We hope that you will decide to participate in this important research study.

The purpose of this study is to test an 8-week meditation and yoga program that is intended to reduce stress and improve the quality of life of adolescents and young adults, ages 18-39, who have been diagnosed with cancer. This study is being done through Northwestern University.

- Participating in this study will not change the care you receive from your doctors and nurses.
- There is no cost to you.
- You may choose to discontinue your participation in the study at any time.

For more information contact:

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REDEFINE AYAO
Reducing Emotional Distress, Enhancing Function and Improving Network Engagement in Adolescent and Young Adult Oncology

Principal Investigator:
David E. Victorson, Ph.D.

Funding provided by:
American Cancer Society – IL
and
Lurie Cancer Team Award

This study provides group-based meditation and yoga instruction to support young adults with cancer after their diagnosis.

Please read this brochure and consider taking part in our study.
Mindfulness-based Stress Reduction

All participants in the study will take part in an 8-week course, which will include instruction in meditation, gentle yoga, and other stress reduction techniques. We will meet once a week for two and a half hours each time and a meal will be provided. Homework will consist of listening to a 30-40 minute guided relaxation CD daily. Additionally, after the 6th week of the program, there will be a one-time, four-hour session in which participants will engage in a mini “retreat.”

What else happens in the study?

- After completing the program, you will be randomly assigned to a group that may or may not receive weekly text or e-mails messages related to the course teachings.
- You will take a set of online questionnaires.
- You will be available for blood and saliva samples, as well as vital sign collection.

CONFIDENTIALITY
Your privacy will be protected to the maximum extent allowable by law. Only codes will be used to identify the data collection forms. Only the research team and the Institutional Review Board (IRB) will have access to the surveys and study materials.