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The development and evaluation of a Couples Coping focused intervention model in supporting Couples Coping with Colorectal Cancer as dyads

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Recognition has been growing that the experience of cancer couples is complex and relationships are dynamic. Faced with the diagnosis and treatment of cancer, cancer couples may find their relationship coming under great strain. An intervention is needed to support cancer dyads cope with the illness. Based on the previous study on the development and pilot study of a complex intervention: "caring for couples coping with cancer, '4Cs'" programme, the project was designed to develop and evaluate a Couples Coping Focused intervention model to support couples coping with colorectal cancer as dyads (4Cs: CRC program). A mixed-methods design that includes qualitative and quantitative approaches will be used. Firstly, the programme will be developed based on the experience of colorectal cancer couples living with cancer and their supportive needs, and guided by a Preliminary Live with Love Conceptual Framework (P-LLCF) for Cancer Couple Dyads. The developed 4Cs: CRC program includes three modules, focusing on the couple's dyadic level, individual level, and health professional training. To facilitate the feasibility of the programme, a tailored web-based intervention model will

also be designed based on the contents. Then, a pre-post pilot trial will be conducted in the second phase to test the feasibility of the programme, including the acceptability of the procedures, the validity, reliability and feasibility of the instruments, the recruitment and retention of participants, and identification of the appropriate sample size. Next, the full-scale evaluation of the programme will be conducted to evaluate the effectiveness and process of the programme using RCT and focused group study respectively. Finally, to validate the Couples Coping Focused intervention model for colorectal cancer patients and their spousal caregivers.

Speaker Biography

Qiuping LI is a Ph. D and M. D, professor and supervisor in master degree. Her research interests comprise nursing education, digestive system diseases and cancer care. The major research contents mainly focus on the development and evaluation of supportive psychological intervention model for cancer patients and their family caregivers. She has accomplished 11 research projects. More than 90 articles were published by the first author or corresponding author, among which 25 were included in SCI journals. She has edited 16 textbooks and 5 Monographs, and secured research funding from National Natural Science Foundation of China (NSFC) as principal investigator.

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