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e-TC: Development and pilot testing of an online psychosocial intervention to reduce anxiety and depression in testicular cancer survivors

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Purpose: Despite a good prognosis, many testicular cancer (TC) survivors report long-term psychological morbidity. Online interventions may help overcome barriers to seeking psychological support (e.g. stigma, inconvenience, and cost). This study aimed to develop and pilot 'e-TC', a tailored, online psychosocial intervention targeting anxiety and depression in TC survivors.

Methods: e-TC was developed using iterative feedback from an expert advisory panel, including consumers and clinicians, and incorporates clinical therapies and cancer-specific psychosocial interventions across 5 modules delivered over 10 weeks. e-TC was piloted in a convenience sample of TC survivors (0.5-5 years post-treatment) with varying psychological profiles. Participants provided feedback on aspects of acceptability (e.g. comprehensiveness, relevance, and utility). Potential efficacy was assessed using pre-post measures of anxiety/depression (HADS) and TC-specific quality of life (EORTC QLQ-TC26) amongst others. Six men with varying usage levels of e-TC were interviewed.

Results: Fifty-one men were invited to participate, 43 (84%) consented, 27 (53%) signed-up, 2 (4%) withdrew. The 25 e-TC users were mostly young (M=37.6, SD=8.0), well educated (80% tertiary), partnered (88%), and diagnosed with Stage I TC (60%). 28% completed all 5 intervention modules, 28% completed 4, 12% completed 2, 4% completed 1, and 28% completed none. The acceptability of e-TC was rated highly ($\geq 8/10$ on all aspects), but two-thirds of men thought e-TC was too long. Interview feedback was also mostly positive, but greater tailoring and interactivity was desired. Potential efficacy will be reported.

Conclusions: e-TC was favourably rated and may prove to be a useful treatment option for TC survivors' anxiety and depression.