Participate in a research study
Help us make the discoveries that improve lives

The EMPOWER Study
Enhancing Management of Patient Reported Outcomes with Emotion Regulation

What?
We are conducting a research study in order to develop an online intervention to teach young adults with cancer new skills for healthy coping and managing their mood better. We need your help! We would like to test this online intervention to determine if it teaches these new skills in a practical and acceptable way.

Who?
We are seeking cancer survivors who are currently 18-39 years old, were diagnosed between the ages of 18-39, and finished with treatment within the past 5 years. Participation in this study is entirely voluntary.

How?
Participants will be asked to complete an initial online questionnaire, and then asked to provide daily emotion reports via text message for 14 days. Participants will also receive self-paced online instruction and practice in skills for effective mood management. This intervention will last 5 weeks, with one session per week. One week after the intervention, participants will be asked to complete an audio-recorded phone interview. Once the intervention has been completed, participants will be asked to complete online follow up questionnaires in week 8 and week 12. During the 2-week follow up period, participants will be asked repeat the daily emotion reports via text message. This study will last a total of 12 weeks.

Will there be compensation?
Participants will be compensated up to $51 for their involvement in the study.

Contact
If you would like to participate or learn more about this research study, please contact the research coordinator at (312) 503-5418.