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Postgraduate Certificate in Psycho-Oncology

## Research Methods in Psycho-Oncology

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**Active Surveillance:** A treatment approach where cancer is closely monitored through regular tests and exams, instead of being treated right away. Related terms include observation and watchful waiting. In psycho-oncology, active surveillance can impact a patient's psychological well-being due to the uncertainty of cancer progression.

**Bereavement:** The state of mourning and grief experienced after the death of a loved one. In psycho-oncology, bereavement care involves supporting family members and friends who have lost a loved one to cancer. Related terms include grief and mourning.

**Biopsy:** A medical procedure where a small sample of tissue is removed from the body for examination, often to diagnose cancer. In psycho-oncology, the biopsy results can significantly impact a patient's psychological well-being.

**Cancer Staging:** The process of determining the extent and severity of cancer, often based on the size and location of the tumor and whether it has spread to other parts of the body. Related terms include TNM staging system and staging classification. Cancer staging can impact a patient's psychological well-being, as it can provide insight into the prognosis and treatment options.

**Caregiver Burden:** The physical, emotional, and financial stress experienced by caregivers of cancer patients. Related terms include caregiving and family caregiving. Caregiver burden is an important consideration in psycho-oncology, as it can impact both the patient's and caregiver's well-being.

**Clinical Trial:** A research study involving human participants to evaluate the safety and efficacy of a new medical treatment or intervention. Related terms include interventional study and randomized controlled trial. Clinical trials are an important aspect of psycho-oncology research, as they can help to identify effective interventions for improving psychological well-being in cancer patients.

**Cognitive Behavioral Therapy (CBT):** A type of psychotherapy that focuses on changing negative thought patterns and behaviors to improve mental health. Related terms include talk therapy and psychotherapy. CBT is a commonly used intervention in psycho-oncology to help cancer patients manage anxiety, depression, and other psychological symptoms.

**Community-Based Participatory Research (CBPR):** A collaborative research approach that involves community members in all stages of the research process, from design to implementation and dissemination. Related terms include participatory research and community-engaged research. CBPR is an important approach in psycho-oncology research, as it can help to ensure that interventions are culturally and contextually relevant to the communities they serve.

**Coping Strategies:** The specific actions or behaviors that individuals use to manage stress and adversity, including cancer diagnosis and treatment. Related terms include coping mechanism and adaptive coping. Coping strategies are a key area of study in psycho-oncology, as they can impact a patient's psychological well-being and treatment outcomes.

**Depression:** A mental health disorder characterized by persistent feelings of sadness, hopelessness, and lack of interest or pleasure in activities. Related terms include major depressive disorder and clinical depression. Depression is a common psychological symptom in cancer patients, and can negatively impact treatment outcomes and quality of life.

**End-of-Life Care:** The medical and emotional care provided to individuals who are nearing the end of their life, often due to a terminal illness such as cancer. Related terms include palliative care and hospice care. End-of-life care is an important aspect of psycho-oncology, as it focuses on improving the quality of life of patients and their families during this difficult time.

**Fatigue:** A common symptom in cancer patients characterized by overwhelming tiredness, weakness, and lack of energy. Related terms include cancer-related fatigue and chronic fatigue syndrome. Fatigue can significantly impact a patient's psychological well-being and quality of life.

**Health-Related Quality of Life (HRQOL):** A multidimensional concept that encompasses physical, emotional, and social well-being related to health status. Related terms include quality of life and patient-reported outcomes. HRQOL is an important outcome measure in psycho-oncology research, as it can provide insight into the impact of cancer and its treatment on patients' overall well-being.

**Hope:** A positive expectation or desire for a particular outcome, often in the context of cancer diagnosis and treatment. Related terms include optimism and positive thinking. Hope is an important factor in psycho-oncology, as it can impact a patient's psychological well-being, treatment adherence, and treatment outcomes.

**Illness Perceptions:** The beliefs and attitudes that individuals hold about their illness, including its causes, symptoms, and prognosis. Related terms include cognitive representations and illness beliefs. Illness perceptions are an important area of study in psycho-oncology, as they can impact a patient's psychological well-being and treatment outcomes.

**Informed Consent:** The process of obtaining voluntary and informed agreement from research participants before they participate in a study. Related terms include voluntary participation and disclosure. Informed consent is a crucial aspect of ethical research in psycho-oncology, as it ensures that participants are fully aware of the risks and benefits of the study.

**Mindfulness:** A state of conscious awareness and non-judgmental acceptance of present-moment experiences. Related terms include meditation and stress reduction. Mindfulness is a commonly used intervention in psycho-oncology to help cancer patients manage stress, anxiety, and depression.

**Oncology Nursing:** The specialized field of nursing that focuses on the care of individuals with cancer. Related terms include oncology nurse and oncology nursing practice. Oncology nursing is an important aspect of psycho-oncology, as oncology nurses often play a critical role in supporting patients' psychological well-being during cancer treatment.

**Palliative Care:** Medical care focused on relieving the symptoms and stress of serious illness, such as cancer, rather than curing the disease. Related terms include supportive care and comfort care. Palliative care is an important aspect of psycho-oncology, as it focuses on improving the quality of life of patients and their families.

**Psychoeducation:** The process of educating individuals about mental health conditions, including their causes, symptoms, and treatments. Related terms include patient education and health education. Psychoeducation is a commonly used intervention in psycho-oncology to help cancer patients and their families better understand and manage psychological symptoms.

**Psychosocial Oncology:** A subfield of oncology that focuses on the psychological, social, and behavioral aspects of cancer. Related terms include behavioral oncology and psycho-social interventions. Psychosocial oncology is an important aspect of comprehensive cancer care, as it addresses the full range of psychological and social needs of cancer patients and their families.

**Qualitative Research:** A research approach that involves collecting and analyzing non-numerical data, such as interviews, observations, and open-ended survey responses. Related terms include qualitative data and content analysis. Qualitative research is an important approach in psycho-oncology, as it can provide insight into the subjective experiences and perceptions of cancer patients and their families.

**Randomized Controlled Trial (RCT):** A type of research study in which participants are randomly assigned to receive either the intervention being tested or a comparison group, such as a placebo