



Prostate Cancer: A Patient Education Intervention

Grant Number: R44CA60372-02

Abbreviated Abstract

This project is a videotape and brochure designed to educate and assist men who have recently been diagnosed with prostate cancer. The project is important because it will reach an ever-growing number of patients who are at a critical decisionmaking juncture regarding their treatment options. This package will help them make informed decisions by encouraging dialogue with physicians and family and by recognizing that myths and fears can be overcome rather than allowed to become barriers to effective treatment and prevention efforts. In Phase II, State of the Art is building on the research of Phase I and is completing evaluation of the videotape and brochure we have produced. The Board of Advisors reviewed near-finished versions of materials, and the materials were tested using focus groups of patients, wives, and physicians. The comments of these respondents were used to refine the materials. State of the Art has just completed quantitatively testing the videotape and brochure with recently diagnosed prostate cancer patients to test hypotheses that these materials positively influence knowledge, behavior, and attitudes. We have begun distributing the materials, with a special emphasis made to reach low-income and minority populations.

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Total Budget

\$1,307,385

Research Objectives

AIMS



To determine if the educational intervention (videotape and brochure) affects the cognitive and behavioral outcomes of the target audience (males newly diagnosed with prostate cancer).

Theory/Hypothesis

There is a major gap in prostate cancer materials available for the newly diagnosed man and his family. This videotape and print package will represent an advance in teaching men how to deal with the emotional conflicts and complex choices that follow a diagnosis of prostate cancer. Our preliminary hypotheses are that the videotape and brochure will have the following effects:

1. Significantly increase the cognitive abilities of the patient with regard to
 - Understanding/knowledge of the decisionmaking process surrounding treatment issues;
 - Self-efficacy; and
 - Managing expectations, fears, and anxieties.
2. Significantly increase the behavioral outcomes of the patient with regard to
 - Compliance with regimen;
 - Communication competence;
 - Team/partnership building;
 - Relational quality; and
 - Assertiveness/motivation.

Experimental Design

Qualitative Research:

Four focus groups were conducted:

- Two focus groups were composed of men who were recently diagnosed with prostate cancer (within 5 months of diagnosis). All groups were racially, ethnically, and socioeconomically mixed. The men also represented the range of ages, cancer stages, and treatment options.
- One partner group was composed of the wives or partners of men recently diagnosed with prostate cancer.
- One physician focus group included urologists and primary care physicians (internists, general practitioners, and family physicians who routinely maintained contact with their prostate cancer patients after the initial diagnosis). At least half of the physicians had a patient base that included minorities and/or low-income males.

Quantitative Research:

Baseline data were collected by mailed questionnaire for each of the participants in the experimental group and control group. Baseline data were collected within 4 to 8 weeks of diagnosis for members of the experimental and control groups.

After completing the questionnaire, experimental group members were asked to view the finished videotape and review our brochure in their homes, answer some questions about these materials, and respond to a brief follow-up questionnaire approximately 90 days later. Control group members were asked to respond to a brief follow-up questionnaire approximately 90 days after the initial survey was completed. Each member of the experimental group was mailed the videotape and brochure within 10 days after completing the baseline survey. The mail survey will be completed by experimental group members after the videotape has been seen and the brochure has been read.



Final Sample Size & Study Demographics

It was proposed to randomly sample between 50 and 80 recently diagnosed prostate cancer patients at each of six locations.

Data Collection Methods

Focus groups and mailed questionnaires

Outcome Measures

Qualitative Research: Program satisfaction

Quantitative Research: Attitudes toward self-management, self-efficacy, adherence to medical regimens, and reported pain

Evaluation Methods

Focus group results were analyzed, as well as change scores for those in the experimental versus control groups in the quantitative study.

Research Results

Qualitative Research:

- Both the survivor/family/friends groups and professionals groups were positive about the proposed website.
- The major concerns were about the target audience for the site (i.e., whether the site should be for survivors only or for the survivor and his family and friends).

Quantitative Research:

- Overall, after use of the web module, experimental participants were not significantly different from the control group on the primary outcome variables.
- Race had an effect, with the “Other race” group reporting greater increases at 90 days than did Whites or African Americans at 90 days (i.e., they increased the extent to which they regularly try to put what they learned on the web module into their daily routine). An interaction effect was found for income and time, with those reporting “more than \$50,000” showing a steady increase over time. Finally, education level was also related to self-management routines, with those having some graduate school education showing lower scores than did those with high school or college level educations.

Participants in the intervention group also reported that they would recommend the web module to a friend, felt that the information on the web module was easy to understand, and found that the website was good or better than others they had seen.

Barriers & Solutions

The biggest potential difficulty comes in the quantitative research, where we seek to recruit a narrowly defined audience—prostate cancer patients diagnosed within the last 4 to 8 weeks.

Product(s) Developed from This Research

Take Charge: For Men Newly Diagnosed With Prostate Cancer and Prostate Cancer: Are You at Risk?