Enhanced Spiritual Transformation in Cancer Patients following Intervention with Peer Patient Narratives

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Cancer is the best thing that ever happened to me.
--a patient
Outline

- The setting
- Development of the project
- Questions asked (feasible/beneficial/acceptable)
- Outline of the study
- Baseline studies (BMMRS, CES-D, PANAS-X, DSE, FACIT)
- The intervention material
- Group comparison
- STS
- Post intervention questionnaire

The Interventional Material

- 5 min video, weekly x 6 wks
- Peer Patient Narratives
  - Coping experiences
  - Spiritually oriented
  - Christian perspective
  - No denominational references
- SON (spiritually oriented video)
- FON (factually oriented video)
SON versus FON narratives. FON narratives made by eliminating all references to the spiritual.

- God
  - Pos 2-1-2-8-6-15-9 (52)
  - Neg 2-0-2-0-1-0 (5)
- Faith 1-2-0-1-0-0 (4)
- Prayer 4-1-1-0-2-0 (8)
- Angel 1-0-0-0-0-0 (1)
- Bible 2-3-1-0-0-3 (9)
- Spirituality 0-0-1-3-0-0 (4)

Example of changed narrative

- (SON) She worked as homemaker, head start teacher and children’s minister where she attended church.
- (FON) She worked as homemaker and head start teacher.
Example of changed narrative

• (SON) So the greatest battle of my life began and I prayed constantly…”Lord help me though this and please be with my family.”

• (FON) So the greatest battle of my life began.

Group Comparison

<table>
<thead>
<tr>
<th></th>
<th>FON</th>
<th>SON</th>
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<tr>
<td>Approached</td>
<td>37</td>
<td>36</td>
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<tr>
<td>Declined</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Ineligible</td>
<td>13</td>
<td>11</td>
</tr>
<tr>
<td>death</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>refused</td>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>protocol vial</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>conflict church</td>
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Religious comparison

- Church affiliation
- Religious attendance
- Frequency of prayer
- Self-description
- Clinical comparison

Spiritual Transformation Scale
(Brenda S. Cole, 2006, 2008)

- Scale of 1 (not at all) to 7 (true a great deal of time). 29/11 questions.
- Spirituality has become more important to me.
- I more often have a sense of gratitude.
- I am more spiritually wounded.
- I am less interested in organized religion.
**STS (7 weeks)**

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>SGrowth</td>
<td>5.08</td>
<td>6.29*</td>
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<tr>
<td>SDecline</td>
<td>2.02</td>
<td>1.38**</td>
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</table>

*P < 0.01
**P < 0.05
Coh 3.76/1.96
SOC 4.42/1.92

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**Answers to Post Intervention Questions**

- 95% would participate in another study
- 95% preferred R/S assessment
- 75% preferred that the P talk about a R/S problem brought up by them
- 95% believe a P should pray with a pt if the P feels like he/she should
- 45% had R/S concerns during the time
Answers (continued)

- Major source of support was family for 75%
- 75% would have welcomed discussion by the P
- 85% felt the video was helpful
- 0% found the video threatening to their faith
- 75% felt a need to be more R/S

Summary

- Spiritual Intervention (SI) is feasible.
- SI enhanced spiritual growth.
- SI had no influence on spiritual decline.
- SI was accepted by the majority of patients.
- ST can be quantitated; the process may not.
The best and most beautiful things in the world cannot be seen or even touched. They must be felt within the heart.

--Helen Keller

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