Towards A New Treatment Workbook For Meaning-Centered Group Psychotherapy (MCGP) For Chinese Patients With Advanced Cancer

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Introduction

Efficacy of MCGP

• Randomized controlled trials show MCGP improves spiritual well-being, sense of meaning, and psychological functioning in advanced cancer patients (Breitbart et al., 2010)

• An 8-week treatment manual was published (Breitbart & Poppito, 2014)

Obstacles

• Time span, cultural issues, and delivery modes hinder access for patients

Modified MCGP

• A modified version of MCGP in the form of a treatment workbook is proposed

Methods

Treatment Workbook Objectives

• Increase patient compliance

• Address unmet existential needs of Chinese advanced cancer patients

Weekly Topics Covered

Session	4-week Modified-MCGP	8-week MCGP
1	**Topic: *Cancer and Me*** Concepts and findings of MCGP Self-Compassion Practice (SCP) Story of *James Wong* (黃霑) Cantopop Song (CS): *Man Ngo* (問我) Frankl's quote (1957:116) Homework: SCP & My Autobiography	Concepts and Sources of Meaning Cancer and Meaning
2	**Topic: *Pain without Suffering*** Definitions and Sources of Meaning Story of *Anita Mui* (梅艷芳) CS: *Gei Hui Fung Yu* (幾許風雨) Frankl's quote (1969:70) Homework: SCP & Action plan	Historical Sources of Meaning (I) Historical Sources of Meaning (II)
3	**Topic: *Search For Meaning*** Life Review Centering Practice (CP) Story of *So Yan Pui* (蘇恩佩) CS: *Pong Dik Kai Si* (蚌的啟示) Frankl's quote (1959:84-85) Homework: CP	Attitudinal Sources of Meaning Creative Sources of Meaning
4	**Topic: *Purpose-Driven Life*** Life Plan Story of *Liang Hok Chiu* (梁鶴樵) CS: *Chung San Dim Hei Ngo Sang Ming* (重新點起我生命) Frankl's quote (1959:48-55) Homework: Peer sharing	Experiential Sources of Meaning Termination: Goodbyes, and Hopes for the Future

Results

Treatment Program Recruitment

• Seventeen patients recruited in 12 months, of whom 15 have completed the treatment program

Characteristics of participants (N=15)	No. of participants, n (%)
1. Age (years)	
40-49	2 (13)
50-59	4 (27)
60-69	6 (40)
70-79	3 (20)
2. Gender	
Female	12 (80)
Male	3 (20)
3. Education level	
Primary school	1 (6.5)
Secondary school	3 (20)
Certificate/Diploma	1 (6.5)
University	10 (67)
4. Marital status	
Single	8 (53)
Married	7 (47)
5. Cancer type	
Lung	6 (40)
Breast	4 (27)
Colon	2 (13)
Others	3 (20)

Evaluation Results

• Significant increases for FACIT SWB total scores from pre- to post-treatment, t=3.9119, p = 0.0018

• No significant difference in DT scores, t=1.6, p =0.15

• Positive feedback on joining modified-MCGP:

(i) Connect life and cancer experiences

(ii) Identify sources of meaning

(iii) Find aspirations

Conclusions

Treatment workbook

• Personalized

• Time-limited

• Evidence-informed

• Culturally relevant

Patient compliance

• Contemplative self-compassion practices (Yela et al., 2020)

• Real-life narratives of familiar celebrity

• Selected popular theme songs (Fung & Chik, 2020)

References

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