



Are you a family member or friend caring for someone who is currently receiving supportive or palliative care services for cancer?

What support could help caregivers?

Would you like to help us learn more about the unique needs of family and friend caregivers?

Let a member of your cancer care team know you're interested in participating in this research. We look forward to working with you.



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<https://palliativemedicine.wustl.edu/items/problem-solving-therapy-for-cancer-caregivers-a-randomized-clinical-trial-in-outpatient-palliative-care/>



A study to find better ways to support family and friend caregivers

of patients who are receiving supportive and palliative care services for cancer



What is the purpose of this study?

- We are partnering with healthcare systems across the country to learn how we can better support caregivers.
- We hope to learn whether a caregiver support program we have developed is helpful to friends and family members caring for a person with cancer.
- This important topic is supported and funded by the National Cancer Institute, part of the National Institutes of Health.

What will I do?

If you choose to take part, you will be asked to complete a series of survey questions online or during a phone call. In addition, you will be asked to participate in three 45-60 minute conversations either by Zoom or phone. What is discussed during the calls will be determined by which group you are randomly assigned to.

- **Group 1-Attention Control:**
You will discuss a range of different topics such as how cancer centers can better support patients' families.
- **Group 2-Intervention:**
You will learn and practice skills that might help you solve problems you encounter when caring for someone with cancer.



What are the risks?

You may experience some frustration with scheduling telephone or Zoom calls in the midst of your many other caregiving responsibilities. You may also feel upset when describing some of your caregiving experiences.

Is there payment for participating?

In return for your time and effort, you will be paid up to \$100 total.