November 2015 (QOL-16) Competition Awarded Quality of Life Research Grants
Listed in alphabetical order

**Gupta, Sumit**  
The Hospital for Sick Children  
*Risk of mental health sequelae among childhood cancer survivors, mothers, and siblings: A population-based study using health administrative data*  
When a child is diagnosed with cancer, it can be devastating for both the child and their family. However, little is known about the long-term impact of childhood cancer on the mental health of survivors and their families. Dr Sumit Gupta will examine Ontario health records to assess whether childhood cancer survivors, their mothers and their siblings are more likely to experience mental health issues as adults, compared to the general public. This work may identify groups of people at risk for poor mental health and can inform the design of resources to help.

**McCusker, Jane**  
McGill University  
*Effectiveness of a telephone-supported depression self-care intervention for cancer survivors*  
Many people living with and beyond cancer experience symptoms of depression. Dr Jane McCusker wants to provide cancer survivors with the skills to self-manage these symptoms to greatly improve their quality of life. To do this, she will test whether a self-care program that includes a resource toolkit and regular telephone support from a trained coach is more effective than usual care for their symptoms. If successful, this program could be a sustainable, cost-effective way of supporting survivors.

**Nathan, Paul**  
The Hospital for Sick Children  
*The impact of the model of long-term follow-up care on adherence to surveillance for late effects among survivors of adolescent and young adult cancers*  
Although most young people with cancer will become long-term survivors, their treatment can lead to serious physical and emotional side effects later in life. Young cancer survivors may access follow-up healthcare in several different settings (e.g. specialized clinics, regional cancer centres, community hospitals, family doctors’ offices) or not at all. Dr Paul Nathan will determine whether the type of care provided to young survivors influences the likelihood of them receiving recommended screening tests for long-term complications. These findings can help inform healthcare policy to improve survivors’ lifelong care.

**Poulin, Patricia**  
Ottawa Hospital Research Institute  
*The effects of an online mindfulness-based stress reduction program in cancer survivors with chronic neuropathic pain: A randomized controlled trial*  
Up to half of all cancer survivors are estimated to deal with persistent debilitating pain, called chronic neuropathic pain (CNP). Research suggests that survivors with CNP may benefit from mindfulness – the ability to hold a non-judgmental attitude toward one’s experiences – but that attending in-person mindfulness activities can be a barrier. Dr Patricia Poulin is leading an interdisciplinary team to combine medical treatment for CNP with an online mindfulness-based stress reduction (MBSR) program. She will perform a clinical trial to test whether this approach reduces disability and improves quality of life in survivors with CNP. Using an online MBSR program could improve survivors’ access to the health benefits of mindfulness.