of bars, restaurants, retail outlets and tour operators around the city.

To access your rewards just show the Passport to participating businesses. The Passport can be used multiple times throughout your stay and can be used by accompanying friends and family members. If you would like to view what is on offer please visit: www.edinburghrewards.com

General Information

Conference Registration: The registration desk will be in the foyer of the conference suite on level 1 of the hotel. There are lifts available just past reception.

Main Conference Programme: The main sessions will take place in the Salisbury suite

Poster Presentations: Posters will be presented in the Holyrood suite. Posters should be displayed from 09:00 onwards on Thursday 28th February and removed on Friday 29th February at the end of the conference. All posters have been allocated a number (see page 24-28) and should be displayed on the board with the corresponding number. Posters will be available for informal viewing throughout the conference, during coffee and lunch breaks and also during the evening drinks reception on Thursday.

Workshops: These sessions will be running in parallel in slots of 90 minutes on Thursday afternoon. Please sign up for your preferred session at the registration desk on arrival (see pages 21-22 for more details). The workshops will be as follows:

1. Workshop 1: Accessing patients' perspectives of acute lymphoblastic leukaemia (ALL) through the arts – held in the Salisbury suite.
2. Workshop 2: The Great Outdoors – a therapeutic intervention for people affected by cancer? – held in the Holyrood suite.

BPOS Annual General Meeting: This will take place in the Salisbury suite.

Drinks Reception: The drinks reception will be served in the foyer of the conference suite (level 1) on Thursday night at 18:45- 19:30.

Conference Dinner: Dinner will be served in the Salisbury suite from 19:30.

Overnight accommodation: For those who have booked the package with overnight accommodation at the Macdonald Holyrood hotel, rooms will be available from 15:00 onwards on Thursday 27th February. Check out is 12:00 on Friday 28th February. Please note there will be somewhere to store your bags before check in and after check out. Breakfast is included in the room rate, and is served 06:30-10:00 in the restaurant on the ground floor.

Macdonald Holyrood Hotel in Edinburgh is situated in the city's historic and beautiful old town, just a couple of minutes' walk from the world famous Royal Mile and the Scottish Parliament building. All rooms have en-suite bathrooms, large comfortable beds, an ironing board and tea and coffee making facilities.

The hotel has a Spa and Health club that offers a well-equipped gym, a heated pool and many spa treatments. The spa is open 10:00- 18:00. For more information please see the hotel website.

Parking: With limited onsite valet parking available at the hotel, guests are highly recommended to pre-book their parking in advance of their stay. A parking space can be reserved at a charge of £25 per night by telephoning the hotel directly on 0344 879 9028. Non pre-booked parking is allocated on a first come first serve basis where a charge of £20 per night is applicable. *Height restrictions apply*

Internet Access: Complimentary Wi-Fi is available throughout the hotel helping you to stay connected at all times.

Maps and Directions

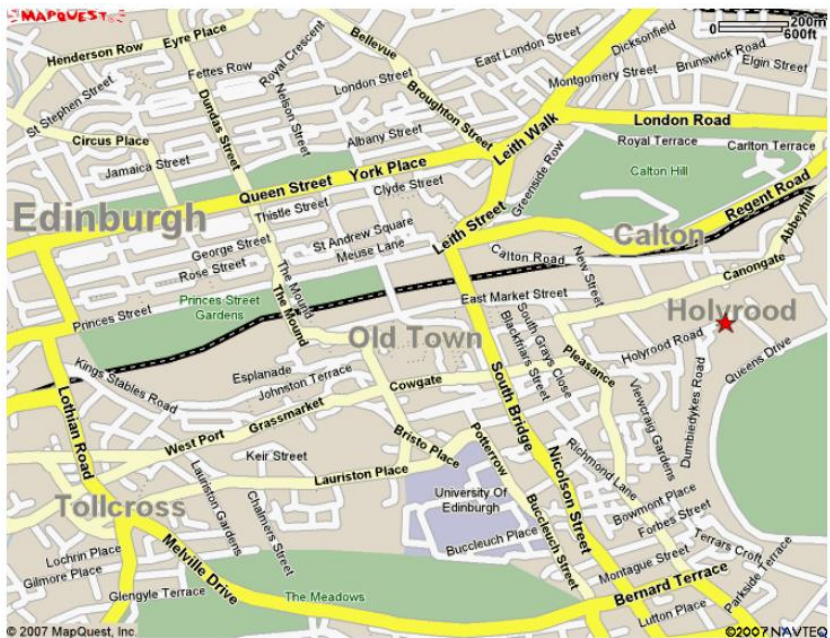
81 Holyrood Road, Edinburgh, EH8 8AU

Tel: 0344 879 9028

By car: Situated on Holyrood Road

By Rail: 0.5 miles from Edinburgh Waverley Station (15 min walk)

By Air: 8 miles from Edinburgh Airport



For more specific directions please follow the link:

<https://www.macdonaldhotels.co.uk/our-hotels/scotland/edinburgh/macdonald-holyrood-hotel-and-spa>

Programme

Wednesday 26th February 2020

18:30 – 19:30 Welcome reception

A complimentary welcome reception with light refreshments will take place the night before the conference, at the City Chambers. The venue is approximately a 10 minute walk from the Holyrood Hotel and very close to Waverly train station (the main station in Edinburgh).

We will be joined by Lord Provost of the City of Edinburgh, who will welcome us to the city. We hope this will be a great opportunity for delegates to network with old and new colleagues alike.

19:45 – 20:45 PhD/Early Careers researcher's event: Ghost walk

We invite all PhD students and early careers researchers who are registered to attend the conference, to join us on a ghost walk tour called Hidden & Haunted.

The tour is a chilling way to explore Edinburgh after dark – and underground. Strictly adult-only, this ghost tour is a short, sharp shock – your unsettling introduction to our capital's unsavoury past!

The event is free but **PLACES ARE LIMITED**. To reserve your place please select the option on the

conference registration form or email
conference@bpos.org.

If you are attending the Ghost Walk please meet outside the City chambers at 19:30. It is a short walk from there to the start of the tour.

Thursday 27th February 2020

08:30 – 9:30 Walk & Talk

Start the day with a mapped out walk of the local area, whilst meeting and chatting to colleagues. Please meet in the hotel reception at 8:30.

09:30 – 10:00 Registration and refreshments

10:00 – 10:15 Welcome: Chair and local hosts

10:15 – 11:05 Keynote: Dr Catherine Calderwood

Personalising Realistic Medicine

[Chair: Richard Kyle]

11:05 – 11:20 Morning break and Poster viewing

11:20 – 12:35 Oral Session 1:

Addressing personalisation and diversity in psychosocial oncology

10-minute presentations and 5 minutes for questions

[Chair: Lynn Calman]

11:20 – 11:35 Lucy Johnston - *Does my cancer look big in this? Challenges of personalisation across the care pathway from a five year national evaluation*

- 11:35 – 11:50 Jane Frankland- *Factors and processes in mobilising network support for younger women (<50 years old) around breast cancer diagnosis: Analysis from the Macmillan HORIZONS Programme*
- 11:50 – 12:05 Lyndsay Hughes - *Perceptions of breast cancer and experience of side-effects by breast cancer survivors prescribed tamoxifen and aromatase inhibitors*
- 12:05 – 12:20 Jenny Young - *A broader approach to personalisation: exploring the delivery and impact of a supportive cancer service in Scotland*
- 12:20 – 12:35 Elisavet Moschopoulou - *A meta-ethnography of cultural influences on cancer-related psychological interventions for black and minority ethnic (BME) patients*
- 12:35 – 13:35 Lunch and Poster viewing**
- 13:35 – 13:50 Rapid results**
3-minute presentations and 2 minutes for questions
 [Chair: Jenny Young]
- 13:35 – 13:40 Kathleen Kane: *Tailoring an online intervention to the supportive needs of women living with secondary breast cancer: Translation of qualitative research through expert consensus*
- 13:40 – 13:45 Hanna Skrobanski: *Understanding the barriers and facilitators to primary care nurses' role in cancer early detection*

- 13:45 – 13:50 Lynsey Brown: *Co-designing with older adults living with cancer: Exploring the strengths and limitations*
- 13:50 – 15:00 Workshops - Parallel session**
Workshop 1: Accessing patients' perspectives of acute lymphoblastic leukaemia (ALL) through the arts
Workshop 2: The Great Outdoors – a therapeutic intervention for people affected by cancer?
(See pages 21-22 for more details)
- 15:00 -15:30 Afternoon break and Poster viewing**
- 15:30-16:45 Oral Session 2:**
Exploring the influence of demographic and clinical factors in cancer outcomes and experience
10-minute presentations and 5 minutes for questions
[Chair: Jo Armes]
- 15:30 – 15:45 Debbie Cavers: *Living with and beyond cancer with co-morbid illness: qualitative interviews with patients and carers*
- 15:45 – 16:00 Teresa Corbett: *The experience of older people living with cancer and multi-morbidity: a thematic synthesis and qualitative study*
- 16:00 – 16.15 Laura Ashley: *Improving cancer treatment and care for people with comorbid dementia*

16:15 – 16:30 Rebecca Foster: *Quality of Life and health status in older people with colorectal cancer: Findings from the ColoRECTal Wellbeing (CREW) cohort study*

16:30- 16:45 Sarah Allen: *What are the underlying reasons behind socioeconomic differences in doctor- patient communication in head and neck oncology review clinics?*

16:45: 16:50 5 minute comfort break

16:50 – 17:40 Keynote: Professor Gerry Humphris

[Chair: Kate Absolom]

Can we prevent fear of recurrence in patients treated for cancer? An applied and psychological perspective

17:40 – 17:50 Day 1 closing remarks

18:45 – 19:30 Drinks reception and Poster viewing

19:30 – Late Conference Dinner and Entertainment by High Drive Ceilidh Band & DJ Services.

Friday 28th February 2020

08:45 – 09:15 Registration and refreshments

09:15 – 09:30 Rapid results

3-minute presentations and 2 minutes for questions

[Chair: Debbie Cavers]

09:15 – 09:20 Laura Baker: *Exploring parental experiences of their adolescent's cancer-related distress*

09:20 – 09:25 Sally Taylor: *Exploring the safety of prostate cancer follow-up in primary care*

09:25 – 09:30 Zoe Davey: *Personalising follow up pathways in the NHS for mesothelioma patients: the patient perspective*

09:30 – 10:30 Service Innovation session

10-minute presentation and 5 minutes for questions

[Chair: Trish Holch]

09:30 – 09:45 Melissa Hillier: *WHYoutdoors: Nature Based Cancer Care Course*

09:45 - 10:00 Frances Goodhart: *Individual Clinical Supervision (CS) provided to a Hospital Specialist Palliative Care Team by an external clinical psychologist.*

- 10:00 – 10:15 David Wright- *RESTORE: A digital self-management innovation for cancer related fatigue.*
- 10:15 – 10:30 Anna Bootle: *Action for Recovery and Change (ARC) Clinic: Applying psychological insights to personalising early rehabilitation and support plans in 'treatable-not-curable' cancer*
- 10:30 – 10:50 Morning break and Poster viewing**
- 10:50 – 12:05 Oral Session 3: Developing and evaluating interventions in psycho-oncology and cancer care.**
10-minute presentation and 5 minutes for questions
- [Chair: Ruth Tarrant]
- 10:50 – 11:05 Philippa Tollow: *They were aware of who I was as a person": Patients' and health professionals' experiences of using the PEGASUS intervention to facilitate decision-making around breast reconstruction.*
- 11:05 – 11:20 Trish Holch: *A pilot randomised trial of online self-monitoring of adverse events during pelvic radiotherapy using eRAPID (electronic patient self-Reporting of Adverse-events: Patient Information and aDvice)*
- 11:20 – 11:35 Lesley Fallowfield: *Helping nurses discuss risk and uncertainty about chemotherapy with early breast cancer (EBC) patients: results from novel educational workshops*

11:35 – 11:50 Lizzy Banwel: *Acceptance and Commitment Therapy Based Psychological Skills Training for Oncology and Palliative Care Staff*

11:50-12:05 Susie Pearce: *Getting underneath the surface in a longitudinal narrative study with young adults with cancer; the value of the psychosocial*

12:05 – 13:00 Lunch and Poster viewing

13:00 – 13:30 BPOS Annual General Meeting

13:30 – 14:30 Macmillan session

Shaping the research landscape: Attracting large scale funding for research into living with and beyond cancer

[Chair: Jonathan Koffman]

14:30 – 14.45 Afternoon break and Poster viewing

14:45 – 15:40 Keynote: Liz O’Riordan

[Chair: Kate Absolom]

"It's the little things that matter"

15:40 – 16:00 Closing remarks / awards

More about the programme

Service Innovation Presentations

The British Psychosocial Oncology Society (BPOS) is a multidisciplinary organisation for the advancement of education, research, and practice-based care in psychosocial oncology, and as such at the conference, we wanted to showcase excellent clinical, educational, integrational, and good practice initiatives. It is important that research is translated into practice to improve everyday care for many patients. Four projects will be presented and discussed which demonstrate how to drive research and innovation into application within the NHS and primary care for the benefit of many.

Rapid Results

An exciting new addition to this year's programme! Short and snappy 3-minute presentations that allows the presenters to focus on the key results of their study.

Workshops

Workshop 1: Accessing patients' perspectives of acute lymphoblastic leukaemia (ALL) through the arts

Hosted by Dr Alex and Dr Milton Mermikides

Milton is Reader in Music at University of Surrey. Alex is Doctoral Programme Leader at the Guildhall School of Music & Drama

Bloodlines is dance-lecture performance depicting a patient's experiences of ALL and its treatment through stem cell transplant. Here, it's makers, Milton (a composer and ALL survivor) and Alex

(theatre-maker and his sibling bone marrow donor) share extracts of the work and reveal some of techniques they used to turn their personal experience, and their medical data, into an artwork.

Bloodlines was first performed at the Science Museum, London and has since been seen by medical students and professionals, patient groups and general audiences. It has featured in the Times Higher Education and on Midweek (BBC Radio 4). Its development was funded by the Arts and Humanities Research Council.

Workshop 2: The Great Outdoors – a therapeutic intervention for people affected by cancer?

Hosted by Chrissie Lane

Chrissie is a Consultant Nurse in Cancer Care and PhD Student at NHS Highland, based in Inverness.

This workshop will provide a creative opportunity for participants to learn and discuss the opportunities for nature based interventions for people affected by cancer, drawing upon examples of evidence from a wide array of multi-disciplinary research. Nature appears to provide people affected with cancer, familiar and contemplative spaces, whereby they can develop new emerging perspectives, caring connections (with themselves and others) and enabling spaces to find their way through clinical and personal significances of their cancer. Therefore, how are we currently weaving nature through peoples' cancer experiences to improve their recovery?

Chrissie will also present her work on using electrically assisted mountain bikes to facilitate recreational journeys into and through natural landscapes – 'Wheels To Nature'.

Macmillan session

Analyses of research funding in the UK have repeatedly demonstrated an imbalance in the distribution of research spend across different areas of cancer research, with the vast majority going to research into cancer 'cause' and 'cure', and only a small proportion focused on 'care' for people living with and beyond cancer.

This session will bring together the perspectives of patient representatives, academics and cancer charities to discuss why it matters that we work together to influence and shape the current research landscape; present recent research findings relevant to people living with and beyond cancer; launch a new initiative to attract large scale funding to research in this area; and share advice and experience from previous successful grant applications.

Posters

Communication and consent

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- | | |
|---------------------|--|
| 1. Terri Gilleece | Consent and Confidentiality: a conundrum when researching the impact on cancer carers |
| 2. Rachel Starkings | The development of an educational programme, TRUSTING, for HCPs working in a breast cancer setting |
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Minority and under-researched groups

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- | | |
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| 3. Obrey Alexis | Black African and Black Caribbean men's experiences of prostate cancer In the NHS in England |
| 4. Zoe Moon | Exploring the needs of women prescribed endocrine therapy from minority ethnic backgrounds |
| 5. Klaudia Steciuk | Incidence, risks and information and support needs of patients and their carers experiencing cancer and stroke: A scoping review |
| 6. Olivia Robinson | Understanding the care and support needs of nursing home residents living with dementia and comorbid cancer |
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Models of cancer care and support

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- | | |
|-----------------|---|
| 7. Laura Timmis | "Every patient is different and every patient's needs are different": patients and their informal caregivers preferences for gynaecology cancer follow-up |
| 8. Trish Holch | 'A very honest place': how do internet forums support women living with breast cancer? |
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9. Elaine Wilson	Adjustment after 'TAILORing': Changing the narrative of breast cancer treatment and survivorship
10. Lesley Howells	Factors that motivate men to engage with value co-creation in psychosocial cancer support centres and how it impacts on their well-being
11. Karen Campbell	Haemato-oncology patient experience of care in the last year of life: A constructivist grounded theory study
12. Lydia Briggs	Holistic Needs Assessment: Perceptions, Implementation and Impact
13. Lucy Matthews	Patients' experiences of a supported self-manAGEment pATHway In breast Cancer (PRAGMATIC)
14. Lucy Johnston	Transforming Care After Treatment for Cancer with R.O.P.E – Recovery Orientated Practice and Emphasis
15. Eloise Radcliffe	Understanding and characterising the value and role of self-management support for people living with cancer that is treatable but not curable: The ENABLE study
16. Nicole Collaco	Understanding, characterising and explaining how people connect with and mobilise supportive services and resources to help them self-manage post cancer treatment: study protocol.

Quality of life and Patient Reported Outcome Measures (PROMs)

17. Lucy Johnston	Beneath the 'PROM'? The Importance of Underlying Outcomes: thematic synthesis of findings from two national cancer programmes
18. Helena Harder	Development and initial evaluation of a new measure to assess chemotherapy-induced

	diarrhoea: the Diarrhoea Management Diary (DMD)
19. Lynn Calman	Fatigue and physical activity in lung cancer patients treated with immunotherapy: a mixed methods study
20. Valerie Shilling	Identifying trigger items from the Patient Roles and Responsibilities Scale
21. Sophie Moriarty	Measuring quality of life in people living with and beyond cancer in the UK
22. Kate Absolom	Preliminary data from a randomised trial of online self-monitoring of adverse events during systemic therapy using eRAPID (electronic patient self-Reporting of Adverse-events: Patient Information and aDvice)
23. Susan Catt	Quality of Life After Bladder Cancer (Q-ABC) study: an overview
24. Christopher Bedding	Quality of life in Metastatic Breast Cancer: A systematic review of psychosocial issues and adverse events.

Service Innovation

25. Anna Bootle	Action for Recovery and Change (ARC) Clinic: Applying psychological insights to personalising early rehabilitation and support plans
26. Kate Hurst	Psychological prehabilitation for men attending for radical prostatectomy

Teenage and Young adult cancer

27. Wendy McNally	A Life Interrupted: An Interpretative Phenomenological Analysis of Young People and their Family / Significant other living with MM
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28. Emma Nicklin	How accurate do TYA childhood brain survivors and their caregivers recall medical history: implications for self-report studies
29. Laura Baker	Just Be An Uber Parent: An Exploration Of Parental Coping In Adolescent Cancer-Related Fatigue
30. Jessica Pope	Mental health status of survivors of adolescent and young adult cancers
31. Emma Nicklin	Unmet support needs in childhood brain tumour survivors and their caregivers: "It's all the aftermath, you're forgotten about, basically in the long-term you're left with it"

Understanding and addressing the psychological impact of cancer

32. Kym Winter	"It's Cancer Jim, but not as we know it"; findings from a new remote counselling service for patients and advocates living with rare neuroendocrine cancer
33. Emily McBride	Emotional response to testing positive for human papillomavirus at cervical cancer screening: a mixed method systematic review
34. Caterina Gentili	Exercise, body image issues and masculinity in prostate cancer (PCa): comparing PCa patients undergoing androgen deprivation therapy (ADT), to ADT-naïve PCa patients and age-matching controls
35. Joshua Turner	Identifying pre-surgery factors associated with fear of cancer recurrence in people with colorectal cancer up to five years after surgery: analysis from the ColoRECTal Wellbeing (CREW) study
36. Kate Absolom	Illness Perceptions in a cohort of newly diagnosed colorectal cancer patients: A preliminary exploration
37. Jenny Young	Looking back, staying still, moving on: exploring the relationship between time orientations and

	emotional reactions in spousal carers of people with cancer
38. Mary Turner	Mindfulness-Based Cognitive Therapy for Cancer (MBCT-ca), Anxious Worry and Psychological Flexibility
39. Derek Larkin	Perceived Stigmatisation and Body Image in Prostate Cancer Patients: Preliminary Findings.
40. Kathy Rogers	The role of theatre in end of life care education; a qualitative exploration
41. Kathy Rogers	What are the holistic experiences of adults living long-term with the consequences of cancer and its treatment? A qualitative evidence synthesis.
42. Esmée Bickel	Why don't cancer patients seek help for their depressive symptoms? The role of illness representations, coping, and social support in predicting patients' need for care

Conference sponsors



Psycho-Oncology is the official journal of the American Psychosocial Oncology Society (APOS) and the British Psycho-Oncology Society (BPOS).

Psycho-Oncology is concerned with the psychological, social, behavioural, and ethical aspects of cancer. This subspecialty addresses the two major psychological dimensions of cancer: the psychological responses of patients to cancer at all stages of the disease, and that of their families and caretakers; and the psychological, behavioural and social factors that may influence the disease process. Psycho-oncology is an area of multi-disciplinary interest and has boundaries with the major specialities in oncology: the clinical disciplines (surgery, medicine, paediatrics, radiotherapy), epidemiology, immunology, endocrinology, biology, pathology, bioethics, palliative care, rehabilitation medicine, clinical trials research and decision making, as well as psychiatry and psychology.

**MACMILLAN
CANCER SUPPORT**

Today, there are almost 3 million people living with cancer, and this number is expected to rise to 4 million in 2030. At Macmillan we're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. We'll be there for everyone, either through one of our services, or by pointing them in the right direction. So whatever cancer throws their way, we'll be right there with them.

We're a team of supporters, volunteers, employees, campaigners, health and social care professionals and fundraisers. We are cancer experts, an independent voice for change and the name everyone thinks of first when cancer support issues are raised. But the most important things that bind us are our care and support for people living with cancer.



THE UNIVERSITY
of EDINBURGH



Better health,
better futures:
the Usher

Institute works with people, populations and their data to understand and advance the health of individuals and populations through innovative collaborations in a global community. The Usher Institute is a key applied and translational arm of the Edinburgh Medical School, within the College of Medicine and Veterinary Medicine at the University of Edinburgh; offering significant expertise in health services research, health informatics, data science and social science. We strive for and work towards the data-enabled transformation of health.



Maggie's offers free practical and emotional support for all people living with cancer and their family and friends. Built on the grounds of specialist NHS hospitals, our 23 centres are warm and welcoming places and our expert staff help people live well with cancer. They are places to find practical advice about benefits and eating well, places where qualified experts provide emotional support, places to meet other people, places where you can simply sit quietly with a cup of tea.

We understand the importance of architecture and design on your physical and emotional health, which is why our centres are peaceful, calming places to be.

Everyone is welcome, you don't need an appointment, just come in at any time and our support is free.

For more information please visit: maggiescentres.org

Edinburgh Napier
UNIVERSITY



Edinburgh Napier University delivers the skills and experience that matter. It combines professional know-

how with an academic approach and work-related learning to help its students succeed beyond university. Meanwhile, its research shapes the world around us, improving lives in Scotland and across the globe.

Named after mathematician John Napier, the inventor of logarithms in the 1500s, it has proudly gone from Napier Technical College to Edinburgh Napier University. Offering more than 250 undergraduate and postgraduate courses, it now has nearly 20,000 students from more than 140 countries studying on campus in Edinburgh, online and at partner universities worldwide.

The University's School of Health & Social Care aims to make an enduring impact on health, care and society in Scotland and beyond. It provides a vibrant teaching and research environment for over 3,400 students and 130 staff. It delivers a world-class learning experience and undertakes pioneering research with a focus on practical and applied results.

More information at: www.napier.ac.uk



BPOS

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Est 1983

