

**Enhanced Spiritual Transformation in
Cancer Patients following Intervention
with Peer Patient Narratives**

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&

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**Cancer is the best thing that ever
happened to me.**

--a patient

Outline

- The setting
- Development of the project
- Questions asked (feasible/beneficial/acceptable)
- Outline of the study
- Baseline studies (BMMRS, CES-D, PANAS-X, DSE, FACIT)
- The intervention material
- Group comparison
- STS
- Post intervention questionnaire

The Interventional Material

- 5 min video, weekly x 6 wks
- Peer Patient Narratives
 - Coping experiences
 - Spiritually oriented
 - Christian perspective
 - No denominational references
- SON (spiritually oriented video)
- FON (factually oriented video)

SON versus FON narratives. FON narratives made by eliminating all references to the spiritual.

- God
 - Pos 2-12-8-6-15-9 (52)
 - Neg 2-0-2-0-1-0 (5)
- Faith 1-2-0-1-0-0(4)
- Prayer 4-1-1-0-2-0 (8)
- Angel 1-0-0-0-0-0 (1)
- Bible 2-3-1-0-0-3 (9)
- Spirituality 0-0-1-3-0-0 (4)

Example of changed narrative

- (SON) She worked as homemaker, head start teacher and children's minister where she attended church.
- (FON) She worked as homemaker and head start teacher.

Example of changed narrative

- (SON) So the greatest battle of my life began and I prayed constantly...”Lord help me though this and please be with my family.”
- (FON) So the greatest battle of my life began.

Group Comparison

	<u>FON</u>	<u>SON</u>
Approached	37	36
Declined	4	5
Ineligible	13	11
death	2	2
refused	5	3
protocol vial	5	6
conflict church	1	0

Religious comparison

- Church affiliation
- Religious attendance
- Frequency of prayer
- Self-description
- Clinical comparison

Spiritual Transformation Scale (Brenda S. Cole, 2006, 2008)

- Scale of 1 (not at all) to 7 (true a great deal of time). 29/11 questions.
- Spirituality has become more important to me.
- I more often have a sense of gratitude.
- I am more spiritually wounded.
- I am less interested in organized religion.

STS (7 weeks)

	<u>FON</u>	<u>SON</u>
SGrowth	5.08	6.29*
SDecline	2.02	1.38**
	(1.24;0.031)	

*P 0.01
**P .076
Cole 3.76/1.46
SSC 4.42/1.82

Answers to Post Intervention Questions

- 95% would participate in another study
- 95% preferred R/S assessment
- 75% preferred that the P talk about a R/S problem brought up by them
- 95% believe a P should pray with a pt if the P feels like he/she should
- 45% had R/S concerns during the time

Answers (continued)

- Major source of support was family for 75%
- 75% would have welcomed discussion by the P
- 85% felt the video was helpful
- 0% found the video threatening to their faith
- 75% felt a need to be more R/S

Summary

- Spiritual Intervention (SI) is feasible.
- SI enhanced spiritual growth.
- SI had no influence on spiritual decline.
- SI was accepted by the majority of patients.
- ST can be quantitated; the process may not.

**The best and most beautiful things in the
world cannot be seen or even touched.
They must be felt within
the heart.**

--Helen Keller

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