NCPO-2025

1st National Conference on Psychotherapeutic Assessments and Interventions in Psycho-Oncology

A Multidisciplinary Approach to Holistic and Integrated Cancer Care

3rd to 5th January, 2025 | JLN Auditorium AIIMS, New Delhi

BOOK OF ABSTRACTS


NCPO 2025
AIIMS-NEW DELHI

Book of Abstracts


NCPO 2025
AIIMS-NEW DELHI

अखिल भारतीय आयुर्विज्ञान संस्थान
अन्सारी नगर, नई दिल्ली-११००२९ (भारत)
ALL INDIA INSTITUTE OF MEDICAL SCIENCES
ANSARI NAGAR, NEW DELHI - 110029 (INDIA)
Ph. 011-26594805/4800, Email: director@aiims.gov.in

दिनांक/Dated : 24th December 2024

MESSAGE

It gives me immense pleasure to invite you to the **1st National Conference on Psychotherapeutic Assessments and Interventions in Psycho-Oncology (NCPO2025)**, organized by the **Department of Psychiatry, AIIMS, New Delhi** and other esteemed collaborators. This conference will be held at AIIMS, New Delhi from 3rd January to 5th January 2025.

As a paediatric oncology surgeon, I very well understand that cancer care extends far beyond the surgical table or the confines of medical treatments—it is a journey that profoundly impacts a patient's mental and emotional well-being. Throughout my experience working with children diagnosed with cancer, I have personally witnessed and observed the profound psychological toll that cancer imposes a cancer diagnosis imposes not only on patients but also on their families and caregivers. Therefore, the field of psycho-oncology is pivotal in addressing these challenges, offering a holistic approach to cancer care by integrating mental health support alongside medical treatment.

NCPO 2025 provides a distinguished academic platform to explore the latest advancements in psychotherapeutic assessments and interventions in psycho-oncology. The conference will foster a dialogue among experts and professionals across various disciplines, enabling us to understand the vital intersection of psychological and physical care in oncology. Discussions will focus on critical issues such as the psychological impact of cancer diagnoses, strategies for managing anxiety, depression, existential distress, and the significance of a multidisciplinary approach in psycho-oncology.

Participants will have the opportunity to engage with a rich academic program, featuring **invited talks, keynote lectures, symposia, scientific paper presentations**, and **skill-building workshops**. The conference will also address the practical and cultural considerations of implementing psycho-oncological interventions in resource-constrained settings, ensuring the relevance and effectiveness of these approaches.

I strongly encourage young scientists and early-career professionals to actively engage in **NCPO 2025**. This conference offers an exceptional opportunity to learn from leading experts, present your research, and contribute to the advancement of psycho-oncological care both in India and beyond.

We look forward to welcoming you to AIIMS, New Delhi for this significant event. Let us unite in our commitment to advancing the mental well-being of cancer patients and strengthening the foundation of holistic cancer care in our country.

Best Wishes

24/12/2024

(Prof. M. Srinivas)
Director


NCPO 2025
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DR. SUSHMA BHATNAGAR
डॉ. सुषमाभटनागर
CHIEF, DR. B.R.A.I.R.C.H.
प्रमुख, डॉ. भी.रा.अं., सं.रो.कै.अ.
PROF. & HEAD, ONCO-ANAESTHESIA & PALLIATIVE MEDICINE
आचार्यएवंअध्यक्षअर्बुद-संवेदनाहरणएवंप्रशामकचिकित्साविभाग
AIIMS, NEW DELHI-110029
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Message

It is with great pleasure that I welcome all the delegates, speakers, and participants of the **First National Conference on Psychotherapeutic Assessments and Interventions in Psycho-Oncology** 2025, organized by the Department of Psychiatry, AIIMS, New Delhi in collaboration with other departments. The theme, **"A Multidisciplinary Approach to Holistic and Integrated Cancer Care,"** is a timely and vital subject as we continue to expand the scope of cancer care beyond just the physical aspects of the disease and the overall quality of life of patients is much more important.

Cancer, as we all know, is not just a physical ailment; it also brings about profound psychological, emotional, financial and social challenges for both patients and their families. This conference aims to explore how a comprehensive, multidisciplinary approach can improve the quality of life for cancer patients, ensuring that their mental and emotional well-being is prioritized alongside medical treatment. By integrating psychotherapeutic assessments and interventions into psycho-oncology, we take a crucial step toward holistic care, addressing the complex needs of patients throughout their cancer journey and creating more awareness among professionals and para-professionals.

As the Chief of the **Dr. B.R. Ambedkar Institute of Rotary Cancer Hospital (IRCH)**, I have always given importance to the co-morbid psycho-social aspects of the disease and always believed in treating the whole person and not just the disease. This conference emphasizes the need for collaboration between oncologists, psychiatrists, psychologists, social workers, nursing staff and other healthcare providers to ensure that cancer care is truly holistic and patient-centred. I would like to congratulate the Department of Psychiatry for organizing this important event and for bringing together experts from diverse fields to share their knowledge, insights, and research. It is only through such collaborative efforts that we can continue to innovate and provide the best possible care to our cancer patients.

I wish all participants a productive and enriching experience at the conference and look forward to the fruitful discussions and outcomes that will emerge from this important gathering.

Sushma Bhatnagar

Prof. Sushma Bhatnagar
Chief, Dr. B.R. Ambedkar Institute of Rotary Cancer Hospital (IRCH)
All India Institute of Medical Sciences (AIIMS), New Delhi

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NCPO 2025
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Professor & Head
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Message from Chairperson, Organizing Committee

Dear Delegates, Speakers, Sponsors and Exhibitors,

It gives me immense pleasure to extend a warm welcome to all the participants and esteemed guests at the **First National Conference on Psychotherapeutic Assessments and Interventions in Psycho-Oncology** 2025, organized by the Department of Psychiatry, AIIMS, New Delhi in collaboration with Department of Medical Oncology, Onco-Anaesthesia and Palliative Medicine, Radiation Oncology and College of Nursing. This landmark event marks a significant milestone in our collective efforts to provide holistic and integrated care to individuals affected by cancer.

The intricate and profound impact of cancer on both the physical and mental health of patients is an area that demands integrated care, combining medical, psychological, and emotional support. The theme of the conference, **"A Multidisciplinary Approach to Holistic and Integrated Cancer Care"**serves as an important platform to explore and promote psychotherapeutic approaches in psycho-oncology, enhancing the quality of care provided to cancer patients.

We recognize the critical role that psychotherapeutic assessments and Interventions play in enhancing the quality of life of cancer patients. In our endeavour to develop a more holistic treatment model, the collaboration between clinicians, mental health professionals, caregivers, and patients becomes essential. We must focus not only on treating the disease but also on addressing the psychosocial challenges that accompany cancer, helping patients navigate the emotional, psychological, and existential difficulties they face. This conference provides a unique platform for clinicians, researchers and various stakeholders to share their expertise, research experiences and innovations in psycho-oncology. Through discussions, research presentations, and interactive sessions, we hope to generate new ideas, foster collaborations, and set a framework for advancing psychosocial interventions in the care of cancer patients. By embracing a multidisciplinary approach, we can make significant strides in providing comprehensive, patient-centered care.

I would like to extend my gratitude to the organizers, all the speakers, researchers, delegates, and participants for their valuable contributions to this conference. Let us work together to ensure that cancer care remains compassionate, integrated, and truly holistic.

Wishing you all a productive and enriching experience at the conference.

Prof. Pratap Sharan
Chairperson, Organizing Committee, NCPO 2025
Professor and Head, Department of Psychiatry,
All India Institute of Medical Sciences (AIIMS), New Delhi


NCPO 2025
AIIMS NEW DELHI

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Dated: 26th December 2024

Message from the Head of the Department of Medical Oncology
1st National Conference on Psychology-Oncology
AIIMS, New Delhi

Dear Delegates,

It is with great pride and enthusiasm that I extend my warmest greetings to all participants of the **1st National Conference on Psychotherapeutic Assessments and Interventions in Psycho-oncology (NCPO-2025**), jointly organized by the Department of Medical Oncology, AIIMS, New Delhi. This abstract book is a testament to the depth and diversity of research, ideas, and practices in the evolving field of psycho-oncology.

Cancer transcends the physical realm, profoundly impacting the emotional and psychological well-being of patients and their loved ones. Psycho-oncology, a pivotal interdisciplinary field, recognizes this multifaceted reality. By fostering a comprehensive approach to care, it bridges the gap between physical treatment and mental health support. This national conference serves as a dynamic platform to explore the latest advancements in psycho-oncology. Through a rich exchange of ideas, encompassing innovative research, clinical experiences, and theoretical insights presented in these abstracts, we aim to elevate the standard of care for all those affected by cancer.

I commend all the contributors for their dedication and intellectual rigor, which have enriched this conference. Your work underscores the need to prioritize the mental well-being of cancer patients as an integral component of comprehensive oncology care.

I also extend my sincere gratitude to the organizing team for their tireless efforts in bringing this inaugural National Conference on Psycho-oncology to fruition. Their dedication in creating this platform for the exchange of knowledge and best practices in psycho-oncology is truly commendable. This conference and its proceedings mark a significant milestone in our collective journey towards improving the holistic care and well-being of cancer patients.

As you explore this abstract book, I hope you find inspiration and new perspectives that will drive further advancements in this critical field. Let us work together to create a future where every cancer patient receives care that is compassionate, comprehensive, and truly patient-centred.

With best wishes for a successful and intellectually rewarding conference,

Prof. (Dr.) Sameer Bakshi
Professor & Head of the Department of Medical Oncology
Dr. BRA IRCH,
AIIMS, New Delhi


NCPO 2025
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Dr. D.N. Sharma
Professor & Head
Department of Radiation Oncology,
All India Institute of Medical
Sciences,
New Delhi 110029 India, and
National Cancer Institute (NCI),
AIIMS (Jhajjar)

Message

It is with great pleasure and deep appreciation that we welcome you all to the First National Conference on Psychotherapeutic Assessments and Interventions in Psycho-Oncology 2025, organized by the Department of Psychiatry, All India Institute of Medical Sciences (AIIMS), under the theme, "A Multidisciplinary Approach to Holistic and Integrated Cancer Care.

“This landmark conference represents a pivotal moment in advancing psycho-oncology, an emerging and essential field at the intersection of oncology and mental health. Cancer, as we know, is a multifaceted challenge—one that impacts not only the physical health of patients but also their psychological, emotional, and social well-being. Recognizing the need for a comprehensive approach to cancer care, this gathering of minds seeks to unite diverse disciplines in the shared mission of enhancing patient outcomes and quality of life.

This conference serves as a platform for collaboration among professionals from a wide range of specialties, including psychiatry, psychology, radiation oncology, medical oncology, surgical oncology, nursing, and palliative care. Through keynote speeches, expert panel discussions, interactive workshops, and research presentations, we aim to explore cutting-edge advancements in psychotherapeutic assessments and interventions.Discuss best practices for integrating psycho-oncological care into conventional cancer treatment protocols.Promote multidisciplinary collaboration to create a healthcare ecosystem that prioritizes holistic healing.

The theme of this conference, "A Multidisciplinary Approach to Holistic and Integrated Cancer Care," reflects the growing consensus that addressing mental health and emotional well-being is as critical as treating the disease itself. This patient-centered philosophy resonates deeply with the values we uphold in the Department of Radiation Oncology and across the wider medical community.

We are privileged to have AIIMS as the host institution for this significant event. AIIMS has consistently stood as a beacon of excellence in medical research, education, and clinical care. Its unwavering dedication to advancing healthcare and fostering innovation aligns seamlessly with the objectives of this conference. The Department of Psychiatry at AIIMS deserves special recognition for spearheading this initiative and bringing together a distinguished array of experts and thought leaders.

As delegates, you play an integral role in shaping the future of psycho-oncology. Your insights, research, and shared experiences will contribute significantly to enriching the collective understanding of how we can address the psychological dimensions of cancer care more effectively. Together, we aim to build strategies that are not only evidence-based but also empathetic, ensuring that every patient's journey through cancer is supported by a network of care that is as compassionate as it is comprehensive.

Let me take this opportunity to acknowledge the tireless efforts of the organizing committee and all those who have contributed to making this conference a reality. Your dedication and vision have set the stage for what promises to be a transformative event.

In closing, I once again welcome all our delegates and guests to this groundbreaking conference. May the discussions and deliberations over the coming days inspire new ideas, forge lasting collaborations, and pave the way for innovations that redefine cancer care in India and beyond. Let us embrace this opportunity to learn, share, and contribute to the noble cause of holistic and integrated healthcare.

With best regards,

D N Sharma
Prof & Head Department of Radiation Oncology
IRCH and NCI, AIIMS-New Delhi

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अन्सारी नगर, नई दिल्ली.११००२६ (भारत)
ALL INDIA INSTITUTE OF MEDICAL SCIENCES
ANSARI NAGAR, NEW DELHI - 110029 (INDIA)

Message from the Organizing Committee

Dear Colleagues and Participants,

It is with great enthusiasm that we announce the **1st National Conference on Psychotherapeutic Assessments and Interventions in Psycho-Oncology (NCPO2025)**, a landmark event in advancing psycho-oncology in India. This conference will take place at the esteemed **All India Institute of Medical Sciences (AIIMS), New Delhi**, from **3rd to 5th January 2025**, in the historic and vibrant capital city of India. On behalf of the organizing committee, I am delighted to extend a warm invitation to you to participate in this pioneering academic forum.

The **Department of Psychiatry, AIIMS New Delhi**, is honoured to host this significant conference in collaboration with our distinguished partners. **NCPO2025** aims to bring together a diverse group of professionals, including clinicians, researchers, academicians, and mental health practitioners, to address the complex psychological and emotional challenges faced by cancer patients and their caregivers.

As psycho-oncology continues to evolve, there is a pressing need to integrate culturally sensitive psychological assessments and interventions, especially within resource-limited settings. This conference seeks to foster innovation and collaboration to establish robust frameworks that promote resilience, enhance mental well-being, and ensure holistic care for individuals navigating the cancer journey.

NCPO2025 promises an enriching experience with a meticulously curated scientific program featuring keynote addresses, symposia, workshops, scientific paper presentations, and interactive skill-building sessions. The conference will also emphasize the relevance of culturally adaptive and multidisciplinary approaches to psycho-oncological care, ensuring meaningful applicability in diverse settings.

This conference offers an exceptional platform to strengthen clinical and research collaborations, exchange knowledge, and drive innovation in psycho-oncology. The tremendous response we have already received underscores the growing recognition of the need to prioritize psychological well-being as an integral part of cancer care.

We eagerly look forward to welcoming you to AIIMS New Delhi, where academic excellence meets the vibrant cultural and culinary heritage of the city. Join us in shaping the future of psycho-oncology and advancing holistic cancer care for patients and their caregivers.

Warm regards,

Satapathy

Dr. Sujata Satapathy
On behalf of the Organizing Committee
1st National Conference on Psychotherapeutic
Assessments and Interventions in Psycho-Oncology (NCPO2025)


NCPO 2025
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Dr. Latha Venkatesan
Professor Cum Principal
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Dr. Latha Venkatesan

Dear Esteemed Colleagues and Participants,

It is with great pleasure and enthusiasm that I extend my warmest greetings to all participants, organizers, and stakeholders of the National Conference on Psychotherapeutic Assessments and Interventions in Psycho-Oncology (NCPO-2025). This conference, held at AIIMS, New Delhi, marks a significant step toward addressing cancer care's psychosocial and emotional dimensions through a multidisciplinary approach.

The role of nurses in psycho-oncology is pivotal, as they serve as a bridge between patients, caregivers, and the healthcare team. This track highlights key aspects of nursing care in psycho-oncology, emphasizing effective communication, cultural sensitivity, and ethical practice. By addressing the psychosocial needs of cancer patients and survivors, nurses enhance resilience and quality of life during and beyond treatment. The sessions will focus on innovative approaches, technology integration, and successful case studies, equipping nurses with the skills and knowledge to deliver holistic, patient-centred care in institutional and home-based settings.

This event is a testament to the collaborative efforts of the Department of Psychiatry, the Department of Oncology, and the College of Nursing, AIIMS toward a common goal of providing compassionate, evidence-based care. I would also like to thank We Avec U Foundation for their partnership and support.

I am confident that the deliberations and interactions at NCPO-2025 will lead to innovative solutions and strengthen the framework for psycho-oncology care in India and beyond. Wishing all the delegates a fruitful and enriching conference.

With warm regards,

Latha V

Dr. Latha Venkatesan
Professor cum Principal
College of Nursing,
AIIMS, New Delhi


NCPO 2025
AIIMS NEW DELHI

1st National Conference on PSYCHOTHERAPEUTIC ASSESSMENTS AND INTERVENTIONS IN PSYCHO-ONCOLOGY

A Multidisciplinary Approach to Holistic and Integrated Cancer Care

3rd to 5th January, 2025 | JLN Auditorium AIIMS-New Delhi

Date: 18-12-2024

Message from Organizing Secretary

Dear all.

It is with profound delight that I extend a heartfelt welcome to all distinguished participants, collaborative organizing departments, and esteemed stakeholders of the 1st National Conference on Psychotherapeutic Assessments and Interventions in Psychooncology (NCPO 2025). This pioneering event, hosted at the prestigious AIIMS Delhi, serves as a beacon for the multidisciplinary approach to cancer patient care and the exploration of cutting-edge knowledge in the realm of psycho-oncology.

In the landscape of cancer care, the role of a Clinical Psychologist or Psycho-oncologist is paramount. These professionals play a crucial role in addressing the holistic needs of patients, providing psychoeducation, managing distress, offering coping strategies, and ultimately enhancing the quality of life throughout the entire continuum of treatment and care.

The collaboration and support from various departments in realizing this conference are truly commendable. As the saying goes, "Alone we can do so little; together we can do so much." I express my profound gratitude to the Head of the Department of Psychiatry and Chief DRBAIRCH, as well as the other departments "Medical oncology, Radiation oncology, Onco-Anesthesia & Palliative Medicine, College of Nursing and organizing partner We Avec U foundation that have joined hands in this noble initiative at AIIMS. Special thanks to our team leader Sujata Satapathy for her continuous effort and support we are able to organize 1st NCPO-2025 at AIIMS -New Delhi. We are extremely thankful for the overwhelming response we have received from the allover India!

With a shared commitment to advancing the field of psycho-oncology and improving patient outcomes, I eagerly anticipate the insightful discussions, collaborative efforts, and knowledge exchange that will unfold during this landmark conference.

Dr. Barre Vijay Prasad
(Organizing Secretary)
NCPO-2025


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WE AVEC U
TRUST
General Health & Mental Health | Educational & Research Services | Community Outreach

Date: 20-12-2024

Message From Organizing Partner: We Avec U Foundation

Dear Delegates,
It is my immense pleasure, as the Founder President of the We Avec U Foundation and Co-Organizing Secretary of the **1st National Conference on Psychotherapeutic Assessments and Interventions in Psycho-Oncology (NCPO 2025)**, to extend a heartfelt welcome to all participants, speakers, and delegates. This pretigious event, scheduled from **3rd January to 5th January 2025**, with the focal theme **"A Multidisciplinary Approach to Holistic and Integrated Cancer Care,"** is approved by the Rehabilitation Council of India (**RCI**), Delhi Medical Council (**DMC**), and Indian Nursing Council (**INC**).

This conference serves as a platform to bring together medical professionals, psychologists, nursing experts, and esteemed delegates from across India. By sharing expertise, exchanging cultural perspectives, and fostering collaboration, we aim to advance the integration of evidence-based psychological support and innovative interventions for addressing the emotional and psychological challenges faced by cancer patients. Such a multidisciplinary approach is vital for improving patients' quality of life and treatment outcomes.

We are deeply honored to have the All India Institute of Medical Sciences (AIIMS), New Delhi, as the host and organizer of this prestigious event. AIIMS, New Delhi has been instrumental in shaping the vision and execution of this conference, working closely with the Departments of Psychiatry, Medical Oncology, Onco-Anaesthesia and Palliative Medicine, Radiation Oncology, and the College of Nursing.

I am immensely grateful for the opportunity to collaborate with AIIMS on this significant initiative. I would also like to acknowledge my Co-Founder and Vice President, Ms. Prasuna Shanmukha Priya Lanka, and our dedicated team, whose tireless efforts have made this conference a reality along with the team of AIIMS, New Delhi under the leadership of Dr. Sujata Satapathy and Dr. Vijay Prasad Barre.

Once again, I warmly welcome you all to the 1st National Conference on Psychotherapeutic Assessments and Interventions in Psycho-Oncology (NCPO 2025). I am confident that this gathering will inspire meaningful discussions and provide valuable insights to enhance psychological support for cancer patients.

With warm regards,

Dr. Sundeep Katevarapu
Co-Organizing Secretary, NCPO 2025
Founder President, We Avec U Foundation

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Date-31/12/2024

Dear Delegates,

It is with immense pride and gratitude that I extend my heartfelt greetings to all participants of the 1st National Conference on Psychotherapeutic Assessments and Interventions in Psycho-Oncology (NCPO-2025). This landmark event, organized by the **Department of Psychiatry, Department of Medical Oncology, Department of Onco-Anesthesia and Palliative Medicine, Department of Radiation Oncology, College of Nursing, AIIMS, New Delhi**, represents a crucial step toward addressing the often-overlooked psychological and emotional dimensions of cancer care.

I extend my heartfelt congratulations to the conference organizers for recognizing and providing us the opportunity to amplify the voices of people with lived experience (PWLE)—patients, survivors, and caregivers.

By emphasizing the integration of psychological support and services into all aspects of cancer care, engaging PWLE and patient advocacy organizations, facilitating dialogues with civil society, and fostering multi-stakeholder engagement, the conference sets a progressive benchmark. This approach aligns with the WHO framework for the meaningful engagement of PWLE, ensuring an enabling environment where their voices can contribute to impactful change.

This inclusive approach is pivotal in ensuring that cancer care and healthcare systems in India remain patient-centered. For people living with Non-Communicable Diseases (NCDs) and other complex conditions, these efforts represent a critical shift toward compassionate, comprehensive, and holistic care.

The research, innovative interventions, and shared clinical experiences showcased in this abstract book highlight the urgency of prioritizing mental well-being alongside physical treatment. For PWLE, this integration is essential to improving quality of life, enabling resilience, and fostering dignity throughout their health journey.

I commend all contributors for their dedication and intellectual efforts, and I deeply appreciate the organizers of NCPO-2025 for creating this platform for collaboration, learning, and advocacy. Let us reaffirm our commitment to ensuring that every patient receives care that addresses their mental, emotional, and social needs, alongside their physical health.

With best wishes for a successful and impactful conference,

Poonam Bagai

Cancer Survivor & Patient Advocate
Founder Chairman CanKids KidsCanVice
Chairman Pallium India Member,
Central Council Member IAPC,
Email: poonambagai@cankidsindia.org

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NCPO 2025
AIIMS-NEW DELHI

TABLE OF CONTENTS


NCPO 2025
AIIMS-NEW DELHI

About NCPO 2025

In the field of psycho-oncology, the importance of psychological assessments and interventions cannot be overstated. Psychological evaluation and assessments play a crucial role in understanding the psychological impact of cancer diagnosis and treatment on patients. These assessments help identify emotional distress, coping mechanisms, and support needs of individuals facing cancer, allowing for tailored interventions to be implemented.

The 1st National Conference On Psychotherapeutic Assessments And Interventions In Psycho-Oncology (NCPO2025) aims to address the psychological and emotional challenges that cancer patients may experience, such as anxiety, depression, fear, and existential distress. By providing psychological support and counselling, these interventions can help patients navigate the complex emotions associated with their diagnosis and improve their overall quality of life. Furthermore, psychological assessments and interventions in psycho-oncology contribute to holistic cancer care by addressing the mental health aspect of the disease. They not only support patients in coping with the emotional burden of cancer but also enhance their resilience, coping skills, and ability to maintain a positive outlook during treatment.

This conference highlights the significance of psychological assessments and interventions in addressing the psychological well-being of cancer patients. By integrating a multidisciplinary approach into cancer care, healthcare professionals can better meet the holistic needs of individuals facing cancer and improve their overall treatment outcomes.


NCPO 2025
AIIMS-NEW DELHI

About the AIIMS, New Delhi

The **All India Institute of Medical Sciences (AIIMS), New Delhi**, is India’s premier medical institution, renowned globally for its excellence in medical education, research, and healthcare services. Established in 1956 as an autonomous institution under the Ministry of Health and Family Welfare, AIIMS was envisioned to serve as a centre of excellence in medical education, training, and research while providing high-quality healthcare to patients. It is widely regarded as one of the finest medical schools in the country, offering undergraduate, postgraduate, and doctoral programs across a broad spectrum of medical and allied health sciences disciplines.

AIIMS New Delhi has a state-of-the-art infrastructure and cutting-edge medical technology, enabling it to deliver world-class patient care and pioneering research. The institute is recognized for its multidisciplinary approach, fostering collaboration between various specialities to address complex medical challenges. It also serves as a referral centre for critical and rare diseases, attracting patients from across India and neighbouring countries.

The All-India Institute of Medical Sciences (AIIMS) was established as an institution of national importance through an Act of Parliament, with the primary objectives of advancing medical education at both undergraduate and postgraduate levels across all branches, thereby setting a high standard of medical education in India. The institution aims to centralize educational resources of the highest calibre to train personnel in key areas of health activities and to achieve self-sufficiency in postgraduate medical education.

AIIMS offers extensive facilities for teaching, research, and patient care. As stipulated by the Act, the Institute conducts educational programs in both medical and para-medical fields, at undergraduate and postgraduate levels, and confers its own degrees. The teaching and research activities span 42 disciplines. AIIMS is a leader in medical research, with its faculty and researchers contributing over 600 publications annually. Additionally, the Institute operates a College of Nursing, offering B.Sc.(Hons.) Nursing and post-certificate degrees.

The Institute comprises 25 clinical departments, including four super speciality centers, which manage a wide range of diseases, supported by pre-clinical and para-clinical departments.

In addition to its clinical services, AIIMS has made significant contributions to medical research, with its faculty and researchers leading studies that have advanced global understanding of healthcare and medicine. The institution is also deeply committed to public health initiatives, pivotal in shaping healthcare policies and addressing national health priorities.

AIIMS New Delhi’s reputation for academic rigour, groundbreaking research, and compassionate patient care has symbolised medical excellence and innovation. Its alumni are among the most accomplished healthcare professionals globally, and the institution continues to set benchmarks in medical education, healthcare delivery, and research in India and beyond.


NCPO 2025
AIIMS-NEW DELHI

About the Department of Psychiatry, AIIMS, New Delhi

The Department of Psychiatry at the All India Institute of Medical Sciences (AIIMS), New Delhi, is a premier centre for excellence in mental health care, education, and research in India. The Department of Psychiatry at AIIMS, New Delhi, traces its origins to 1958, when Dr. Luvia Taylor Gregg, an Honorary Consultant in Psychiatry, initiated formal psychiatry instruction for the first cohort of MBBS students. Dr. Gregg’s plan to integrate 100 hours of psychiatry teaching into the MBBS curriculum was supported by Professor K.L. Wig, then Head of the Department of Medicine (later Director of AIIMS), who facilitated the inclusion of psychiatry across all three years of clinical training in medicine.

In 1962, Dr. A.S. Mahal joined as Assistant Professor, followed by Dr. D. Satyanand, who became Professor and Head in August 1963. Under Dr. Satyanand’s leadership, the department launched the country’s first MD in Psychiatry program in 1964. Between 1967 and 1968, Dr. Erna Hoch, a Swiss psychiatrist who had relocated to India, served as Honorary Professor and Head.

The Department of Psychiatry has been a trailblazer in several areas of mental health care in India. It established postgraduate training in psychiatry within a general hospital setting, enhancing the status of psychiatry as a legitimate medical discipline. Additionally, the department pioneered rural mental health services through the Indian Council of Medical Research-funded mental health project at the Ballabgarh Community Centre in 1964. It also introduced Delhi’s first Child Guidance Clinic in 1964.

Established to address the country's growing mental health needs, the department continues to lead in providing mental health services within a general hospital context. It operates comprehensive outpatient and inpatient services, along with specialized clinics, community services, consultation-liaison services, and emergency psychiatric care. With a multidisciplinary team of highly skilled psychiatrists, psychologists, and nurses, it delivers evidence-based interventions tailored to the diverse needs of patients across all age groups. The department routinely employs medical management, psychological treatments, and advanced therapies, including modified electroconvulsive therapy (MECT), repetitive transcranial magnetic stimulation (rTMS), transcranial direct current stimulation (tDCS), and biofeedback.

In addition to its clinical services, the department is deeply committed to advancing the mental health field through cutting-edge research in neuropsychiatry, child and adolescent mental health, psycho-oncology, community mental health services, neuro-modulation, geriatric mental health services and psychopharmacology. As part of AIIMS, a globally recognised institution, the department plays a pivotal role in training the next generation of mental health professionals, offering undergraduate, postgraduate, and super-specialty programs. The department offers courses for MBBS, B.Sc/M.Sc Nursing, MD in Psychiatry, and PhD in Clinical Psychology. It engages in collaborative research with national and international organizations such as the WHO, the University of California, the National Institute of Health Research (UK), and the ICMR. The department also organizes public awareness events year-round to promote mental health education.

The Department of Psychiatry also leads various community outreach programs, awareness campaigns, and public mental health initiatives, striving to reduce stigma and enhance access to mental health care in resource-constrained settings. Its holistic approach, integrating clinical expertise with research and education, makes it a beacon of hope for individuals and families affected by mental health challenges.


NCPO 2025
AIIMS-NEW DELHI

About the Dr. B.R.A. Institute Rotary Cancer Hospital, AIIMS, New Delhi

The Dr. B.R.A. Institute Rotary Cancer Hospital (IRCH) at AIIMS, New Delhi, has been a cornerstone of cancer care and research since its inception in 1983-84. Initially established with a modest infrastructure of 35 beds across two floors, the hospital has undergone significant expansion and now functions as a modern, seven-story facility with a capacity of 200 beds. The upgraded centre was inaugurated by the then Prime Minister of India, Shri Atal Bihari Vajpayee, on October 5, 2003.

IRCH is equipped with cutting-edge radio diagnostic and radiotherapy technologies, including advanced linear accelerators, brachytherapy, stereotactic radiotherapy, and intensity-modulated radiotherapy (IMRT). Notably, the hospital houses India's first vacuum-assisted advanced mammography unit, facilitating stereotactic breast biopsies. Prostate cancer can now be diagnosed at an early stage using transrectal sextant biopsy, while radiofrequency ablation has been introduced for the treatment of liver cancer.

As one of the few centres in India with a dedicated hematopoietic stem cell bone marrow transplant program, IRCH has successfully conducted over 250 transplants. In collaboration with the Department of Cardiothoracic and Vascular Surgery (CTVS), the stem cell transplant program has also been extended to treat myocardial ischemia, showcasing its multidisciplinary approach.

The Department of Medical Oncology at IRCH employs advanced diagnostic tools such as Fluorescence In Situ Hybridization (FISH) and Polymerase Chain Reaction (PCR) to enhance cancer prognosis. Its innovative research includes the discovery of hematopoietic cytokine liberation from the fetal liver, which offers promising applications in the treatment of aplastic anaemia. The department has also explored the integration of ancient practices such as yoga, pranayama, meditation, and Sudarshan Kriya—a rhythmic breathing technique—to induce positive changes in brain function, enhance antioxidant defences, and improve immune response, thereby potentially preventing the onset or progression of cancer.

IRCH is also a leader in preventive oncology, focusing on raising awareness about cancer and the importance of early detection. Through its screening programs, the hospital has successfully screened over 10,000 individuals to date. These efforts, combined with its advanced treatment options and groundbreaking research, solidify IRCH's role as a premier institution in India's fight against cancer.


NCPO 2025
AIIMS-NEW DELHI

About the Department of Medical Oncology, AIIMS New Delhi

The Department of Medical Oncology at AIIMS, New Delhi, stands as a center of excellence in clinical care, education, and research. Since its establishment in 1984, the department has witnessed a significant and consistent increase in its workload. Out of the approximately 70,000 cases registered annually at the Dr. B.R.A. Institute Rotary Cancer Hospital (IRCH), the Department of Medical Oncology independently manages around 37,000 patients. In addition to its core services, the department plays an integral role in multidisciplinary clinics, including those for breast cancer, gastrointestinal malignancies, head and neck surgery, pediatric oncology, lung cancer, ophthalmic cancers, urology, and bone and soft tissue tumors.

The department operates a highly active day-care service, managing around 60 patients daily, along with inpatient care in regular wards. More than 7,000 patients receive outpatient chemotherapy annually, with procedures conducted in outpatient departments three times a week. It also offers advanced academic programs, including DM and PhD degrees in medical oncology.

The department boasts a state-of-the-art laboratory, where advanced technologies such as RT-PCR, FISH, cytogenetics, tissue culture, and flow cytometry have been standardized. Facilities for stem cell storage and blood component therapy using cell separators are routinely provided. Among its notable achievements, the department has established one of the country's few hematopoietic stem cell transplant programs, successfully performing over 350 transplants for malignant and non-malignant hematological disorders. In collaboration with the Department of Cardiothoracic and Vascular Surgery (CTVS), the program has been extended to treat myocardial ischemia, and ongoing phase II studies are exploring the use of stem cells in treating retinitis pigmentosa and spina bifida in collaboration with other departments.

The department has conducted pioneering research into alternative sources of hematopoietic stem cells, notably fetal liver, demonstrating the secretion of specific cytokines that aid in recovery for aplastic anemia patients. Additionally, it has spearheaded extensive community outreach programs, training healthcare professionals from Delhi and neighboring states, conducting cancer screening programs for urban slum dwellers, and screening over 10,000 individuals for common cancers. Collaborations with NGOs have further enhanced cancer awareness initiatives in schools and communities.

Medical Oncology faculty actively contribute to continuing education programs, workshops, and symposia covering diverse topics, including hemato-oncology, cancer screening, lung cancer management, colorectal cancers, and hematopoietic stem cell transplantation. Many of these programs have been supported by the World Health Organization (WHO).

The department has also led research on traditional Indian practices such as pranayama, yoga, meditation, and Sudarshan Kriya. Studies have demonstrated their positive effects on brain function, the endocrine and immune systems, and antioxidant defense mechanisms. These findings were showcased at the International Symposium on Science and Spirituality in 2002 and the International Conference on "Expanding Paradigms: Science, Consciousness, and Spirituality" in 2006, attended by a global audience and over 1,500 participants.

Innovative research by the department includes investigating the role of antioxidant vitamins in treating lung cancer, a groundbreaking area of study with some results already published. The Department of Medical Oncology continues to set benchmarks in cancer care, research, and education, cementing its role as a leader in oncology in India and beyond.


NCPO 2025
AIIMS-NEW DELHI

About the Department of Radiation Oncology, AIIMS New Delhi

The Department of Radiation Oncology at the All India Institute of Medical Sciences (AIIMS), New Delhi, stands as a leading center of excellence in cancer care, education, and research. Since its establishment in 1965, the department has been at the forefront of providing advanced radiotherapy services, comprehensive cancer treatment, and fostering academic excellence.

The department offers state-of-the-art radiotherapy services, including External Beam Radiotherapy (EBRT), Brachytherapy, Stereotactic Radiotherapy (SRT), and Intensity-Modulated Radiotherapy (IMRT). These cutting-edge modalities ensure precise and effective treatment for a wide spectrum of cancers, minimizing side effects and improving patient outcomes. Each year, approximately 4,000 new patients seek consultation and treatment at the department, and nearly 10,000 patients remain under follow-up care, underscoring the trust and reliance placed on its expertise.

Patients are typically referred to the department after a confirmed pathological diagnosis of malignancy. The department adopts a multidisciplinary approach, combining radiotherapy with surgery and chemotherapy to deliver holistic and personalized cancer care. This integrated treatment model enhances both the efficacy and quality of care provided to patients.

The department is equally committed to academic and research excellence. It offers a robust postgraduate program (MD in Radiation Oncology) and a doctoral program (Ph.D.) that aim to prepare future leaders in the field of radiation oncology. Faculty and students actively engage in research to explore innovative techniques and improve cancer treatment protocols, contributing significantly to advancements in oncology.

With a legacy of over five decades, the Department of Radiation Oncology at AIIMS, New Delhi, continues to excel in teaching, patient care, and research. Its dedication to innovation and collaboration ensures that it remains a cornerstone of AIIMS' mission to provide world-class healthcare, advance medical knowledge, and improve the lives of cancer patients.


NCPO 2025
AIIMS-NEW DELHI

About the Department of Onco-Anaesthesia and Palliative Medicine, AIIMS, New Delhi

The Department of Onco-Anaesthesia and Palliative Medicine at Dr. B.R. Ambedkar Institute Rotary Cancer Hospital (IRCH) and the National Cancer Institute, AIIMS, New Delhi, is a critical component of cancer care services. Evolving from a unit within the Department of Anesthesiology in the 1990s, it was officially upgraded to a standalone department in June 2015, reflecting its expanding scope and importance. Led by Dr. (Prof.) Sushma Bhatnagar, the department comprises a team of highly skilled faculty, including Dr. Seema Mishra, Dr. Rakesh Garg, Dr. Nishkarsh Gupta, Dr. Vinod Kumar, Dr. Sachidanand Jee Bharati, and Dr. Brajesh Ratre. These professionals are experienced anesthesiologists, intensivists, and palliative care specialists, dedicated to providing comprehensive care for cancer patients.

The department's mission is to deliver state-of-the-art care with both curative and palliative intent. Its services include anesthesia for diagnostic and surgical interventions, intensive care, pain management, and palliative medicine. The department operates a six-bedded intensive care unit (ICU) for critically ill patients and a six-bedded palliative care ward dedicated to holistic management of cancer patients. Round-the-clock services for acute and chronic pain management are also provided, ensuring seamless care across various cancer specialties, including surgical, medical, and radiation oncology.

With cutting-edge infrastructure, the department's operating rooms are equipped with advanced anesthesia workstations, invasive monitoring systems, fiberoptic intubation tools, and ultrasound devices for diagnostic and therapeutic purposes. A well-equipped recovery area ensures immediate post-surgical care, complemented by 24/7 acute pain management services. The department also plays a vital role in emergency care, providing airway management and ventilatory support to patients across oncology specialties.

The department conducts outpatient services six days a week, offering pain management consultations, pre-anesthesia evaluations, and admissions for palliative care when necessary. The palliative care ward includes a procedure room for specialized interventions, staffed by trained nurses and physiotherapists focused on improving patients' quality of life.

The academic and research initiatives of the department are equally noteworthy. Since 2016, it has offered DM and MD programs in Onco-Anaesthesia and Palliative Medicine. It also organizes regular Continuing Medical Education (CME) programs, conferences, and workshops on cancer pain, palliative care, and perioperative medicine. Additionally, the department conducts certificate courses in palliative care biannually and a foundation course annually, fostering capacity building in this vital field.

Recognized as a WHO Collaborating Centre for Training and Education in Palliative Care (WHO CC IND-163) and an ESMO Designated Centre of Integrative Oncology and Palliative Care, the department is actively involved in developing standardized protocols and SOPs to enhance patient care. It conducts innovative research, particularly in cancer pain, palliative care, and perioperative medicine, contributing to advancements in these domains.

Through its holistic approach to cancer care, academic rigor, and cutting-edge research, the Department of Onco-Anaesthesia and Palliative Medicine continues to set benchmarks in integrative oncology and palliative care, making significant contributions to patient well-being and the advancement of cancer care globally.


NCPO 2025
AIIMS-NEW DELHI

About the College of Nursing, AIIMS New Delhi

The College of Nursing at the All India Institute of Medical Sciences (AIIMS), New Delhi, is a premier institution dedicated to excellence in nursing education, research, and clinical practice. Established with the vision of developing skilled and compassionate nursing professionals, the college has been instrumental in shaping the future of nursing in India and beyond.

The College of Nursing at AIIMS, New Delhi, offers a diverse range of programs to meet the evolving needs of the healthcare sector. These include the four-year B.Sc. Nursing undergraduate program, the two-year Post Basic B.Sc. Nursing program for registered nurses, and the M.Sc. Nursing program with specializations in areas such as Medical-Surgical (Critical Care), Cardiology and CTVS, Oncology, Neurology, Nephrology, Pediatric, and Psychiatric Nursing. Advanced academic and professional growth opportunities are available through the Ph.D. in Nursing program.

The College is supported by a team of highly qualified faculty who foster an environment of interdisciplinary research and innovation, contributing significantly to advancements in healthcare and nursing education. Students benefit from extensive clinical training at AIIMS, gaining practical experience in diverse healthcare settings, which bridges the gap between theoretical knowledge and real-world application. The College also emphasizes community engagement through health programs that address public health challenges, maternal and child health, and health education, preparing students to serve underserved populations effectively.

The college collaborates closely with the clinical departments of AIIMS, offering students the unique opportunity to train in one of India's most advanced and multidisciplinary healthcare environments. This exposure not only enhances their clinical skills but also fosters an understanding of teamwork and interdisciplinary collaboration in patient care.

The College of Nursing has international collaborations with renowned universities in countries such as the United Kingdom, Denmark, the United States, Australia, and Singapore to enhance the global exposure of both students and faculty. These partnerships focus on academic exchange, joint research initiatives, and the sharing of best practices. Additionally, workshops, seminars, and conferences are regularly organized to ensure continuous professional growth and to keep the College abreast of global nursing trends and practices.

Through its dedication to academic excellence, innovative research, international collaborations, and community service, the College of Nursing at AIIMS, New Delhi, remains committed to preparing nursing professionals who address the dynamic needs of healthcare with competence and compassion.


NCPO 2025
AIIMS-NEW DELHI

About We Avec U Trust, New Delhi

With over nine years of unwavering commitment, *We Avec U Trust* has been at the forefront of addressing some of the most pressing challenges in healthcare and mental health in India. These two crucial yet often overlooked sectors lie at the core of their mission. They aim to empower the healthcare industry while challenging the stigma surrounding mental health, driving meaningful and transformative change from the grassroots level.

Founded in 2015 and registered under the Government of India Trusts Act, **We Avec U Trust** operates a range of initiatives to raise awareness, provide support, and advocate for better healthcare and mental health services. Their programs span healthcare awareness through conferences and workshops, advocacy for doctors and healthcare professionals, counselling and therapy in rural and underserved areas, and targeted campaigns such as cancer awareness and support groups. Additionally, they organize mental health workshops in corporate settings, psychoeducation seminars for children, and advocacy efforts to promote mental health as a vital aspect of overall well-being.

Some of their signature initiatives include **CAPE (Cancer Awareness and Psychoeducation)**, **Let's Talk: Mental Health For All**, **Spandan (Psychoeducation in Juvenile Homes)**, **Women's Emancipation Program**, and **Manobal (Supporting Men's Mental Health)**. These programs reflect our holistic approach to addressing diverse aspects of healthcare and mental health while promoting the critical contributions of professionals in these fields.

They envision a society where healthcare and mental health are valued, supported, and recognized for their indispensable roles in enhancing overall well-being. Together, they aim to create a better, more inclusive future for individuals, families, and communities across India.


NCPO 2025
AIIMS-NEW DELHI

About CanKids…KidsCan

CanKids…KidsCan, the National Society for Change for Childhood Cancer in India, is a pioneering organization dedicated to improving the landscape of childhood cancer care across the nation. Through its flagship program, *YANA - You Are Not Alone*, CanKids…KidsCan provides holistic support to children battling cancer and their families, partnering with hospitals, medical professionals, and state governments to ensure access to the highest standards of treatment, care, and support.

The organization works tirelessly to bridge gaps in the healthcare system by partnering with cancer centers, providing funding, and deploying social support staff. It also enhances capacities, drives quality care, conducts research, and ensures impact assessment to improve treatment outcomes. By engaging stakeholders and advocating for policy changes, CanKids strives to prioritize childhood cancer as a critical child health issue in India.

Founded in 2004 by cancer survivor and patient advocate Ms. Poonam Bagai, CanKids…KidsCan has grown into a grassroots organization with over 300 volunteers and employees. Registered under the Indian Societies Act, the organization is a not-for-profit with 12A and 80G tax exemptions and FCRA certification, making it eligible for foreign funding.

CanKids…KidsCan is committed to ensuring access to the best treatment, continuity of care, emotional and social support, and the rights of every child to a healthy childhood, education, and reintegration into society. Through its unwavering efforts, CanKids…KidsCan brings hope and healing to children with cancer and their families, making a lasting impact on countless lives.


NCPO 2025
AIIMS NEW DELHI

About Prasad Psycho Pvt. Ltd.

Prasad Psycho Pvt. Ltd. is a leading organization dedicated to advancing mental health and psychological well-being in India. With a strong commitment to innovation and excellence, the organization specializes in providing a wide array of services, including psychological assessments, therapeutic interventions, mental health training programs, and corporate wellness initiatives. Prasad Psycho Pvt. Ltd. has established itself as a trusted partner for schools, colleges, corporates, and healthcare institutions, offering customized solutions to address diverse psychological needs.

By integrating evidence-based practices with culturally sensitive approaches, the organization strives to break the stigma surrounding mental health while fostering awareness and resilience in individuals and communities. With a team of highly qualified psychologists, counselors, and mental health professionals, Prasad Psycho Pvt. Ltd. is dedicated to promoting holistic development, emotional well-being, and mental health literacy.

Through its dynamic programs, research-driven methodologies, and a passion for empowering individuals, Prasad Psycho Pvt. Ltd. continues to make a significant impact in the field of mental health, paving the way for a more inclusive and supportive society.


NCPO 2025
AIIMS-NEW DELHI

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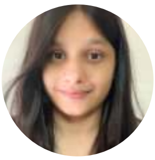

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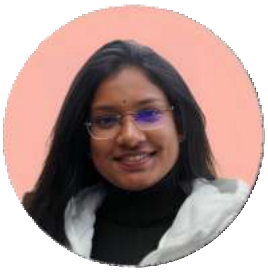

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TRACK 1

PEDIATRIC PSYCHO-ONCOLOGY


NCPO 2025
AIIMS-NEW DELHI

SYMPOSIUM PRESENTATIONS

100/T1/SY/3-0: Long-Term Psychological Effects of Paediatric Cancer Survivorship

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ABSTRACT:
Speaker 1: *Understanding the Psychological Impact of Pediatric Cancer Survivorship*: Introduction to Pediatric Cancer Survivorship: Overview of survival rates and demographics, Importance of addressing long-term psychological effects Common Psychological Issues Faced by Survivors: Anxiety and depression, PTSD and trauma responses, Body image and self-esteem concerns**.** Social and Emotional Challenges: Impact on social integration, Relationship difficulties with peers and family
Speaker 2: *Strategies for Addressing Mental Health Needs: Routine Psychological Assessments:* Importance of regular mental health screenings, Tools and methods for assessment. Integrated Care Models: Collaboration among healthcare professionals, Case studies of successful integrated approaches. Therapeutic Interventions: Overview of effective therapies (CBT, mindfulness, etc.), Role of art and play therapy. Support Structures: Establishing peer support groups, Involvement of family in care and support
Speaker 3: *Research and Future Directions in Pediatric Psycho-Oncology:* Current Research Findings, Overview of recent studies on long-term effects, Key statistics and outcomes**.** Advocacy and Policy Implications: Importance of advocacy for mental health resources, Potential policy changes to support survivors**.** Future Directions: Emerging therapies and interventions, Importance of longitudinal studies for ongoing support**.** Conclusion

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102/T1/SY 3-0: Navigating Trauma in Paediatric Oncology: An Exploration of PTSD, Psychosocial Well-being, and Resilience-Building Interventions

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ABSTRACT: This symposium aims to equip attendees with a comprehensive understanding of the multifaceted impacts of trauma in paediatric oncology and evidence-based interventions for improving psychosocial outcomes. By addressing PTSD, social challenges, body image issues, and resilience-building strategies, it underscores the importance of a tailored, compassionate approach to supporting paediatric cancer survivors
Speaker 1: *Introduction to PTSD in Paediatric Oncology:* This segment introduces the prevalence and clinical presentation of PTSD in paediatric oncology patients. The speaker will explore how cancer diagnosis and invasive treatments contribute to the development of trauma-

related symptoms, including hyperarousal, avoidance, and emotional dysregulation. The lasting psychological impacts of these symptoms will be discussed, along with the factors that predispose paediatric patients to PTSD, setting the stage for the symposium's comprehensive discussion.

Speaker 2: *Psychosocial Dimensions of Trauma in Paediatric Oncology:* The second segment focuses on the psychosocial challenges paediatric cancer patients face, including disruptions in social development, peer relationships, and identity formation. Emphasizing the critical roles of family, peer, and school support systems, this talk will address how trauma impacts social well-being and the significance of fostering an environment of stability and understanding to mitigate these effects.

Speaker 3: *Resilience-Building and Trauma-Informed Interventions:* The final segment translates insights into actionable practices by presenting trauma-informed, family-centred interventions. Using case studies and clinical expertise, this session will provide practical strategies for fostering resilience in paediatric oncology patients. A holistic approach integrating mental health support, family involvement, and tailored resilience-building techniques will be emphasized to promote long-term psychosocial well-being.

103/T1/SY3-0: Neurocognitive effects of childhood cancers

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ABSTRACT : The current symposium aims to understand the advances in treatment approaches and the neurocognitive effects that these treatments and conditions leave upon the child. Cognitive impairments for children treated with cancer are believed to be secondary to the multi-modal treatment approach and are sometimes overlooked while considering. Researchers continue to study changes in treatment modalities with the hopes of decreasing these long-term side effects without compromising overall survival rates. Others have focused on developing adaptations to how these children learn, equipping them with tools to better cope with learning deficits.

Speaker 1: *Brain Cancer and other risk factors:* In 2022, childhood cancers (ages 0-14), lymphoid leukaemia was the most common, accounting for 29.2% of cases in boys and 24.2% in girls, according to the National Centre for Disease Informatics and Research (NCDIR) under the Indian Council of Medical Research (ICMR-NCDIR) 2022 report With advancements in healthcare and with treatment approaches to childhood cancer more children are surviving and reaching adulthood. Risk factors associated with cognitive dysfunction in children with cancer include young age at diagnosis, cranial irradiation treatment, parenteral or intrathecal methotrexate use, female sex, and existing comorbidities.

Speaker 2*: Neurocognitive Side Effects of Childhood Cancer Treatments:* Paediatric cancer treatments, such as chemotherapy and radiation, can cause significant neurocognitive impairments in survivors, affecting attention, processing speed, working memory, verbal abilities, visual processing, and self-monitoring.

Speaker ***3: Cognitive Remediation:*** *Analysing* these deficits in individual components allows for retraining through practice. Programs often use a tripartite model of brain injury rehabilitation, special education, and clinical psychology, incorporating cognitive remediation via structured exercises, often computer-based. Multimodal approaches, such as social skills training, relaxation techniques, and behavioural strategies, promise to improve outcomes in affected individuals.

ORAL PAPER PRESENTATIONS

1/T1/OP/A1-0: Identification and Intervention of Neuro-Cognitive and Psycho-Behavioural Deficits in Paediatric Cancer Patients: A Comprehensive Review

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ABSTRACT: Children with cancer are at a higher risk of experiencing neuro-cognitive and psycho-behavioural deficits due to the effects of both the disease and its treatments. This paper reviews the identification methods, including neuropsychological assessments and behavioural screening tools, and highlights evidence-based interventions designed to address these deficits. Systematic research from various online databases such as JSTOR, EBSCO, ProQuest Research Library, and Google Scholar, which included 15 studies, has been reviewed. The study investigates the role of early detection, multidisciplinary approaches, and family-centred care, underscoring the importance of personalised care for improving the quality of life and developmental outcomes in paediatric cancer survivors.

***Keywords**:* Psycho-oncology, neurocognitive deficits, psycho-behavioural deficits

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6/T1/OP/A1-0: Neurodevelopmental Functioning in Children Undergoing Treatment for Cancers: A Systematic Review

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ABSTRACT: Background: Cancer treatments like chemotherapy and radiation, while lifesaving, often result in neurodevelopmental challenges in children. These treatments can disrupt critical cognitive, motor, and behavioral processes, adding complexity to pediatric cancer care. This review consolidates evidence on the neurodevelopmental impacts of cancer therapies to guide early interventions. **Aim**: To synthesize evidence on neurodevelopmental consequences of cancer treatments in children aged 0–12 years and identify risk factors and strategies for effective intervention. **Method**: A systematic review was conducted following PRISMA guidelines. Databases including PubMed, PsycINFO, Scopus, and Cochrane Library were searched for articles published from 2010 to 2024 using keywords like "neurodevelopment," "pediatric cancer," and "developmental delays." **Results**: The findings highlighted significant neurodevelopmental challenges in executive functioning, motor skills, and language. Younger age at diagnosis, treatment intensity, and lack of psychosocial support were identified as key risk factors. Few studies conducted long-term follow-ups, leaving gaps in understanding the full trajectory of neurodevelopmental impacts. **Conclusions**: Cancer treatments profoundly affect children's neurodevelopment, emphasizing the importance of regular developmental monitoring and therapeutic support. Tailored interventions and integrated psychotherapeutic care within pediatric oncology can mitigate long-term effects. Future research should focus on longitudinal outcomes and targeted strategies.

***Keywords**:* Neurodevelopment, Pediatric Cancer, Cognitive Functioning, Developmental Delays, Interventions

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114/T1/OP/1-0: Exploring the Developmental Pattern of Emotional Intelligence among Different Stages of Adolescents

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ABSTRACT: The developmental pattern of emotional intelligence (EI) among early, mid, and late adolescents is a topic of growing interest in psychological research. It also plays a crucial role in psycho-oncology, as it equips young individuals with the skills needed to navigate the complexities of their cancer journey. Emotional intelligence pertains to the ability to identify, comprehend, and manage one's emotions and those of others. Examining this construct during adolescence is pertinent as it is a critical period marked by dynamic neurodevelopmental changes. A sample of 297 adolescents aged between 10-19 years participated in the assessments. Emotional intelligence was assessed using the Emotional Intelligence scale developed by Ekta Sharma (2008). Early adolescents begin to develop a more nuanced understanding of emotions, including their own and those of others. They demonstrate an increased ability to recognize and label emotions, although their capacity for complex emotional regulation and empathy is still developing. While early adolescence is marked by foundational developments in emotional understanding, mid and late adolescence see further refinement and application of these skills in increasingly complex social environments. The results suggest a dynamic process of emotional intelligence development throughout adolescence, with specific domains maturing at different paces (Mid-adolescents). This development promotes empathy and social support, encouraging more substantial relationships with peers, family, and healthcare providers. These connections are vital in reducing feelings of isolation and enhancing the overall psychosocial well-being of adolescents facing cancer.

***Keywords**:* Adolescents, Emotional Intelligence, Psychosocial care, Developmental psychology

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115/T1/OP/0-2: Quality of Life in Childhood Cancers: A Comparative Study

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ABSTRACT: Approximately 45,000 children are diagnosed with cancer annually in India. The effect of cancer and its treatment as manifest loss in overall functioning includes body function and psychosocial and behaviour deficits in children with Cancer (WHO, 2001). Conspicuously, childhood cancer not only effect overall functioning but also affects the quality of life of children with cancers. **Objective:** to assess the quality of life of the children with cancers. **Methods***:* demographic and clinical data were also collected and analyzed. A descriptive study design was used. the Paediatric Quality of Life Inventory (PedsQL) was applied to 51 participants aged 5-12 years. The participants were recruited from IRCH and Ped Oncology OPD of a tertiary care hospital. **Results***:* data revealed that the majority of the participants were male and 72.5 % and 29.5%, aged 5-7 years 39.21%, 8-10 years 41.17% and ages 11 to 12 years 19.60%, most of the patients belonged from outside of Delhi. However, 39.21% belonged to Delhi NCR. About 64.70 % of patients were diagnosed with hematology cancers. However, 35.30 % of patients were diagnosed with solid tumors. We found a significant difference between children with maintenance phase and survivorship phase in the domain of physical health survivorship phase (M=32.59) and maintenance phase (M=37.11), emotional score survivorship phase (M=19.13) and maintenance phase (M=21.17), social functioning survivorship phase (M=17.18) and maintenance phase (M=19.22), and school functioning score survivorship phase (M=9.37) and maintenance phase (M=11.59). **Conclusion:** it is concluded that children with cancer those in the maintenance phase indicating the need for psychosocial rehabilitation for those children with low QOL. Furthermore, new measures are needed better to examine the comprehensive functioning of children with cancer.

Keywords: Children with cancers, quality of life, survivorship phase, and maintenance phase

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116/T1/OP/1-0: Advances in Psycho-Oncology Interventions for Children: Emotional Regulation, Post-Traumatic Growth, And Family-centered Care

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ABSTRACT: Background: Pediatric and adolescent cancer patients face profound psychological and emotional challenges, including anxiety, depression, and post-traumatic stress. These issues often stem from the stress of diagnosis, invasive treatments, and disruptions to normal development. Psycho-oncology has emerged as a critical field to address these challenges, emphasizing tailored psychological interventions to improve mental health, quality of life, and treatment outcomes. Innovations such as emotion regulation tools and electronic patient-reported outcomes (ePRO) are increasingly integrated into psychosocial care to support young patients effectively. **Aim:** This study aims to analyze recent advancements in psycho-oncology interventions for children and adolescents, focusing on the efficacy of evidence-based therapies, the role of emerging technologies, and family-centred care models in improving psychological well-being during cancer treatment and survivorship. **Method:** A systematic review of recent literature was conducted, examining studies published from 2020 to 2024. The analysis included interventions such as Eye Movement Desensitization and Reprocessing (EMDR), ePRO systems, and family-inclusive approaches. The review synthesized qualitative and quantitative data, evaluating outcomes such as emotional regulation, post-traumatic growth (PTG), and overall quality of life. **Results:** Key findings indicate that EMDR significantly reduces symptoms of trauma and stress in pediatric cancer patients. ePRO systems enable real-time monitoring of psychological distress, allowing for early intervention and tailored care strategies. Family-centric models enhance treatment adherence and emotional resilience by addressing the collective needs of patients and their caregivers. These approaches collectively foster PTG, with improved emotional coping, relationships, and a renewed sense of life purpose reported among survivors. **Conclusion:** Advancements in psycho-oncology interventions demonstrate substantial benefits for children and adolescents undergoing cancer treatment. Integrating technology, early therapeutic intervention, and family-centred models is essential to addressing these patients' complex psychosocial challenges. Future research should prioritize longitudinal studies and explore scalable interventions to enhance accessibility and efficacy in diverse healthcare settings.

Keywords: Emotional Regulation, Post-Traumatic Growth, Family-centered Care

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125/T1/OP/0-10: Neuro-cognitive profiling of neuro-cognitive deficits in pediatric cancer survivors

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ABSTRACT: **Background:** The long-term sequelae of cancer and its treatment make childhood cancer survivors vulnerable to neuro-cognitive deficits. Irrespective of advances in cancer treatment survivors of childhood cancer frequently experience cognitive late effects (Training et al. 2022). **Aim**: The current study aims to explore the neuro-cognitive deficits in pediatric cancer survivors, aged 6 to 12 years. **Method**: 38 participants, aged 6 to 12 years were recruited using a purposive sampling method. Informed assent and consent were taken from the participants. The neuro-cognitive deficits were measured using Cognitive Assessment System-Second Edition (CAS 2) (Naglieri, Das, Goldstein, 2014). Results: The mean age of

38 children was 8.55 years (SD=1.97). Out of the total sample,79% were males and 21% were females. The findings reveal that on the planning index of CAS-II, 26 (68.42%) children had deficits, 22 (57.89%) children had deficits in simultaneous processing, 21 (55.26%) children had deficits in attention, and 12 (30.56%) children had deficits in successive processing. On the full-scale index of CAS-II, 23 (60.53%) children had shown neuro-cognitive deficits. **Conclusion**: The pediatric cancer survivors had deficits in the domains of planning, simultaneous processing, attention and successive processing. All survivors of pediatric cancers should be carefully assessed and early cognitive intervention should be provided to ameliorate cognitive deficits to enable them to join in the mainstream education system.

Keywords: Neuro-cognitive profiling, pediatric cancer survivors

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126/T1/OP/0-10: Feasibility of AIIMS Manualized Cognitive Training Toolkit (MCTT) on Neuro-cognitive deficits in survivors of children with cancer aged 6-12 years

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ABSTRACT: Background: Paediatric cancer often results in unique challenges, including cognitive deficits, emotional distress, and developmental deficits. Tailored interventions such as cognitive training programs and psychotherapeutic support play a critical role in mitigating the long-term psychological, neuro-cognitive, and behavioral sequelae of cancer. **Aim:** The study aimed to evaluate the feasibility of the AIIMS Manualized Cognitive Training Toolkit (MCTT, Satapathy et al., 2023) in addressing neuro-cognitive deficits among childhood cancer survivors aged 6 to 12 years. **Method:** Using purposive sampling, 10 childhood cancer survivors aged between 6 and 12 years with identified cognitive deficits were included in the study. A pre-post design was adopted, and cognitive functions were assessed using the

Cognitive Assessment System - Second Edition (CAS-2: Naglieri and Das, 1997). **Results:** The mean age of the sample was 8.6 years, with 8 males (80%) and 2 females (20%). The mean Social Quotient (SQ) was 99.8, ranging from 91 to 127. The survivors were diagnosed with various conditions: Wilms' Tumor, Retinoblastoma, Neuroblastoma, Hepatoblastoma, Brain Tumor, Hodgkin's Lymphoma, and Synovial Sarcoma. The MCTT intervention (36 cognitive tasks) was administered over eight days/24 hours. It demonstrated significant improvements in the cognitive domains of Planning (Z = 2.80**, r = 0.885), Successive Processing (Z = -2.45*, r = -0.774), Simultaneous Processing (Z = -2.55**, r = -0.806), and the Full Scale (Z = -2.80**, r = -0.885). However, no significant improvement was observed in Attention (Z = -1.43, r = -0.452). The effect size for Planning, Successive Processing, Simultaneous Processing, and Full Scale was large. Feasibility issues and MCTT fabrication aspects are duly discussed. **Conclusion:** MCTT intervention significantly improved cognitive functions, thus demonstrating the potentiality to use with childhood cancer survivors. While the whole MCTT (36 cognitive tasks) is ideal for optimal outcomes, future research will focus on piloting newly fabricated MCTT with 18 cognitive tasks and its impact on the cognitive functioning of this specific sample group.

Keywords: Childhood cancer survivors, Feasibility Trial, Intervention Study, MCTT, Neuro-cognitive deficits

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128/T1/OP/0-6: Primary Caregiver of Survivors of Childhood with Solid Malignant Tumors: Long-Term Effects on their Mental Health

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ABSTRACT: Background: The adverse effects of solid malignant tumours and their management tumour not only affect the psychological health of the survivors but also vastly impact the psychological health of their primary caregivers. **Aim:** The present study aimed to assess the long-term effects on the psychological health of the parents of survivors of children with solid malignant tumours. **Method:** Parents of survivors of solid malignant tumours were assessed for depression, anxiety and stress after a cancer diagnosis with the help of The Depression, Anxiety and Stress Scale - 21 (DASS-21). Parents were assessed on their perception of having a difficult child due to the diagnosis of a tumour, parental distress caused by the tumour and the parental-child dysfunctional interaction because of the tumour diagnosis with the help of the Parenting Stress Index (PSI-4). **Results:** Parents of one hundred forty-five survivors of childhood solid malignant tumours were included. The parents were assessed after a median of 11 years after treatment completion. Out of the parents of 145 survivors, 130 parents were assessed for stress, depression and anxiety using DASS-21. Normal levels of stress, depression and anxiety were observed in 115 (76.92%) parents. Lower (mild and moderate) stress levels were observed in 17 (13.08%) parents. Further, 16 (12.31%) and 28 (21.54%) parents displayed lower levels of anxiety and depression, respectively. Higher (severe and extreme) levels of anxiety were observed in 13 (10.0%) parents, while only 4 (3.08%) parents showed higher clinical levels of depression. 137 parents were assessed for parental stress using PSI-4. 112 (81.75%) parents perceived that they had normal levels of parental stress. Out of the 145 parents, 25 (18.25%) parents reported overall parental stress. 19 (13.87%) parents perceived they have a difficult child, 18 (13.14%) parents felt that their interaction with the affected child was threatened, and 30 (21.90%) parents perceived to have tumour-related distress. Gender and the use of chemotherapy agents like Cisplatin and Etoposide significantly influenced parental stress, largely due to their long-term side effects, such as renal, pulmonary and auditory complications. Clinical factors (tumour type, stage, recurrence, and treatment modalities) and demographic factors (age, socio-economic status, parental education and occupation) showed no notable impact on parental stress, anxiety, or depression. Additionally, the family structure played a critical role in shaping parental perceptions of their interaction with their affected child. Parents in joint families reported more threatened interactions compared to those in nuclear families. Furthermore, children who underwent surgical interventions were perceived by parents as more challenging to manage. **Conclusion:** The psychological well-being of caregivers is significantly impacted following a tumour diagnosis, with effects persisting even after a median of 11 years (ranging from 2 to 15 years) post-treatment completion. Therefore, it is essential to closely monitor the psychological health of primary caregivers of tumour survivors for potential mental health challenges. Furthermore, implementing targeted workshops and interventions can provide necessary support and equip caregivers of cancer survivors with effective strategies to manage these psychological burdens.

Keywords: Childhood Cancer Survivors, Mental Health, Parental Stress, Primary Caregivers, Solid Malignant Tumors

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139/T1/OP/0-10: A Pilot Study of the Comprehensive Screening Tool for for Children with Cancers (COST) in Pediatric Oncology Patients

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ABSTRACT: Background: Childhood cancer presents unique challenges requiring early detection of treatment-related complications to improve outcomes and quality of life. **Aim:** This study introduces the pilot data on a novel screening tool designed to address the multifaceted needs of children with cancer, integrating physical, psychological, and developmental considerations. The tool, named the Comprehensive Screening Tool for Children with Cancers (COST) can help to identify physical symptoms, emotional distress, and developmental delays in real-time enabling timely interventions and individualized care planning. The tool was clinician administered and child report. **Results:** A pilot study involving 66 pediatric oncology patients with the mean age 8.6 with SD=2.07. Children aged 5 years to 12 years 6 months in the active, maintenance and survivorship phase of cancer were included in the pilot study. The type of cancers included were solid tumors and haematological cancers. COST showed efficacy in early detection of complications such as growth delays, psychosocial distress including emotional, cognitive and behavioural problems , and academic difficulties. The convergent validity was seen with Vineland Social Maturity Scale, Pediatric Quality of Life Inventory, Mini Mental State Examination, and Child Behaviour Checklist. The findings indicate that the newly developed tool is valid. **Conclusion:** This tool holds significant potential for enhancing survivorship outcomes and streamlining care delivery in pediatric oncology.

Keywords: COST, Childhood Cancers, Quality of Life, Comprehensive Scale, Screening Tool, Physical Symptoms, Emotional Distress, and Developmental Delays

POSTER PAPER PRESENTATIONS

2/T1/PP/A2-0: Surviving All Odds: Through the Lens of Childhood Cancer Survivors

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ABSTRACT: Recovering from cancer involves more than merely surviving the disease - comprising a complex process involving the cultivation of resilience through courage, faith, and psychological growth. Cancer at an early age was initially believed to be an incurable diagnosis, but because of developments within healthcare investigation and therapy, survival rates have increased significantly. Survivorship, nevertheless, does not represent the final phase of the journey; rather, it signifies the start of another period filled with distinct hurdles. The objectives of this study were to understand the existing research 1) on the effects of cancer survivors and how their lives have transformed and 2) the role of protective factors. The study involved a comprehensive review of peer-reviewed articles and key studies being conducted which explored the long-term effects and various protective factors that were seen among cancer survivors. The study discovered that certain physical wellness difficulties, an increased chance of different serious physical and emotional diseases, and decreased emotional wellness and satisfaction with life. On the contrary, protective characteristics such as interpersonal assistance, self-worth, interaction with family members abilities, accessible health care, and the temperament of a child increased the likelihood of physical healing while boosting psychological wellness.

***Keywords**:* childhood cancer, effects of cancer, protective factors, psychological well-being

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3/T1/PP/A1-0: Disclosing, Non-Disclosing the Cancer Illness to Children in India-Why, When and how?

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ABSTRACT: Revealing a cancer diagnosis in children is a complicated procedure that greatly affects family relationships and the mental health of both parents and children. This study investigates how decision-making in paediatric oncology in India is complicated by cultural norms and family expectations, while trying to maintain a balance between transparency and emotional protection. Studies suggest that the timing, manner, and extent of openness in revealing information play a vital role in determining how children deal with challenges. Parents' reluctance to share information may stem from concerns about causing distress, but keeping details from children can result in increased anxiety, confusion, and feelings of isolation. On the other hand, effective and suitable communication enhances emotional readiness, reinforces family connections, and encourages better ways to manage stress. Ethical factors highlight the importance of children being informed, and supporting honest communication that gives children power while also protecting their emotional well-being. This research emphasizes the adverse effects of withholding information, such as unhealthy coping mechanisms and a deterioration of trust in family connections. It highlights the importance of a personalized disclosure strategy that considers the child's stage of development and cultural heritage. Healthcare professionals can help families navigate the challenges of a cancer diagnosis by encouraging open discussions and using resources such as counselling and play therapy. Ultimately, this study supports a fair structure that respects the ethical necessity of transparency while also fostering resilience and emotional unity among families.

Keywords: Cancer diagnosis in children, Paediatric oncology, Family relationships, Mental health, Decision-making

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4/T1/PP/A2-2: The Impact of Cancer Diagnosis Disclosure vs Non-Disclosure: A Qualitative Study of Parents' Emotional Experiences

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ABSTRACT: Deciding whether to disclose or withhold a cancer diagnosis from children is a deeply personal and emotionally charged process for parents, often filled with hesitation, guilt, and uncertainty. This qualitative study explores the emotional and psychological factors influencing parents' decision-making regarding disclosure or non-disclosure of their child's cancer diagnosis. In India, many parents, particularly mothers, feel a duty to guide their children's exposure to certain knowledge, believing it impacts their development. While some parents wish to discuss serious health issues, they often hesitate due to concerns about their child's age, emotional distress, or social adjustment. Existing research, however, suggests that children generally handle disclosure well and express interest in being involved in their health care. Through semi-structured interviews with parents of children (ages 0-12) diagnosed with cancer, divided into two groups—those who have disclosed the diagnosis and those who have not—the study will investigate parents' thought processes, emotional struggles, and perceptions surrounding this decision. Thematic analysis will examine emotional responses such as parental guilt, anxiety, and coping mechanisms, alongside children's emotional reactions and behavioural adjustments. The study will pay particular attention to understanding why some parents avoid disclosure, focusing on fears of burdening their child, their own emotional distress, or feelings of guilt and self-blame. It will also explore how and when parents decide to disclose the diagnosis and their approach to these difficult conversations. Cultural influences and family communication styles will be considered to understand their role in shaping parental attitudes toward disclosure. This research aims to provide healthcare professionals with practical, evidence-based guidance to better support parents in navigating emotionally challenging conversations, helping them make informed, compassionate choices about whether and how to disclose a cancer diagnosis to their child.

Keywords: cancer-diagnosis disclosure, parental decision-making, emotional distress, paediatric oncology, cultural influences

5/T1/PP/A2-0: Peer Dynamics and Social Challenges among Childhood Cancer Survivors: Understanding Support Needs

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ABSTRACT: Background: Childhood cancer survivors often face social reintegration challenges due to prolonged treatments, stigma, and changes in physical or emotional well-being. Understanding their peer dynamics is critical to addressing their psychosocial support needs. **Objectives**: This study explores the social challenges and peer interactions of childhood cancer survivors to identify their unique support requirements. **Method**: A literature review was conducted, analyzing empirical studies and theoretical frameworks related to peer dynamics and psychosocial adaptation among survivors. Sources included journal articles, books, and research databases. **Results**: Findings revealed that survivors frequently encounter social isolation and stigma, which hinder their peer relationships. However, interventions such as peer support groups and resilience-building programs significantly improve their psychosocial outcomes. **Conclusions**: Addressing the social challenges of childhood cancer survivors requires tailored, inclusive interventions that foster peer support and reduce stigma. These efforts are essential for enhancing their social reintegration and overall quality of life.

Keywords: Childhood cancer survivors, Peer dynamics, Psychosocial support

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7/T1/PP/A2-0: The Invisible Battle of Healing Beyond the Tumors – Exploring Psychosocial Interventional Gaps in Treating Childhood Cancer Patients: A Scoping Review

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ABSTRACT: Background: With rising rates of cancers in childhood, substantial internal struggles despite traditional pharmacological interventions are prominent, hindering holistic recovery. Despite the growing recognition of these issues, research on the long-term effects of psychosocial interventions remains limited in childhood cancer patients. This review investigates the efficiency of psychosocial interventions in improving the recovery outcomes of childhood cancer patients **Aim**: This study reviews the efficacy of psychosocial interventions in improving recovery in patients with childhood cancers. **Methodology**: An extensive search of relevant global literature was conducted across Google Scholar, PubMed, PsycINFO, etc. Data was extracted from the past lustrum, focusing on the efficacy of psychosocial interventions in childhood cancer patients. **Results**: Findings suggest that psychosocial interventions alleviate psychological and emotional concerns. However, significant gaps in relevant studies assessing the long-term psychological well-being of childhood cancer survivors exist. A notable lack of specialised programs influencing widespread barriers, limited awareness, and poor accessibility was observed. **Conclusions**:

Psychosocial interventions are an effective aid to conventional oncological care, for addressing psychological distress and promoting holistic recovery in childhood cancer patients. Further research is needed to standardise these interventions and assess their lasting outcomes in lower and middle-income countries, focusing on awareness and accessibility to validated programs.

***Keywords**:* Alternative cancer aid, Childhood Cancer, Holistic Recovery, Interventional gaps, Psychosocial care, Psychosocial interventions

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8/T1/PP/A2-0: Healing Through Expression: A Review of the Role of Expressive Arts & Play Therapy in Pediatric Psycho-Oncology Care

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ABSTRACT: Pediatric oncology patients face a myriad of psychological challenges due to the life-altering nature of cancer diagnosis and treatment. Given the debilitating nature of the illness, the incorporation of expressive arts and play therapy is essential in pediatric psycho-oncology care, as they can effectively provide pediatric patients with critical psychological support through creative outlets. Accordingly, the role of play therapy and expressive arts therapy in pediatric psycho-oncology treatment was rigorously examined in this review of the literature, along with how they can efficaciously promote positive psychological outcomes and resilience. The objective of this review was to synthesize research that investigates the therapeutic impact of these modalities on children and adolescents diagnosed with cancer. The systematic review was conducted by analyzing peer-reviewed studies published in the past decade (2014- 2024), in order to examine the use of art, music, dance, drama, and play therapies within pediatric-oncology settings. The results demonstrated that play therapy and expressive arts therapy significantly enhance the emotional well-being of young cancer patients by promoting coping strategies, reducing anxiety, and enhancing emotional expression. It was also ascertained that play therapy was especially effective for younger children, allowing them to absorb trauma and cope with their experiences via symbolic play and non-verbal expression. Conversely, expressive arts therapy gave older children and teens more complex methods to communicate their feelings through theatrical, musical, and creative mediums, which aided in emotional regulation and identity exploration. In conclusion, these therapeutic approaches do indeed, serve as promising tools for providing psychotherapeutic interventions, grounded in a holistic, child-centered approach that can significantly enhance therapeutic outcomes.

***Keywords**:* Art therapy, expressive arts therapy, pediatric psycho-oncology, play therapy, Psychotherapy

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127/T1/PP/0-1: Exploring the Socio-Emotional and Neurocognitive Impact of Childhood Cancer: A Comprehensive Study on Developmental Challenges and Interventions

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ABSTRACT: Childhood cancer presents complex and far-reaching challenges that extend beyond physical health, significantly affecting socio-emotional well-being and neurocognitive development. This review paper synthesizes existing literature to examine the impact of childhood cancer and its treatment on cognitive functions, emotional regulation, and social interactions. Key areas of focus include neurocognitive deficits such as impairments in memory, attention, processing speed, and executive functioning, often resulting from chemotherapy, radiation, and prolonged hospitalization. The paper also highlights socio-emotional challenges, including heightened levels of anxiety, depression, social isolation, and disruptions in peer relationships, which can hinder adaptive developmental milestones.

Furthermore, this review explores the role of family dynamics, caregiver stress, and the environment in influencing the child’s overall adjustment and quality of life. Intervention strategies, including neurocognitive rehabilitation, psychosocial support programs, educational accommodations, and family-centered therapy, are discussed to address these developmental challenges. The findings emphasize the need for a multidisciplinary, integrated care model that prioritizes both medical and psychosocial outcomes to foster resilience and improve long-term developmental trajectories in pediatric cancer survivors.

This review underscores the importance of continued research and the development of targeted interventions to address the unique socio-emotional and neurocognitive needs of children with cancer, ensuring a holistic approach to their care and recovery.

Keywords: Childhood Cancer, Neurocognitive Deficits, Socio-Emotional Challenges, Pediatric Oncology, Psychosocial Interventions, Developmental Outcomes.

141/T1/PP/0-1: Neurocognitive Effects of Childhood Cancer

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ABSTRACT: Background: While advancements in pediatric oncology have increased survival rates, childhood cancer survivors often face significant neurocognitive challenges. Impairments in memory, attention, processing speed, and executive functioning can hinder academic performance, social interactions, and personal development. **Objectives:** This study explores the neurocognitive effects of childhood cancer, focusing on survivors' lived experiences and their specific cognitive difficulties. **Method:** A qualitative phenomenological approach was employed, with in-depth interviews capturing participants' experiences and challenges. Thematic analysis was conducted to identify key cognitive difficulties and areas requiring support. **Results:** Participants reported struggles with attention regulation, memory retention, and problem-solving, which negatively impacted their academic and social lives. They highlighted the need for specialized educational support, psychological resources, and greater community awareness of cognitive issues. **Conclusions:** The findings emphasize the necessity of holistic interventions to address the neurocognitive impacts of childhood cancer. Targeted support systems, including educational programs and psychological interventions, are essential to improving survivors’ quality of life and ensuring their successful reintegration into academic and social settings.

Keywords: Childhood cancer, Neurocognitive challenges, Phenomenological study

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TRACK 2

PSYCHO-ONCOLOGICAL EVALUATIONS & INTERVENTIONS FOR ADULTS


NCPO 2025
AIIMS-NEW DELHI

SYMPOSIUM PRESENTATION

107/T2/SY: "Opioid Use in Chronic Cancer Pain: Balancing Relief and Risk"

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ABSTRACT: Pain is a multidimensional and complex experience that has physical, social, spiritual and psychological aspects. Pain associated with chronic cancer results in significant morbidity and burden on the patients. Thus, ensuring the availability of medications for the treatment of chronic cancer pain is crucial. The WHO has estimated that 20 million people require end-of-life palliative care, of whom 78 % live in low and middle-income countries. India, however, ranks among the lowest, with only 0.22% of its citizens having access to opioids for pain relief. While ensuring the availability of prescription opioids for pain relief is crucial, it also needs close monitoring and regulation as the epidemic of prescription opioid misuse was fuelled by the illicit marketing of pharmaceutical opioids. Reports of unregulated prescription of opioids as painkillers in the US contributing to the onset of the 'epidemic' of prescription opioid misuse lead to confusion and debate about the rationality of prescribing opioids in chronic pain conditions, especially in cancer patients. Other issues such as the development of physical dependence or pseudo-addiction to opioids limit the use of opioids in chronic cancer pain despite having significant effects in the reduction of pain and improvement of the quality of life. So the debate on prescription opioid use in chronic cancer pain control is ongoing and calls for further discussion in how to ensure the availability and prescribe to those who are in genuine need of the same with minimal risk.

Keywords: Opioids, Prescription opioids, chronic cancer pain, treatment, management

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108/T2/SY: Psychological Factors, Preventive Measures, Psychotherapeutic Assessment And Interventions of Gynecological Cancers

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ABSTRACT: Background: Ovarian, cervical and breast cancers are the most common gynaecological cancers affecting women worldwide and in India. The symposium will give information about gynecological cancer worldwide including cervical, ovarian, breast, uterine, fallopian tube, endometrial, vulvar, and vaginal cancers. The symposium will cover the current prevalence and psychological factors responsible for such cancerous conditions. It will delineate psychological issues associated with different stages of gynaecological cancer and the psychotherapeutic assessments to evaluate it. This study will highlight the preventive measures for reproductive health. The research will give a comprehensive picture of evidence-based psychotherapeutic interventions for psychological issues of the sufferers of gynaecological cancers, illustration of a case study and remedies for their reproductive health. The symposium will be presented as per the below sequence: Prevalence & Psychological Issues by Dr Nidhi Mehta Psychotherapeutic Assessments by Ms Megha Sharma Preventive Measures, case Study & Psychotherapeutic Interventions by Dr Vandana Shriharsh

Keywords: gynaecological cancer, psychotherapeutic assessment, preventive measures, psychotherapeutic intervention

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109/T2/SY: Facing Forward: Addressing Procedural Anxiety, Fear of Recurrence, and Body Image Challenges in the Cancer Journey

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ABSTRACT: Background: Cancer patients often experience procedural anxiety, fear of recurrence, and body image concerns. These psychological challenges stem from the anticipation of medical procedures, the ongoing worry about cancer recurrence, and the physical changes resulting from treatment. These issues significantly impact emotional well-being, self-esteem, and treatment adherence, making their management essential for comprehensive cancer care. **Objective:** This symposium explores psychotherapeutic strategies for addressing procedural anxiety, fear of recurrence, and body image concerns. It aims to provide clinicians with holistic, evidence-based approaches to improve patient outcomes and quality of life during survivorship.

Method: A holistic psychotherapeutic approach is employed to address:

1. Procedural Anxiety: Through psychoeducation, exposure therapy, and relaxation techniques to reduce anticipatory distress.
2. Fear of Recurrence: Using mindfulness-based therapies and cognitive restructuring to challenge catastrophic thinking and foster acceptance.
3. Body Image Concerns: Implementing body image rescripting, self-compassion training, and role of life (ROL) interventions to rebuild self-esteem and identity.

Third-wave therapies like Acceptance and Commitment Therapy (ACT) and Dialectical Behaviour Therapy (DBT) are integrated, with case examples demonstrating practical application. **Results:** The interventions improve emotional resilience, alleviate distress, and enhance coping, significantly contributing to better treatment adherence and quality of life. **Conclusion:** Addressing these psychological challenges through holistic interventions supports patients' emotional health, fostering a positive survivorship experience.

Keywords: Procedural Anxiety, Fear of Recurrence, Body Image, Third-Wave Therapies, Cancer Care

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110/T2/SY: Transforming cancer care through communication: Empathy, Collaboration, and Selfcare

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ABSTRACT: Effective communication requires healthcare providers to actively listen, understand patient values, and navigate sensitive topics like financial toxicity, emotional distress, and realistic expectations. Challenges such as patient denial, fear, and varying family dynamics demand tailored approaches. Balancing honesty with hope, while fostering autonomy, is central to building trust. Providers benefit from training in communication skills and emotional resilience to manage these critical conversations. The demanding nature of oncology care also underscores the importance of self-care for healthcare professionals. By prioritizing the emotional and mental health of providers, healthcare systems can ensure sustained quality care, better patient experiences, and improved decision-making processes. This session aims to provide actionable insights and strategies to enhance communication and care.

Speaker 1: ***Navigating difficult conversations in cancer care***: This session explores various skills and interventions that are helpful to address sensitive topics with empathy, clarity, and cultural sensitivity in the field of cancer care. These discussions often include breaking bad news, explaining complex treatment options, or discussing end-of-life care. Effective communication requires active listening, understanding patients' values, and being mindful of emotional and psychological impacts. Challenges may arise from patients' fears, denial, or differing family dynamics, requiring a tailored approach for each situation. Oncology care providers also support discussions around financial toxicity and its psychosocial impact, while setting realistic expectations through care and recovery. Healthcare providers aim to balance honesty with hope, fostering trust while respecting patients' autonomy. Training in communication skills and emotional resilience equips providers to handle these critical conversations, improving patient experiences and fostering informed decision-making.

Speaker 2: ***Together in care:*** Triadic communication and shared decision making in oncology Research has indicated that cancer care in India is a collective experience, deeply rooted in the involvement of family and social network. Families play an active role in illness and treatment related decisions, highlighting the need for collaborative communication among the triad i.e., patient, family caregiver, and oncologist. This session explores how collaborative decision making within the triad can enhance patient autonomy, improve treatment adherence, provide emotional support, and foster open communication. It also addresses significant challenges such as non-disclosure of information, navigating role expectations, and managing caregiver burden. By focusing on these dynamics, the session aims to provide insights into developing interventions and strategies that promote transparent and inclusive discussions, respecting voices of all stakeholders. Ultimately, such approaches contribute to better treatment outcomes and increased satisfaction for both patients and their healthcare providers.

Speaker 3: ***Self-care and resilience building for oncology providers:*** Research highlights the importance of self-care for healthcare providers while sustaining their emotional, mental, and physical well-being in the demanding field of cancer care. Oncology providers often face high levels of stress, emotional fatigue, and burnout due to the intense nature of their work and navigating difficult conversations with patients and families through their journey of cancer. Prioritizing self-care through mindfulness, physical activity, adequate rest, and hobbies helps maintain balance. Resilience can be built by fostering strong professional support networks, seeking mentorship, and practicing reflective techniques like journaling or meditation. Institutions play a key role by providing wellness programs, mental health resources, and fostering a supportive work culture to ensure provider well-being and optimal patient care

Speaker 4: *Theoretical Foundations in Empathetic Communication in Oncology/Cancer Care:* While cancer communication shares similarities with communication in other healthcare contexts, certain unique aspects of cancer care highlight the need for dedicated research in this area. Cancer stands out as an illness that is both life-threatening and potentially curable, involving complex care dynamics. These include collaboration among numerous clinicians, the use of diverse treatment modalities such as oral and intravenous medications, radiation, and surgery, and prolonged periods of uncertainty post-treatment. Additionally, the composition of the patient's healthcare team often evolves. This session delves into the benefits and purposes of patient-centred communication in cancer care, the connection between empathetic communication and patient outcomes, and the crucial role of healthcare professionals in facilitating effective communication within this context.

ORAL PAPER PRESENTATIONS

9/T2/OP/A1-4: Multifaceted Distress in Cancer Patients: Exploration Of Domains Of Distress And Implications Of Psycho-Oncology Support

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ABSTRACT: Background: Distress is multidimensional, encompassing physical, practical, emotional, family, and spiritual domains. These common concerns of cancer patients often go unaddressed during their treatment (Singh et al., 2024). Over the past years, several cross-sectional studies have been conducted but a significant need for the assessment of distress to be conducted longitudinally is highlighted (Veeraiah et al., 2022). Thus, the main aim of this paper is to go beyond the quantification of the distress thermometer. **Objectives**: 1. Explore the impact of psycho-oncological therapeutic sessions on overall distress experienced. 2. Explore the domains of distress through the distress thermometer. **Method**: 301 cancer patients (under Medical Oncology) were screened for distress. These patients received regular psycho-oncological intervention. Distress was assessed through the distress thermometer by The National Comprehensive Cancer Network (NCCN). Quantitative methodology comprehensively examined the domains and levels of distress experienced by cancer patients before and after psycho-oncology support. **Results**: 301 patients received regular psycho-oncological intervention over the past one year. Upon statistical analysis, the mean distress score decreased from pre-intervention (mean = 6) to post-intervention (mean = 4). The Wilcoxon signed-rank test indicated a significant difference. **Conclusions**: The study's implications included understanding domains of distress and contributing to the development of tailor-made psycho-oncological therapeutic interventions that must be a regular part of cancer treatment, thus improving holistic and comprehensive patient care.

Keywords: Distress, Medical Oncology, Psycho-Oncology

12/T2/OP/A3-0: Supporting the Supporters: Caregiver Burden And The Effectiveness Of Interventions In Cancer Care

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ABSTRACT: Caregivers of cancer patients often face significant psychological and physical burdens that impact their quality of life and mental well-being. This focus on caregiving can lead to increased stress, and burnout, and exacerbate issues like anxiety and depression. This proposed study aims to investigate the caregiver burden among various individuals caring for cancer patients and evaluate a structured intervention program designed to reduce stress and enhance resilience. By integrating mindfulness practices, creative therapies, and reflective activities, the research suggests these interventions can effectively lower psychological strain and improve caregiver well-being. The study will employ a mixed-methods approach with a pre- and post-intervention design to assess changes in caregiver burden. The quantitative component will use Dr Tushti Bharadwaj's "Caregiver's Difficulty Rating Scale" to measure stress, emotional exhaustion, and physical strain. Baseline burden levels will be established initially, followed by a post-intervention assessment to evaluate changes in anxiety, depression, and physical exhaustion. Additionally, in-depth interviews with selected participants will offer insights into the challenges caregivers face and the impact of therapeutic interventions. This study's anticipated findings are twofold: it aims to deepen understanding of oncology caregiver burden by highlighting their psychological and physical challenges, and it seeks empirical support for therapeutic interventions to improve caregiver quality of life. The research could inform programs that enhance psychological resilience and reduce burnout. It will contribute to psycho-oncology by examining caregiving burdens and therapeutic effectiveness, helping to develop holistic care strategies that address patient needs and caregiver well-being.

***Keywords**:* Psycho-Oncology, Caregiver Burden, Therapeutic Interventions

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13/T2/OP/A1-1: Evolving Psychotherapeutic Strategies In Cancer Care: A Bibliometric Analysis Of The Last Two Decades

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ABSTRACT: Background: The approximate comorbidity of psychiatric disorders like adjustment disorder, delirium, and depression and anxiety is 25.2%, 21%, and 11.1% respectively in Indian tertiary cancer care (Deodhar et al., 2024). This makes the psychotherapeutic management of cancer patients pertinent. **Objectives**: To explore the key areas and trends in the psychotherapeutic management of oncology patients, enabling a comprehensive and informed approach to care. The profound impact of a cancer diagnosis and the trajectory of the illness underscores the need for psychological assessment and therapeutic intervention. **Method:** The data was sourced from SCOPUS database on October 24th, 2024 using query (“psychotherapy AND cancer AND psychological AND techniques AND oncology AND PUBYEAR > 2004 AND PUBYEAR < 2026”). The publication timespan included in the study was from 2005 to 2025, including a total of 4967 records. **Results**: SCOPUS was used for author analysis, distribution of time and source analysis, and country analysis. Co-occurrence network analysis, density analysis and time overlay analysis were performed using VOS viewer (version 1.6.20). **Conclusions**: Records show an upward trend with major work being pursed in the USA, while a significant gap exists in the Indian subcontinent. Key areas of focus include psychoeducation, cognitive behavioural therapy, relaxation training, mindfulness, and physical activity aimed at alleviating pain and fatigue, with most studies centred on breast neoplasms.

***Keywords**: Psychotherapy, cancer, bibliometric analysis, Vos-Viewer, Scopus*

16/T2/OP/A2-0: Addressing the Psychiatric Crisis in Cancer Care: A Meta Analytical Study

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ABSTRACT: Background: - Cancer patients often experience significant psychiatric crises, affecting their quality of life, prognosis, and recovery. Psychological interventions are designed to moderate these issues, making it essential to assess their effectiveness in enhancing mental health and overall well-being. **Objectives**: The meta-analysis aims to systematically evaluate the impact of various psychological interventions on mental health issues in cancer patients, particularly focusing on depression, anxiety, mood disorders, and suicidal ideation. **Method** A systematic literature search was conducted independently by reviewers, examining studies from the past decade using databases like PubMed, ResearchGate, ScienceDirect, and Wiley. The analysis adhered to PRISMA guidelines for data extraction and bias assessment. **Results**: Psychological interventions significantly reduced symptoms of depression (n = 329; MD = -4.37, 95% CI: -7.32 to -1.41, p = 0.004) and anxiety (n = 153; MD = -13.35, 95% CI: -23.40 to -3.31, p = 0.009), mood (n = 204; MD = -1.16, p = 0.17) and suicidal ideation (n = 702; MD = -7.61, p = 0.12). The p-values for depression and anxiety indicate statistically significant reductions, and for mood and suicidal ideation suggesting these intervention effects are not statistically significant. **Conclusions**: Findings indicate that psychological interventions significantly reduce psychiatric symptoms in cancer patients, highlighting the critical role of mental health support in cancer care.

***Keywords**: cancer, psychiatric crisis, interventions*

18/T2/OP/A1-1: A Randomized Controlled Trial on Efficacy of Supportive Psychotherapy on Self-Esteem and Coping Skills Among Patients with Oral Cancer

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ABSTRACT: Supportive psychotherapy is increasingly recognized as an essential component of comprehensive oral cancer care, addressing the psychological and emotional challenges associated with an oral cancer diagnosis. By taking a holistic approach, supportive psychotherapy complements medical treatment by enhancing patients' overall wellbeing. This randomized controlled trial aimed to evaluate the efficacy of supportive psychotherapy on self-esteem and coping skills among patients with stage II to IV oral cancer. Thirty participants were randomly assigned to one of two groups: treatment as usual (TAU) or TAU+Supportive Psychotherapy. Baseline assessments included the Rosenberg Self-Esteem Scale (Hindi version) for evaluating self-esteem and the Stress Coping Behavior Scale (SCBS) for assessing coping skills. The intervention group participated in a 6-week supportive psychotherapy program, delivered alongside standard cancer care. Meanwhile, the TAU group received standard care with supplementary educational content on cancer biology. The presentation will focus on the findings of the study and the insights into the potential benefits of supportive psychotherapy in enhancing psychological well-being for oral cancer patients, with implications for its integration into oncology care guidelines.

***Keywords**:* Coping skills, oral cancer, randomized controlled trial, self-esteem, supportive psychotherapy.

19/T2/OP/A2-1: The Role of Psycho-Oncologist in Cancer Care: Alleviating Stress and Improving Quality of Life in Cancer Patients

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ABSTRACT: Background: Cancer is a chronic illness that often leads to profound psychological distress, alongside major lifestyle disruptions that affect a person's overall functioning. From the initial diagnosis to the overwhelming financial burdens, the journey of a cancer patient extends far beyond physical symptoms. Research highlights that, in addition to the physical toll, cancer patients frequently experience psychological and social stress stemming from their diagnosis and the challenges of treatment. Unfortunately, many patients' psychological distress remains unrecognized or unacknowledged. Some individuals refrain from sharing their feelings with family members or loved ones, either out of fear that they won't be understood, or concerned about adding an emotional burden, or a belief that those around them may not be equipped to offer the needed support. Concurrently, some cancer patients are unaware of their stress, anxiety, and altered illness perceptions, impacting their treatment outcomes. **Aim:** This study aimed to assess the effectiveness of psychosocial interventions, including Cognitive Behavioral Therapy (CBT), psycho-education, and relaxation techniques, in reducing stress and improving illness perception and quality of life among cancer patients. **Results:** Using a sample of 10 patients, results showed no significant reduction in stress post-intervention. However, a notable decrease was observed in illness perception scores (mean decreased from 52.8 to 51.1), and quality of life scores showed a notable increase (mean increased from 69.7 to 81.0), indicating an improvement. Strong, significant correlations were found between pre and post-intervention scores for both illness perception ($r = 0.995$, $p < 0.001$) and quality of life ($r = 0.950$, $p < 0.001$), suggesting consistency in participants' perceptions over time. **Conclusion:** These findings underscore the importance of psychosocial support in enhancing cancer patients' quality of life and addressing psychological resilience.

***Keywords**:* Psycho-Oncologist, Cancer Care, Psycho-Oncology, Psychosocial Interventions

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20/T2/OP/A2-1: Body Image and Self-Esteem in Breast Cancer Survivors

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ABSTRACT: Background: Breast cancer is one of the most prevalent cancers among women globally, with 2.3 million cases reported in 2022, accounting for 11.6% of all cancer cases (WHO, 2022). In India, it ranks third in breast cancer rates among women, with an age-standardized rate (ASR) of 26.6 per 100,000 (World Cancer Research Fund, 2022). Body image and self-esteem are crucial components of psychological well-being, particularly for breast cancer survivors who often face significant physical and emotional challenges. Treatment modalities such as surgery, chemotherapy, and other interventions can profoundly alter body image perceptions, potentially affecting self-esteem. **Aim:** This study examines the relationship between body image and self-esteem among 118 breast cancer survivors, exploring how these psychological constructs interact within this population. **Method:** Using purposive sampling, data were collected through standardized assessments, including the Body Image Scale and Rosenberg Self-Esteem Scale. **Results:** Statistical analysis revealed no significant correlation ($p > 0.05$) between body image and self-esteem, suggesting that self-esteem may remain relatively stable despite perceived changes in body image. This finding challenges the common assumption that body image significantly influences self-esteem and highlights the resilience of breast cancer survivors in maintaining their psychological well-being.

Keywords: Body Image, Self-Esteem, Breast Cancer Survivors, Resilience

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22/T2/OP/A1-1: Impact of Horticultural Therapy on Cancer Patients: A Systematic Review

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ABSTRACT: Background: Cancer patients often experience a range of psychological and emotional challenges, including anxiety, depression, and stress, as a result of their diagnosis and treatment. Traditional psychological interventions, such as counseling and medication, are commonly used to address these issues. However, complementary therapies, such as horticultural therapy, have emerged as promising alternative approaches. Horticultural therapy involves structured activities with plants and nature and has been shown to promote emotional healing, reduce stress, and enhance overall well-being. **Aim**: To decipher Horticultural Therapy as an alternative therapy for improving the physical and psychological well-being of cancer patients. **Objectives:** 1) To study the effects of HT on the psychological symptoms of cancer patients. 2)To study the effects of HT on the physical symptoms of cancer patients. **Method:** A systematic review was conducted on published articles between the years 2006 to 2024. The systematic search identified 50 studies based on the PRISMA recommendations out of which 25 studies were eligible for inclusion in the review. **Results**: The review outlined that Horticultural Therapy can be used as an unconventional therapy for improving the physical and psychological well-being of cancer patients. It also highlights the significant therapeutic benefits including positive impact on emotional well-being, stress reduction, and overall quality of life. The reviewed studies suggest that engaging with nature through gardening and plant care offers a non-invasive, holistic approach to complement traditional cancer treatments. While the present review recommends exploring the long-term effects and underlying mechanisms, the evidence supports the integration of HT into cancer care settings as a valuable adjunct to conventional treatment.

Keywords*:* Cancer, Horticultural Therapy, Well-being

23/T2/OP/A2-0: A Comparative Study of the Effectiveness of Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT) on Body Image Resilience in Cancer Patients and Survivors

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ABSTRACT: Background: Body image concerns are prevalent among cancer patients, significantly affecting their psychological well-being and quality of life. This study explores the effectiveness of two psychological interventions—Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT)—in enhancing body image resilience among cancer survivors. **Aim:** The aim of this research is to compare the effectiveness of CBT and ACT in improving body image resilience in cancer patients who experience body image distress due to treatment-related changes**. Method**: A randomized controlled trial (RCT) was conducted with cancer patients selected through purposive sampling. Participants were randomly assigned to receive either CBT or ACT over 8-12 weekly sessions. Body image resilience was assessed using the Body Image Resilience Scale (BIRS) at baseline, post-intervention, and at 3 and 6-month follow-ups. Secondary outcomes included measures of psychological flexibility and overall quality of life. **Results**: Both interventions led to significant improvements in body image resilience, with specific benefits observed in each therapy group. Comparative analyses indicated that ACT was more effective than CBT in fostering resilience, particularly in enhancing psychological flexibility. **Conclusions:** Findings from this study contribute to the understanding of psychological interventions for body image resilience in cancer survivors, providing insights into which therapy may be more effective. This research informs clinical practices and enhances the psychological support offered to patients coping with body image changes during and after cancer treatment.

Keywords*:* body image resilience, cancer patients, cognitive behavioural therapy, acceptance and commitment therapy, psychological interventions

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26/T2/OP/A1-1: A Nutritional Lens on Psychological Health: Redefining Care for Cancer Warriors

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ABSTRACT: Patients suffering from cancer often go through a lot of physical and emotional trauma like loss of appetite, depression or altered body image perception, and undernutrition. A recent study by Galiano and Nardi (2023) sheds light on a critical aspect of cancer care, revealing that patients facing nutritional risks are more vulnerable to developing depression. This finding helps understand how essential it is to prioritise early nutritional and psychological support for these patients. By offering these interventions sooner, we can help reduce the emotional strain and improve the overall well-being of individuals navigating both cancer and mental health challenges. While nutritional interventions are well-documented in oncology, their impact on mental health remains underexplored. This present qualitative research attempts to study the relationship between nutrition and the psychological well-being of patients suffering from cancer. The present study can fill this void by understanding how nutrition and dietary changes impact psychological well-being. Using a mixed-methods approach, data will be collected through semi-structured interviews, patient diaries, and kinetic drawings (a projective art method) to uncover patients' views on nutrition and its effects on their mental health. Thereafter, thematic content analysis will be adopted for the data analysis. This approach gives a deeper perspective on how nutrition and psychological well-being coexist. Therefore, this study enhances psycho-oncology by advocating for a more comprehensive model of care that brings the nutrition and mental health components together.

***Keywords**:* cancer patients, dietary changes, nutrition, psychological well-being

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27/T2/OP/A1-2: A cross-sectional study of depression, hopelessness and suicidal ideations among patients with cancer in a tertiary health care centre

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ABSTRACT: **Background** - The diagnosis of cancer is a life-changing and a source of considerable psychological and emotional stress. Those with clinical depression have higher disability and poor quality of life. Therefore, making it important to understand the proportion of people with clinical depression, hopelessness and suicidal ideation and integrate psychosocial treatments into the primary oncology care. **Aim** - To estimate the proportion of patients having depression, hopelessness and suicidal ideations amongst cancer patients. **Methodology** – A Cross sectional study was advocated to meet the aim of the study. Institutional ethical approval was sought. The subjects recruited as per study inclusion and exclusion criteria. 100 patients were assessed with socio-demographic proforma, Beck's Depression Inventory-II, Beck's Hopelessness Scale and Scale for Suicidal Ideations. Data was analysed using SPSS 22 version software with appropriate tests. **Results** – In our study 40% of patients suffered from mood symptoms ranging from mild mood disturbances to major clinical depression. 26% had hopelessness among which 18% suffered from moderate to severe hopelessness. 13% of patients expressed having suicidal ideations. Significant correlation between poor social support and depression(p-0.014) was found. **Conclusion** - The study highlights the need for mental health screening for cancer patients. Those identified with psychological distress or at a higher risk due to factors like poor social support and unemployment must be referred for appropriate care services. By addressing these psychosocial aspects, healthcare providers can improve their overall quality of life.

Keywords: depression, hopelessness, suicidal ideations, cancer

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29/T2/OP/A1-0: Navigating Existential Challenges: The Role of Social Support in Enhancing Quality of Life and Functioning among Cancer Patients

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ABSTRACT: Background This study investigates the intricate relationship between existential concern, satisfaction with social support and quality of life. Utilizing a comprehensive approach, it explores how satisfaction with social support mediates the relationship between existential concern and quality of life. Additionally, the study delves into assessing the functioning level among cancer patients. **Aim:** The primary objective of this study is to evaluate the relationship between existential concern, satisfaction with social support, and quality of life and also to explore the mediating role of satisfaction with social support between existential concern and quality of life. **Method:** This study adopts a cross-sectional mediational design. The participation pool comprises 85 cancer patients, aged between 30 and 50 years. **Results:** Pearson's correlation analysis revealed a negative relationship between domains of satisfaction with social support and existential concern dimensions, a negative correlation between the dimension of existential concern and domains of quality of life, and a positive relationship between satisfaction with social support domains and domains of quality of life. Multiple mediation analysis revealed that components of existential and physical health and social health domains of quality of life were mediated by the family domain of satisfaction with social support. **Conclusion:** Overall, these findings have implications for therapeutic interventions. Recognizing the influence of satisfaction with social support on cancer patients can guide tailored therapeutic approaches. Additionally, managing their concerns and enhancing their quality of life.

Keywords: Existential Concern, Satisfaction with Social Support, Quality of Life, Functioning Level

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30/T2/OP/A1-0: Integrating Artificial Intelligence in Psycho-Oncological Interventions: A Future Perspective

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ABSTRACT: Background: Psycho-oncology, which focuses on addressing the psychological, emotional, and social challenges faced by cancer patients, is increasingly exploring artificial intelligence (AI) as a means to enhance patient care. Cancer patients often experience significant psychological distress, which can impact their treatment adherence and quality of life. Integrating AI offers the potential for early detection and personalized interventions to support patients' mental health needs. **Aim:** This paper aims to explore the future potential of AI in psycho-oncological interventions, identifying its applications, current research trends, and the ethical considerations involved in its implementation. **Method:** For this perspective paper, this paper synthesizes findings from existing empirical studies, clinical trials, and theoretical discussions surrounding AI in mental health and oncology. Key themes include early psychological distress detection, personalization of interventions, and the scalability of mental health support. **Results**: Findings suggest that AI applications, such as predictive modeling and conversational support tools, show promise in detecting early signs of distress and providing personalized, scalable mental health interventions. However, significant ethical concerns, including data privacy and the potential depersonalization of care, require careful consideration. **Conclusion**: AI offers promising avenues for enhancing psycho-oncological care, but a balanced approach combining technological innovation with human-centered care is essential. Future research should focus on developing ethical frameworks and long-term studies to maximize AI’s positive impact on psycho-oncological support.

***Keywords**:* Artificial intelligence in psycho-oncology, mental health interventions in cancer care, psychological distress detection, personalized psycho-oncological care

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31/T2/OP/A1-2: Thoughts and Perceptions of Adult Men in India on the Rising Incidence of Lung Cancer: A Narrative Analysis

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ABSTRACT: The rising prevalence of lung cancer in India has caused widespread alarm, particularly among adult men, who account for a sizable proportion of cases due to high levels of tobacco use and environmental exposure (Noronha, V., Pinninti, R., Patil, V. M., Joshi, A., & Prabhash, K. (2016) & Koul, P. A. et. al., (2011)). The current study uses narrative analysis to investigate adult men's opinions and views about the worrisome rise in lung cancer cases. Semi-structured interviews were done with individuals in both urban and rural settings to gather varied opinions on causes, awareness, and prevention efforts. The study found that people identify lung cancer mostly with smoking and industrial pollutants, while awareness of other risk factors, such as passive smoking and genetic susceptibility, is limited. Many people mentioned sentiments of vulnerability and dread, as well as concerns about inadequate public health initiatives and limited access to early diagnostic treatments. The social stigma associated with lung cancer, as well as fatalistic attitudes, has surfaced as hurdles to obtaining timely treatment. The findings emphasize the urgent need for focused health education efforts that address misunderstandings, reduce stigma, and promote preventative measures. Integrating these efforts with accessible healthcare infrastructure can improve early detection and treatment outcomes, lowering the burden of lung cancer in India.

***Keywords**:* Lung cancer, adult men, India, narrative analysis, perceptions, tobacco use, public health awareness, and healthcare access.

32/T2/OP/A1-3: Concordance between Self-Rated, Caregiver-Rated and Clinician Rated Depression in Patients with Malignancies

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ABSTRACT: Background: Depression affects the course and outcome of malignancies, warranting proper diagnosis and treatment. Diagnosis is usually based on patient reporting and clinician interpretation, but at times if patients are seriously ill, caregivers may provide crucial information. **Aim:** To assess concordance between self-rated, caregiver-rated and clinician rated depression in patients with malignancies. **Method:** This was a cross-sectional study that included 200 patients (diagnosed with cancer ≥ 3 months prior to recruitment) and their caregivers, recruited from the patient population attending the outpatient services of the Department of Radiotherapy. The patients were assessed on Patient Health Questionnaire-9 (PHQ 9), and caregivers were asked to rate their patients on the caregiver version of PHQ-9. Additionally, the clinician assessed the patients for depression on DSM-5 criteria using a semi-structured interview. A cut-off score of 10 was used for PHQ-9 to consider the presence of depression. **Results:** Mean age of the patients in the study sample was 50.28 years (S.D. M14.11). Females outnumbered males. Mean age of onset of illness was 47 years (S.D 14.03) and mean duration of diagnosis of malignancy was 35.45 (S.D 36.87) months. The prevalence of depression as per the PHQ-9 completed by patients was 38.5%, and that by caregiver PHQ-9 was 25% and as per the clinician's assessment was 35%. There was substantial concordance between self-rated, caregiver-rated and clinician-rated depression in patients with malignancies, there was perfect concordance between patient and clinician ratings (Kappa value-0.903; p= <0.001), and there was substantial agreement between rating of caregiver-clinician (Kappa value-0.718; p= <0.001), and patient-caregiver (Kappa value-0.65; p= <0.001), ratings of depression. **Conclusion:** The present study suggests that caregiver PHQ-9 rating can act as a proxy measure of depression in medically ill patients, who themselves are not able to complete the self-rated PHQ-9.

***Keywords**:* Cancer, Caregiver, Concordance

35/T2/OP/A1-0: Assessing the Quality of Life of Cancer Caregivers: A Study of Financial Capacity, Emotional Well-being, and Treatment-Related Challenges

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ABSTRACT: Background: Caregivers of cancer patients often face significant challenges that impact their quality of life, encompassing financial strain, emotional well-being, and the ability to manage treatment-related demands. **Aim:** This study investigates these dimensions by assessing the financial capacity of caregivers, the emotional toll of caregiving, and the challenges encountered in ensuring timely and effective treatment. **Method:** A mixed-methods approach was adopted, utilizing the Caregiver Quality of Life Index-Cancer (CQOLC) scale to measure quality of life and semi-structured interviews to gain deeper insights into caregivers' experiences. **Results:** The findings reveal that a substantial proportion of caregivers experience financial difficulties, with many relying on partial health insurance, personal loans, or family support to cover treatment expenses. Emotional stress, including anxiety and fatigue, was frequently reported, particularly among caregivers facing financial instability. Treatment delays and logistical barriers further compounded the burden, highlighting the interconnected nature of financial, emotional, and practical challenges. **Conclusion:** This research underscores the need for targeted interventions, including enhanced financial support systems, accessible mental health services, and caregiver-centered policies. Addressing these areas can improve caregivers' quality of life, enabling them to provide sustained and effective care for cancer patients.

Keywords: quality of life, financial strain, emotional well-being, Caregiver Quality of Life Index-Cancer (CQOLC) scale

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37/T2/OP/A1-0: Beyond the Sessions: A Group-Analytic Study on Challenges in a Cancer Support Group

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ABSTRACT: This qualitative case study delves into the challenges in facilitating a support group for patients diagnosed with cancer within a hospital setting, using a group-analytic framework. Although psycho-oncological care has seen growing recognition in recent years, the integration of supportive group therapy into standard cancer care protocol is still evolving. While existing literature highlights the efficacy of evidence-based therapies, the nuanced challenges of executing such interventions in real-world hospital environments often remain unexamined. This paper draws on the experience of conducting a weekly, open support group for international patients with cancer over five months in a private hospital in Chennai. The study uses observational data, session notes, and reflective analysis to investigate how unconscious institutional defenses, shaped by anxieties surrounding death and annihilation, influenced the group's dynamics and sustainability. The discussion considers how these defenses manifested within the matrix of the hospital, impacting the cohesion, engagement, and the sheer existence of the group. The clinical material from the group sessions sheds light on the varying attendance, cultural differences, and the shifting sands of logistics that shaped the group's fragile and uncertain existence. This exploration will illuminate the delicate interplay between the organisational culture and the psychotherapeutic process, revealing the conscious and unconscious factors that shape therapeutic endeavours in psycho-oncology. Recognising these factors can inform more effective strategies to navigate and mitigate such barriers, fostering greater cohesion and stability in support groups for cancer patients.

Keywords: group analysis, psycho-oncology, support group, hospital setting, unconscious defences

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39/T2/OP/A4-2: Exploring Sexual Health Concerns in Female Breast Cancer Survivors in India: A Phenomenological Study

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ABSTRACT: Background: Breast cancer impacts not only the physical well-being of survivors but also their sexual health, an aspect often under-explored in the Indian context. **Aim:** This study aims to explore the post-treatment sexual health concerns of breast cancer survivors in India, focusing on their experiences and perceptions regarding body image, intimacy, and sexual activity post-recovery. **Method:** A qualitative approach is being adopted, utilizing semi-structured interviews with 25 breast cancer survivors across major cities in India. Participants will be selected from hospitals and cancer support groups. Data will be analyzed thematically to identify key themes related to sexual health, intimacy, and reproductive challenges faced by survivors following breast cancer treatment. **Results:** The expected results of this study are to generate deep and rich data about the post-treatment experiences of women breast cancer survivors, particularly in the areas of sexual health concerns, body image, and intimate relationships. Through thematic analysis, key themes are anticipated to emerge, offering valuable insights into the personal and psychosocial challenges faced by these survivors. **Conclusion:** The anticipated findings are expected to underscore the need for more comprehensive support systems addressing sexual health in breast cancer survivorship care. It is hoped that this research will inform healthcare professionals about the importance of providing culturally sensitive counseling and that support groups will include discussions around body image, sexual health and intimacy to better empower survivors and their partners in navigating post-treatment life.

***Keywords**:* breast cancer, survivorship, sexual health, body image, qualitative research

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40/T2/OP/A1-3: Coping Strategies and Quality of Life Among Cancer Patients: A Cross-Sectional Study From Kashmir Valley

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ABSTRACT: Background: Cancer is one of the major global issues related to health, according to the World Health Organization (2022). Various psychological constructs are associated with cancer disease. **Methods:** A hospital-based cross-sectional study aims to find the relationship cancer patients' coping and Quality of Life (QOL). A sample consists of 37 patients using purposive sampling, 17 females and 20 males diagnosed with cancer from the department of oncology GMC Srinagar. WHOQOL is used to assess quality of life and the BRIEF Cope scale to assess coping. **Results:** There was a significant relationship found between Quality of life and coping among cancer patients. **Conclusion:** In this current study a positive correlation was found between coping and psychological aspect of quality of life among cancer patients. Thus, indicating higher the coping mechanism, the higher would be quality of life among cancer patients. **Implications:** The above findings can be important for psychological intervention and therapeutics for cancer patients.

***Keywords**:* World Health Organization Quality of Life, Govt Medical College Srinagar

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46/T2/OP/A2-1: Post-Traumatic Growth in Cancer Survivors: Effect of Coping, Social Support on Quality of Life

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ABSTRACT: A cancer diagnosis and its subsequent treatment is a profoundly life-altering experience, impacting nearly every aspect of a survivor's existence. The psychological toll of coping with cancer is significant, however, psychological adaptation plays a central role in how cancer survivors manage and overcome these difficulties. While many face emotional struggles, research also points to the concept of post-traumatic growth—the notion that individuals can experience positive psychological changes following adversity. For many cancer survivors, this growth manifests in increased resilience, a renewed or deeper appreciation for life, and enhanced interpersonal relationships.

This duality—of distress alongside growth—illustrates the complexity of the survivorship experience. It highlights the potential for positive transformation, where survivors not only endure but emerge from their experiences with greater psychological strength and enriched perspectives. In the study utilizing purposive sampling, 152 cancer survivors were assessed for the mediating effect of perceived social support on coping strategies and quality of life through the Brief COPE scale, Perceived Social Support Scale, and WHO Quality of Life (QOL) Scale, respectively.

The parallel mediation analysis reveals that both Problem-Focused Coping (PFC) and Emotion-Focused Coping (EFC) enhance Quality of Life (QoL) through direct and indirect effects via Perceived Social Support (PSS). PFC has a direct effect of β=1.2928 and an indirect effect of β=0.3154 through PSS, contributing 16.2% to the total effect (β=1.6082). EFC shows a direct effect of β=1.1568 and an indirect effect of β=0.2204 through PSS, accounting for 16% of the total effect (β=1.3772).

Keywords: Problem-Focused Coping, Emotion-Focused Coping, Post-Traumatic Growth

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48/T2/OP/A1-1: Cancer Coping and Resilience: A Qualitative Study

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ABSTRACT: A cancer diagnosis can be seen as a defining moment that tests an individual to the core. While a significant amount of research has concentrated on the medical and physical aspects of cancer, there has been less focus on understanding how individuals cope with and recover from the challenges of their diagnosis. This qualitative study explores the coping strategies and sources of resilience employed by individuals diagnosed with cancer. The objectives of the study include identifying coping mechanisms, exploring personal resilience, assessing the emotional and mental impact of cancer, examining the role of social support, and gaining insights into post-treatment reflections. The study involved in-depth interviews with 25 participants (11 females, 14 males) diagnosed with various types of cancer from an urban population. Participants were selected through purposive sampling and recruited from support groups and peer references. The data was analysed through Thematic Analysis and seven main themes emerged: (1) Cancer Diagnosis and Initial Reactions, (2) Coping Strategies and Methods, (3) Emotional and Psychological Impact, (4) Sources of Support (Social Support and Relationships), (5) Personal Strength and Resilience, (6) Post-Treatment Reflections and Future Outlook, and (7) Advice and Insights. The findings highlight how cancer patients navigate their diagnosis and treatment while maintaining or rebuilding emotional and psychological strength. This research contributes to the holistic understanding of cancer survivorship and highlights the need to integrate coping and resilience strategies into patient care.

Keyword: cancer, coping, resilience

50/T2/OP/A2-0: Exploring the Relationship Between Psychological Adjustment and Post-Traumatic Growth in Breast Cancer Patients: Implications for Supportive Care

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ABSTRACT: Psychological adjustment and post-traumatic growth are critical aspects of the breast cancer experience, influencing patients' emotional well-being and overall quality of life. As a breast cancer diagnosis can lead to profound psychological distress, understanding the relationship between these two constructs is essential for developing effective supportive care interventions. This study aims to explore how psychological adjustment impacts post-traumatic growth in breast cancer patients, shedding light on the factors that facilitate resilience and adaptation during their treatment journey. **Aim:** This study aims to explore the relationship between psychological adjustment and post-traumatic growth in breast cancer patients to inform supportive care interventions. **Method:** *Sample:* The sample for this study will consist of 100 breast cancer patients currently undergoing treatment. Participants will be recruited from oncology clinics and support groups, ensuring a diverse representation in terms of age, treatment stage, and other demographic variables. All participants will provide informed consent and complete questionnaires assessing psychological adjustment and post-traumatic growth. This sample will facilitate a comprehensive examination of the relationship between these constructs in the context of breast cancer care. *Tools Used:* Mental Adjustment to Cancer Scale (MACS) (Watson and Greer, 1988) and Post-traumatic Growth Inventory (Tedeschi and Calhoun, 1996). *Research Design:* The study has adopted a correlational research design and inferential statistics. **Results:** The results indicated a significant positive correlation between psychological adjustment and post-traumatic growth in breast cancer patients, suggesting that better psychological adaptation is associated with greater personal growth following trauma.

Keywords*:* Psychological adjustment, Post Traumatic Growth, Breast Cancer Patients

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51/T2/OP/A1-1: Systemic Inflammation And Depression In Patients Diagnosed With Head And Neck Cancer: An Observational Study

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ABSTRACT: Background: Head and neck cancers (HNC) include cancers located in the nasal cavity, paranasal sinuses, oral cavity, pharynx, larynx, and salivary glands. Depression may affect as many as 1 in 3 patients with head and neck cancer and is a known prognostic indicator of early head and neck cancer mortality. In the diagnostic phase, it appears to erode clinical treatment success. Inflammation is 1 of 3 plausible mediators connecting depression and cancer progression. The systemic inflammation index (SII) has been posited as a biological indicator of depressive disorders. **Aim:** To estimate the incidence of depression and systemic inflammation in patients diagnosed with head and neck cancer. **Method**: *Study Population:* Patients with biopsy-confirmed head and neck cancer between the age of 35-80 years who meet the inclusion criteria. *Sample Size:* 50. *Inclusion Criteria:* Patients with biopsy-confirmed head and neck cancer above 30 years of age and are willing to participate in the study after taking both informed and written consent. **Results:** Among the 50 patients, 22 patients (44%) showed symptoms of depression with elevated SII. 6 patients (12%) scored below the cut-off for depression with reduced SII. 16 patients (32%) had increased SII with no symptoms of depression. 6 patients (12%) had scores above the cut-off for depression with decreased SII. **Conclusion:** Inflammation is associated with depressive symptoms in head and neck cancer patients. Depression may be contributing to inflammation in patients with cancer.

***Keywords**:* Depression, head and neck cancer, systemic inflammation

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52/T2/OP/A1-1: Assessment of Quality of Life Among Patients Diagnosed with Head and Neck Cancers in A Tertiary Care Teaching Hosptial: A Cross-Sectional Study

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ABSTRACT: Background: Head and neck cancers (HNCs) are considered as a public health problem in India. In spite of multiple modalities of treatment and improved survival there is a significant impact on the Quality of Life (QoL) in survivors of Head and Neck Cancers. European Organization for Research and Treatment of Cancer Quality of Life group (EORTC) developed a site-specific questionnaire EORTC QLQ-H&N43(Head and Neck) for HNC patients which is used along with core questionnaire EORTC QLQ C30 and is used as one of the standard instruments for measuring QoL in HNC patients. **Aim:** To assess the quality of life among patients diagnosed with Head and neck cancers in a tertiary care teaching hospital. **Method:** A Cross-sectional study was conducted among 60 HNC patients attending the ENT OPD at the tertiary care hospital. The QoL was assessed by using self-administered EORTC QLQ-C30 and QLQ-H&N43 Questionnares.QLQ-H&N43 Questionnaire is the latest version that was translated into the local language following the standard translation procedure and was validated by pilot testing in July 2024. The raw scores obtained for each domain were converted into scores ranging from 0 to 100 using Linear transformation. Data obtained was explored using means, standard deviation, medians, range, and proportions. **Results:** The compliance rate of the questionnaire was 100 percent. The mean functional score ranged from 70.57 to

89.17 in QLQ-30 with social functioning being the most commonly affected. The mean symptom score in H&N43 ranged from 10.50 to 81.50 with pain being the most reported symptom.

***Keywords**:* EORTC, Quality of Life, Head and Neck Cancers

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54/T2/OP/A1-1: Existential Anxiety and Meaning in Life in Cancer and Neurocognitive Disorder Patients

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ABSTRACT: Existential anxiety and meaning in life are crucial factors that have an effect on patients' well-being with a dual diagnosis of Cancer and Neurocognitive disorders. The diagnosis of a life-altering illness can often trigger a sense of disrupted identities, existential questioning, and a search for meaning in life. The review follows the PRISMA guidelines to ensure methodological accuracy. The review aims to examine the association between these variables and their interaction in patients with dual diagnosis and explore the various ways people deal with existential anxiety and try to seek purpose when confronted with a life-threatening illness. An exhaustive search was conducted in electronic databases such as PubMed and PsycINFO. Search terms such as existential anxiety, meaning in life, cancer, and neurocognitive disorders were included. This review highlights the significance of reducing existential anxiety by summarising the data from empirical studies that identify trends, gaps, strengths, and limits. A person's sense of meaning in life serves as a protective factor, but when they have neurocognitive impairments, it can frequently become challenging. Their sense of identity, purpose, and future is tested. The analysis concludes by highlighting the difficulties experienced by people who have been diagnosed with both cancer and neurocognitive problems. In the Future more researches are required to be done in this area as there are gaps present in the research.

***Keywords**:* Cancer; Dual-diagnosis; Existential anxiety; Meaning in life; Neurocognitive disorders

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60/T2/OP/A2-2: Empowering the Healers: Transformative Stress Management for Oncology Clinicians

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ABSTRACT: Background: Oncology can be a satisfying as well as stressful career path. In a cancer care clinic, the department of psycho-oncology often provides support and interventions for staff as well as patients. This paper focuses on one such service provided by the department of Psycho-Oncology at a tertiary cancer centre in India. **Aim:** The aim of this paper is to present the structure of the workshops conducted and collate the feedback from participants following the workshop. **Method:** Stress management workshops were conducted on a quarterly basis between November 2023 and November 2024. The workshops were open to all healthcare staff, which included doctors, nurses, radiology technicians, housekeeping staff and customer care executives. Written anonymous feedback was obtained after each session, which was given on a 4-point Likert scale survey and some free text questions. **Results:** Feedback analysis (n=150) revealed that the majority rated the experience as ‘excellent’ (109/150, 72.64%) or ‘good’ (41/141, 27.36%). The qualitative free-text feedback expressed the desire for sessions to be conducted in vernacular languages as many of the staff were more comfortable in their mother tongue. The participants positively viewed the interactive elements (“use of real-life examples”, ‘’fun activities”), wanted more frequent sessions (“the workshops can be held once a month”) and ways to manage loneliness, anxiety and low mood. **Conclusion:** This data was used to improve the overall quality of services provided by the psycho-oncology team, encourage help-seeking behaviours, and make staff support a routine practice at the centre.

Keywords: Psycho-oncology, staff burnout, stress management

61/T2/OP/A1-1: Screening of Psychosocial factors among cancer patients: A Systematic Review and Meta-analysis

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ABSTRACT: Background: Cancer represents one of the most significant challenges in modern medicine, manifesting through diverse pathological processes that affect millions globally. Recent epidemiological surveillance by international health organizations has documented approximately 19.3 million new cancer diagnoses and 10 million associated deaths in 2020. While contemporary medical interventions continue to advance, the profound psychological and social implications of cancer diagnosis, treatment, and survivorship significantly influence therapeutic outcomes. The systematic evaluation of psychosocial factors through validated screening tools emerges as a crucial component in delivering comprehensive cancer care. **Aim:** This systematic review aims to evaluate the screening tools applicable to recently diagnosed cancer patients for the assessment of psychosocial factors, identify the validity and reliability of existing screening tools, and analyze their implementation in clinical settings across different populations and cancer types thereby facilitating effective treatment interventions. **Method:** The investigation will follow a systematic review protocol aligned with PRISMA guidelines. Literature exploration will encompass comprehensive searches across PubMed, MEDLINE, PsycINFO, and CINAHL databases. The review will examine 50 high-quality studies published between 2000 and 2024. The search strategy will incorporate specific terminology related to cancer, psychosocial factors, and screening tools. Study selection will adhere to predetermined eligibility criteria, emphasizing methodological quality and relevance. **Expected Results**: It is anticipated that this review will demonstrate a strong correlation between psychosocial factors and treatment outcomes in cancer patients. The review anticipates identifying evidence-based screening instruments demonstrating strong psychometric properties applicable across various clinical settings. These findings will contribute to developing standardized protocols for psychosocial assessment in cancer care pathways. This research aims to contribute to the growing body of evidence supporting integrated care approaches in oncology. **Conclusion:** This systematic review will offer essential insights into the current status of psychosocial screening practices in cancer care. The findings will serve to inform clinical guidelines and identify critical areas requiring additional research focus, particularly in standardizing assessment approaches across diverse healthcare environments.

***Keywords**:* Oncology, psychosocial factors, screening tools, systematic review

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63/T2/OP/A3-0: Perceived social support and resilience in young adults facing parental cancer

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ABSTRACT: Young adults dealing with parental cancer face significant psychological obstacles that can frequently impair their resilience and ability to effectively manage it. This study uses a quantitative technique to investigate the connection between perceived social support and resilience in this demographic. The Multidimensional Scale of Perceived Social Support (MSPSS) and the 25-item Connor-Davidson Resilience Scale (CD-RISC-25) were used to assess social support and resilience levels among young individuals aged 18 to 25 who had one or both parents diagnosed with cancer. The findings show a positive relationship between perceived social support and resilience, implying that social networks play an important role in improving coping mechanisms during parental cancer. Based on research, family support was most important in building resilience, while support from friends and significant others provided complementing emotional resources. The study verifies that higher levels of perceived support are associated with increased resilience, giving young adults a stronger base for navigating the unpredictability of parental cancer. This research enhances the field of psycho-oncology by emphasizing perceived social support as an important component in resilience among young adults dealing with parental cancer. Given the established importance of strong social networks in resilience, healthcare clinicians and mental health experts ought to consider such as family-based and peer support techniques into cancer care regimens.

***Keywords*:** Perceived Social Support, Resilience, Parental Cancer

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66/T2/OP/A1-2: Affective State and Cognitive Functioning In Patients With Newly Diagnosed Insular Gliomas

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ABSTRACT: Introduction: Insular glioma patients often present with deficits in neurocognitive functioning before treatment. Mood disturbances, particularly symptoms of anxiety and depression are also common in newly diagnosed glioma patients. **Aim:** Assessment of the affective and cognitive functions of the patient is crucial for effective diagnosis, treatment planning, and rehabilitation strategies to improve the quality of life for affected individuals. **Method:** Ethical clearance was obtained from the Institutional Ethics Committee. In a prospective study,_118_adults (aged 18 - 65 years), with newly diagnosed insular glioma were recruited. Patients having traumatic brain injury, other brain tumors, or any neurological and psychiatric illness were excluded. After written informed consent the sociodemographic and clinical details were recorded. Montreal Cognitive Assessment (MOCA) and Hospital Anxiety and Depression Scale (HADS) assessed cognitive and affective functions. **Results:** The mean age of the patients was 39.08 years (SD=10.19). There were 82 males (69.5%) and 36 females (30.5%). Out of 118 patients, mild cognitive impairment was present in 64.4% of participants and moderate cognitive impairment was present in 18.6% of the patients. The most commonly affected cognitive domains were language (72%), memory (62.7%), and executive function (48.3%). With regard to anxiety and depression, 24.8% showed symptoms of anxiety whereas 18.1% showed symptoms of depression (HADS score ≥8) **Conclusions:** This study highlights the prevalence of cognitive impairments in patients with insular glioma, before treatment. Additionally, a notable proportion of patients also exhibited symptoms of anxiety and depression.

Keywords: Neurocognitive status, Insular glioma, Mood disturbances.

68/T2/OP/-0: Living beyond the Label: A Case study of India's Only Survivor of six Cancer Relapses

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ABSTRACT: Cancer is a battle, but for some, it becomes a relentless marathon—a test of human resilience against the impossible. This case follows India's only known individual to have faced—and triumphed over—six unrelenting cancer recurrences within eight years, from age 15 to 22. Diagnosed with Hodgkin's lymphoma, the disease ravaged the body from the neck to the stomach, pancreas, and right axilla. Yet, this young person refused to be defeated, enduring 16 grueling chemotherapy cycles, 60 rounds of radiation, seven major surgeries, and over four and a half years in hospitals. Amidst the physical toll, their spirit remained unbroken.

The survivor's determination was expressed in routines that anchored them, a rejection of pity, and a refusal to wear the label of 'victim'. Through every setback, they maintained hope, leveraged a resilient mindset, and transformed suffering into strength. This research delves into the psychological crucible of confronting death repeatedly at a young age, exploring themes like fierce independence, an unrelenting drive to reclaim time, and the sheer will to control their life's narrative. Their sense of identity, self-perception, and emotional well-being were at the core of this journey. This case study is a qualitative, in-depth thematic analysis based on an extensive, semi-structured interview, purposive sampling ensured participant relevance. The interview was transcribed verbatim and analyzed using Braun and Clarke's six-phase framework (Braun & Clarke, 2006), identifying key themes such as resilience, cultural influences, and coping mechanisms. Psycho-oncological and cultural frameworks contextualized the findings, with reflexivity and verification techniques preserving credibility and reducing bias. Themes of detachment as self-protection and post-traumatic growth emerged, demonstrating their ability to turn adversity into opportunity. Ultimately, this narrative is a powerful reminder that even in the face of relentless adversity, the human spirit can remain unshakeable, rising with courage and strength to reclaim life on its own terms. These findings highlight the necessity of fostering resilience, autonomy, and meaningful social support in psycho-oncology care.

Keywords: Case-study, Post-traumatic growth, Psycho-oncology, Relapse, Resilience

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72/T2/OP/A1-1: Enhancing Psychological Resilience in Cancer Patients Through Trauma-Informed Care: A Biopsychosocial Approach

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ABSTRACT: Background: Cancer patients often experience psychological distress compounded by prior trauma, affecting emotional resilience and well-being. Trauma-informed care (TIC), emphasizing safety, empowerment, and regulation, has potential to enhance resilience in oncology. **Aim:** To evaluate the impact of TIC on resilience, emotional regulation, and perceived stress in cancer patients using a biopsychosocial approach**. Method**: This quasi-experimental study involved 80 cancer patients divided into TIC and standard care groups. Pre- and post-intervention assessments were conducted using the Connor-Davidson Resilience Scale, Difficulties in Emotion Regulation Scale, Perceived Stress Scale, and Posttraumatic Stress Disorder Checklist. Paired and independent sample t-tests, ANCOVA, and effect size (Cohen's d) analyses were applied. **Results:** Significant improvements in the TIC group included higher resilience ($p < .001$, $d = 0.90$), better emotional regulation ($p < .001$, $d =-0.74$), reduced perceived stress ($p < .001$, $d =-1.22$), and decreased trauma symptoms ($p < .001$, $d =-0.84$). Effect sizes indicated a large impact across all measures. **Conclusion:** TIC significantly improves psychological outcomes, enhancing resilience, emotional stability, and stress management in cancer patients. Integrating TIC into oncology care provides holistic support, potentially improving quality of life by addressing both cancer-related stress and pre-existing trauma.

Keywords: Trauma-informed care, Resilience, Emotional Regulation, Perceived Stress, Cancer Patients, Psychological Outcomes

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73/T2/OP/A1-3: Cognitive Profiles in Adult Brain Tumor Patients: Insights From Neuropsychological Testing

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ABSTRACT: Background: Brain tumours are associated with cognitive impairments that vary by tumour type and location. This study investigates neuropsychological outcomes among adults with brain tumours, identifying specific cognitive deficits and their correlations with clinical variables. **Aim**: The study aims to investigate the cognitive profiles of adult brain tumour patients through neuropsychological testing, specifically identifying distinct cognitive deficits associated with various tumour types and locations. **Method**: We analysed WAIS-IV subtest scores from (N = 12) adult patients diagnosed with brain tumours. Demographic and clinical information such as diagnosis, age, and psychiatric history were included. Subtests assessed areas such as visual-spatial reasoning (Block Design), verbal reasoning (Similarities), working memory (Digit Span), and processing speed (Coding). **Results:** Initial findings indicate that cognitive impairments are common, particularly in perceptual reasoning, processing speed and working memory, with varying severity across tumour types. For example, astrocytoma patients often showed reduced performance in verbal reasoning and working memory tasks. **Conclusion:** This study emphasises the need for early neuropsychological assessment in adult brain tumour patients, allowing tailored cognitive interventions to improve cognitive functioning and quality of life. Furthermore, neuropsychological assessments play a crucial role in overall rehabilitation by identifying specific deficits that inform individualised cognitive rehabilitation strategies, thereby enhancing functional recovery and promoting better outcomes for patients.

Keywords: Cognition, Brain Tumor, Neuropsychological assessment

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111/T2/OP/1-1: From the Horse's Mouth - Literature review of illness narratives in Cancer survivors

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ABSTRACT: Background: Personal narratives or Autopathographies are an important source of information on the Phenomenological experiences of people, who become labelled as patients, as they go through the journey of cancer Diagnosis, treatment, recovery and/or Survivorship. Though common people's awareness has increased with Audre Lordes publications about cancer patients "cancer Journals" (Phillips 2009) Personal narratives have not yet found their due place in Scientific research. This paper fills the gap in the literature review that focuses on the personal narratives of Cancer patients to understand the amount of research done using first-person narratives of survivors of cancer and what are the topics that survivors are speaking about. **Method:** Words like illness narratives, Patient narratives, and Cancer survivors were used to search on leading Scientific databases like Google scholar, 140 Scientific Papers were found among which around 73 were deemed relevant. Review of the Literature was carried out by analysing subjects spoken about in the papers. Papers exploring desirability and sexuality were very scant. **Results**: Patient narratives have been a rich source of information and research focusing on them abound, in the Era of online communication and social media, information is democratized and available for everyone to witness and use. While some papers highlight the dramatic tension, emotional engagement, markers of the loss of agency or control, depersonalized reference to the medical personnel, and the unexpectedness of a cancer diagnosis in personal narratives, others show how patients and survivors of Cancer normalized their pain as proof of treatment efficacy, necessary step on road to recovery or as a permanent condition one has to learn to live with. The Pathographic Narratives of survivorship have the potential to complement the more general medical knowledge with their nuanced and multifaceted stories of cancer. **Conclusion:** Patient narratives explore various topics relevant to the people suffering from the disease and help professionals understand the subjects survivors prefer to talk about and avoid. We also understand what factors enable conversations about body, desirability and sexuality and what hinders them. It also shows the increasing interest in illness narratives among the scientific community and value in recovery Survivorship and building community and potential for more effective treatment protocols.

Keywords: Personal or Patient Narratives, Autopathographies, Phenomenological Experiences

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112/T2/OP/1-0: Impact of Health Locus of Control on Breast Cancer Screening Beliefs and Psychological Flexibility among Women: Mediating Role Of Cancer Stigma.

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ABSTRACT: Breast cancer is a significant global health concern, with 2.3 million women diagnosed and 685,000 deaths recorded in 2022(Arnold et al.,2024). This disease affects women of all ages, with increasing rates observed in later life. The objective of this study is to comprehensively explore the multifaceted domain of women's health, with particular emphasis on addressing the significant challenge posed by breast cancer. Utilizing a descriptive research design and a purposive sampling method, data was collected from 239 women aged 20 to 50 in Chennai and Bangalore through validated self-report questionnaires, including the Multidimensional Health Locus of Control (MHLC), Breast Cancer Screening Beliefs Questionnaire (BCSBQ), Acceptance and Action Questionnaire II (AAQ-II), and the Cancer Stigma Scale (CASS). Statistical analyses, revealed significant differences in breast cancer screening beliefs and knowledge across different Health Locus of Control (HLOC) orientations. Women with a Chance HLOC exhibited lower knowledge and greater barriers to mammography compared to those with Internal and External HLOC. The findings also highlight the mediating role of cancer stigma in the relationship between HLOC and psychological flexibility, suggesting that stigma can hinder women's adaptive responses to health-related challenges. Moreover, demographic factors, particularly age, were found to influence psychological flexibility and HLOC. While the study provides valuable insights into the dynamics of health beliefs and behaviours among women, limitations such as the sample size and reliance on self-report measures suggest the need for further research to enhance generalizability and explore additional psychological constructs.

Keywords: Health Locus of Control, cancer stigma, psychological flexibility, women's health, Breast cancer screening beliefs

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121/T2/OP/2-0: Thriving Through Adversity : Examining Coping, Resilience And Identity Perception among Cancer Patients in Goa

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ABSTRACT: Background: A Cancer diagnosis and treatment can profoundly impact an individual's physical, emotional, and psychological well-being. **Aim:** This study investigates the Coping patterns, Resilience, and Identity perception among cancer patients in Goa. **Method:** A sample of 30 cancer patients (15 males, 15 females) aged 30-70 was recruited using snowball sampling. Standardized scales, including the Cancer Coping Questionnaire, Brief Resilience Scale, and Illness Identity Questionnaire, were employed to assess the study variables. **Future Results:** The findings will provide insights into the coping patterns, resilience levels, and identity perception changes among the participants. **Conclusion:** This study highlights the psychological implications of cancer on individuals in Goa, emphasizing the need for educational services and support for patients with terminal illnesses like Cancer.

Keywords: Coping Patterns, Cancer Coping Questionnaire, Brief Resilience Scale, Illness Identity Questionnaire

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123/T2/OP/1-1: Sleep in Cancer Patients: A Systematic Review

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ABSTRACT: Background: There is a growing number of cancer patients globally. Sleep is an essential health aspect of every cancer patient to achieve a good prognosis for treatment. Cancer treatment and side effects can make it even harder for a person to fall and stay asleep. **Aim:** The study aims to systematically review the existing literature to understand the sleep quality amongst cancer patients and unravel research gaps to recommend future research and possibilities**. Method:** A database has been used for carrying out this review that is based on the review from Dec 2020 to Dec 2024 based on PICO criteria following the Prisma guidelines. **Result:** The findings of the present research indicate poor sleep quality in cancer patients which adversely affects their well-being. A future study will be recommended.

Keywords: Poor Sleep Quality, PRISMA guidelines, Systematic Review, Cancer Patients

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135/T2/OP: A Relational Approach To Psychosocial Correlates of Sexual Health Among Cancer Patients And Their Partners

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ABSTRACT: Background: Cancer is a disease affecting millions of people worldwide. There has been a shift in the perception of cancer from a fatal disease to a "chronic" one in recent years, with a greater focus on concerns related to quality of life, of which sexuality is a primary component. Sexuality is the fundamental and essential domain of human experience that could be damaged due to disease progression or treatments for cancer. In this context, sexual morbidity is a critical endpoint for psycho-social research. Cancer is referred to as a "we-disease" because it affects not only the individual receiving the diagnosis but also their "significant other". **Aim:** The present research seeks to comprehend the psycho-social determinants of sexual health among cancer patients and their partners and focuses on developing a holistic intervention. **Method:** This correlational research attempts to examine the complex interaction between the psycho-social factors governing sexual function—a total of 230 subjects (115 couples dealing with cancer illness are included in the study). **Results:** Paired t test and Hierarchical cluster analysis generate the differences and similarities in responses given by the patient and partner. Based on this, the intervention was developed, integrating psychology principles and indigenous relaxation methods for distress reduction, focusing on enhancing sexual health and quality of life. **Conclusion:** The present study recognizes the inter-subjective nature of sexual difficulties experienced by the couple after cancer and recommends a relational approach, including both the cancer patient and their partner, and has profound implications on psycho-social rehabilitation.

Keywords: Psycho-oncology research, Sexual Health in Cancer, Couple intervention

POSTER PRESENTATIONS

10/T2/PP/A2-1: Strength in Adversity: The Roles of Spiritual Intelligence, Grit, and Perceived Social Support in Cancer Care

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ABSTRACT: Background: Chronic illnesses like cancer have been seen to cause immense personal, social, and psychological stress in the patient. In order to enhance the palliative care provided to the patient it is important to understand the patient as a whole, taking into account their belief and coping mechanism, the resilience they possess and the social support that they have during the time of treatment and recovery. Cancer treatment is often physically and emotionally exhausting and exploring these factors may reveal specific coping strategies that enhance psychological well-being and adaptive functioning. **Objectives**: The objective of the paper is to understand the relationship between Spiritual intelligence, perceived social support, and Grit. **Method**: It will be primary research with data being collected by both online and offline methods on the sample of approx 100 particiapants. The statistical method of correlation to study the relationship between the variable- Spiritual intelligence, Grit and Perceived Social Support Using The Spiritual Intelligence Self-Report Inventory (D. King, 2008), Grit scale Duckworth (2007) and The Multidimensional Scale of Perceived Social Support (Zimget et.a 1988) that have been standardized to be used on chronic patients. A regression analysis will determine the relationship further using SPSS. **Results**: We hypothesize a significant positive relationship between Spiritual Intelligence, Grit and Perceived Social Support. **Conclusions**: We conclude a significant relationship between the variables. These aspects can be utilised further for cancer care.

***Keywords**:* Spiritual Intelligence, Perceived Social Support, Grit, Palliative Care, Cancer

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11/T2/PP/A1-1: The Role of Emerging Unhealthy Food Habits in Cancer Risk Among Adolescent Girls and Young Women: A Systematic Review

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ABSTRACT: Background: Unhealthy eating habits are rapidly becoming recognized as major risk factors for cancer development, particularly among adolescent girls and young women. The current systematic review investigates how increasing dietary trends, such as excessive intake of ultra-processed foods, sugary beverages, and nutrient-deficient diets, contribute to cancer risk in this population. Peer-reviewed research published during the last decade were examined to investigate food habits and their links with cancer-related outcomes. The findings show that eating too many unhealthy meals causes obesity, hormonal imbalances, and chronic inflammation, all of which are known risk factors for malignancies such as breast, ovarian, and colorectal. Adolescents and young adults are especially vulnerable because of lifestyle changes, commercial influences, and a lack of health understanding. Furthermore, socioeconomic inequities and cultural food norms increase the frequency of these hazardous behaviours. The current study emphasizes the critical need for focused nutritional education, governmental initiatives to restrict harmful food marketing, and early detection strategies to reduce long-term cancer risks. Future study should concentrate on longitudinal studies to better understand the cumulative effect of food habits on cancer development in young women.

Keywords: Unhealthy diets, adolescent girls, young women, cancer risk, dietary habits, processed foods, cancer prevention, nutritional education.

14/T2/PP/A2-1: Exploring the Psychosocial Impact of Cancer Treatments: A Qualitative Study on Patients' Experiences with Chemotherapy, Radiation, and Medication

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ABSTRACT: Background: Cancer treatments are infamous for their intense physiological side-effects which can influence an individual's daily functioning. Increasingly, research has started to highlight how these treatments can in turn cause changes in psychological and social functioning of an individual as well. **Objectives**: This study aims to explore the personal experiences of cancer patients undergoing treatment, focusing on their coping mechanisms and support systems. It examines the impact of treatment on lifestyle while identifying societal and cultural barriers, including stereotypes. Additionally, it analyses how cancer diagnosis and treatment affect patients' families and overall well-being **Method** This exploratory study used a qualitative design. Data collection was done through semistructured interviews on 8-10 cancer patients. Thematic Analysis helped underline the following themes: Treatment journey and personal experiences around the treatment, coping mechanisms and resilience, lifestyle, societal and cultural challenges, family impact and dynamics. **Results**: Results from this study can be essential to improvements in healthcare for cancer patients, early mental health support and early interventions for cancer patients along with psychoeducation **Conclusions**: The significance of friends and family support, as aid during cancer treatments, was seen to be prominent across the sample, with most showcasing external resilience. Stereotypes of cancer spreading through touch was a consistent theme causing societal challenges for the participants. Lack of psychoeducation and awareness was common. Future research can aim to reduce some of the limitations discussed in this study by taking on a mixed-methods approach with a larger sample size.

Keywords: cancer treatments, psychosocial functioning, support systems, resilience, stereotypes.

15/T2/PP/A2-0: Evolving Psychotherapeutic Strategies In Cancer Care: A Bibliometric Analysis Of The Last Two Decades

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ABSTRACT: Cancer is a multifaceted disease characterized by the uncontrolled growth of abnormal cells, posing significant health challenges worldwide. Beyond physical symptoms, cancer diagnoses carry profound psychological impacts, affecting patients' emotional health and quality of life. Prostate and breast cancer are associated with significant psychological distress, impacting both patients and their partners. The study aims to synthesize current literature on effective tools and interventions for young adults, providing the insights for clinicians to incorporate mental health screening into routine care, further facilitating patient's emotional and physical wellbeing. This meta-analysis focuses on identifying the latest psychometric screening tools used to detect psychological distress in male and female patients suffering from prostate and breast cancer. It also evaluates evidence-based psycho-oncological interventions designed to support both patients and partners in managing emotional challenges throughout the cancer journey. The findings will inform healthcare professionals and policy makers about actionable strategies to improve mental health outcomes and enhance quality of life for cancer patients and their families.

Keywords: Screening tools, psycho-oncological interventions, Prostate cancer, Breast cancer, meta-analysis, psychometric advancements, Caregiver psychological impact, Psychological distress

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17/T2/PP/A1-1: Exploring the Knowledge, Attitudes, and Practices (Kap) Of Undergraduate Students Towards Cancer Behaviours

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ABSTRACT: Understanding the knowledge, attitudes, and practices (KAP) of undergraduate students towards cancer behaviours is critical for developing effective health education programs. The current study employed a qualitative research approach to explore these dimensions through semi-structured interviews with 20 undergraduate students from diverse academic disciplines from Bangalore city. Grounded Theory methodology guided the data collection and analysis, allowing themes to emerge inductively. Participants revealed varying levels of awareness about cancer risk factors, symptoms, and prevention strategies, influenced by prior education, family history, and media exposure. Attitudes ranged from fear and stigma to proactive health-seeking behaviours, shaped by cultural and personal experiences. Practices were inconsistent, with some students engaging in preventive behaviours, such as regular physical activity and healthy diets, while others demonstrated risky behaviours like smoking or neglecting regular health checkups. The findings highlight the need for targeted educational interventions addressing gaps in cancer-related knowledge and promoting positive behavioural change. Implications for public health strategies and future research are discussed.

Keywords: Knowledge, attitudes, and practices (KAP), Undergraduates and Cancer

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21/T2/PP/A1-1: Understanding the relationship between Polycystic Ovary Syndrome (PCOS) and cancers: A Systematic Review

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ABSTRACT: Background Polycystic Ovary Syndrome (PCOS) is a prevalent endocrine condition that affects reproductive-aged women and has long-term health consequences. Recent evidence reveals a link between PCOS and an increased risk of some cancers, such as endometrial, ovarian, and breast cancer. This review delves into the available literature to better understand the relationship between PCOS and cancer risks using a qualitative synthesis of research data. Data were collected from peer-reviewed studies and analysed thematically to uncover repeating patterns and insights. Key themes were chronic inflammation, hyperinsulinemia, hormonal imbalances, and obesity as shared risk factors for PCOS and cancer. The review also looked at differences in risk across different populations, emphasising the role of genetic, behavioural, and environmental factors. While PCOS-related cancer risks for endometrial cancer are well documented, data for ovarian and breast cancer is inconsistent, necessitating further research. The study underlines the significance of targeted screening and preventative strategies for women with PCOS in order to reduce cancer risks. Future qualitative studies should investigate patient perspectives and healthcare practices for the holistic management of PCOS and its potential cancer-related consequences.

***Keywords**:* Polycystic Ovary Syndrome (PCOS), genetic, behavioural, and Cancers

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24/T2/PP/A1-1: Awareness of Cervical Cancer among Young Adult Women in Kerala

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ABSTRACT: Background: Cervical cancer is one of the leading causes of cancer-related deaths among women worldwide, particularly in low- and middle-income countries like India. Despite being preventable through vaccination and regular screening, awareness about cervical cancer and its prevention remains low in many regions. This study aims to assess the knowledge, perceptions, and barriers to cervical cancer prevention among young adult women in Kerala, India, and explore strategies to improve awareness. **Method** A qualitative research design involved semi-structured interviews with 10 young adult women from Kerala. Participants were recruited through purposive sampling, ensuring a range of educational backgrounds and socio-economic statuses. Interviews focused on their understanding of cervical cancer, knowledge of preventive measures, and barriers they perceived in accessing screening and vaccination services. Data were analyzed using thematic analysis to identify common themes and insights. **Results** The analysis revealed limited awareness of cervical cancer, with most participants unfamiliar with its causes, risk factors, and symptoms. While a few had heard of the HPV vaccine, misconceptions about its safety and effectiveness were prevalent. Barriers to cervical cancer prevention included cultural stigmas around discussing sexual health, lack of accessible and affordable screening facilities, and financial constraints. Participants desired more targeted health education programs, mainly through schools, social media, and healthcare professionals. **Conclusions**: This study highlights the urgent need for comprehensive public health initiatives to raise awareness about cervical cancer prevention

among young women in Kerala. Increasing access to information through social media campaigns, healthcare services, and educational institutions could help address existing barriers and promote early detection and prevention measures, including HPV vaccination.

Keywords*:* Young adulthood, family environment, resilience, adjustment

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28/T2/PP/A1-3: A Rare Case of Immature Teratoma with Undescended Testes in a 27-Year-Old Patient with Disorder of Sex Development

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ABSTRACT: Background: Immature teratomas are rare germ cell tumors, typically located in the ovaries but occasionally found in extra gonadal locations. They contain derivatives of all three germ layers and comprise less than 1% of all ovarian cancers. This case report is regarding an unusual presentation of immature teratoma with undescended testes in a 27-year-old patient with a Disorder of Sex Development (DSD), highlighting diagnostic challenges, therapeutic strategies, and the important role of psychotherapy in this patient. **Objective:** To present a case of immature teratoma with undescended testes, emphasizing the diagnostic challenges and the critical role of psychotherapy**. Method** A qualitative research design involved semi-structured interviews with 10 young adult women from Kerala. Participants were recruited through purposive sampling, ensuring a range of educational backgrounds and socio-economic statuses. Interviews focused on their understanding of cervical cancer, knowledge of preventive measures, and barriers they perceived in accessing screening and vaccination services. Data were analyzed using thematic analysis to identify common themes and insights. **Results** The analysis revealed limited awareness of cervical cancer, with most participants unfamiliar with its causes, risk factors, and symptoms. While a few had heard of the HPV vaccine, misconceptions about its safety and effectiveness were prevalent. Barriers to cervical cancer prevention included cultural stigmas around discussing sexual health, lack of accessible and affordable screening facilities, and financial constraints. Participants desired more targeted health education programs, mainly through schools, social media, and healthcare professionals. **Case Presentation:** A 27-year-old patient presented with progressively enlarging, painless abdominal swelling over two years, alongside a history of primary amenorrhea. Physical examination revealed a lower abdominal mass. Initial investigations showed elevated tumor markers, including CEA (125 U/mL pre-surgery), and AFP (>1000 ng/mL pre-surgery) along with imaging findings consistent with a germ cell tumor. Following diagnostic laparotomy, an immature teratoma with undescended testes was confirmed. The patient underwent tumor resection, karyotyping, and chemotherapy with vinblastine, ifosfamide, and cisplatin. Psychotherapy was integrated to support the patient in addressing complex identity and emotional challenges related to DSD and cancer. All components of psychotherapy like Psychodynamic therapy, CBT, Family therapy, Gender affirming therapy were given due consideration on the advice of psychiatrists and psychologists. They were involved every time and played a significant part in patient management along with medical management in the form of chemotherapy. **Results** of the Immediate post-surgical period were unremarkable with a downtrend of tumor markers. This time patient again presented with swelling and tumor markers exhibited varied trends: BCG levels decreased from 458 ng/mL pre-surgery to 73 ng/mL, while AFP increased significantly to 30,000 ng/mL by the following year, requiring ongoing monitoring. CEA-125 and LDH levels showed minor fluctuations. A multidisciplinary approach incorporating psychotherapy was essential to support the patient's mental health, addressing identity exploration, emotional resilience, and family dynamics. **Conclusions**: This

case highlights the importance of a multidisciplinary, patient-centered approach in managing complex cases of immature teratoma with DSD. Psychotherapy played a crucial role in addressing the psychological impact of this diagnosis, supporting the patient's overall well-being and adaptation to treatment.

***Keywords**:* Immature teratoma, Psychotherapy, Chemotherapy, Undescended testes

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33/T2/PP/A2-0: Resilience and Resources: Examining Coping Mechanisms And Quality Of Life Among Women With Breast And Uterine Cancer In Delhi-NCR

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ABSTRACT: Studies in the past have shown that women diagnosed with breast or uterine cancer experienced varied coping styles and quality of life, influenced by both personal resilience and access to resources (Goyal et al., 2017; Hewitt et al., 2015). They have limited financial and social support which often restricts adaptive coping, elevate distress levels and reducing their overall wellbeing (Kumar & Mehta, 2019). Therefore, the current study aims to understand and explore the coping styles and quality of life among 10 females aged between 18 to 50, recently diagnosed with cancer (0-2 stage), belonging from high to low socioeconomic (S.E.S) status backgrounds. Using Braun and Clarke's Thematic Analysis framework, the authors identify patterns in the coping mechanisms adopted by these women as well as aiming to understand the role of socioeconomic status in shaping responses to cancer diagnosis and treatment. Our analysis highlighted three primary themes: adaptive coping influenced by social support networks, socioeconomic-related barriers impacting psychological resilience, and the effect of financial constraints on access to care and overall well-being. Based on these insights, we propose targeted intervention plans designed to help in adaptive coping strategies, address psychosocial needs, and enhance accessibility to supportive care, particularly for women from lower socioeconomic backgrounds. This study underscores the importance of integrating socioeconomic sensitivity into cancer care practices to support a diverse patient population and improve overall quality of life and coping capacity.

***Keywords**:* Breast/uterine cancer, coping styles, quality of life, socioeconomic factors, and psycho-oncology

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34/T2/PP/A2-2: Beyond the Physical: Emotional Care for Patients Undergoing Haematopoietic Stem Cell Transplantation (HSCT) from Pre-HSCT Psychological Assessment to Six Months Beyond the Transplant

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ABSTRACT: Aim: Hematopoietic stem cell transplantation is life-saving for many patients but can be stressful from an emotional point of view. This paper reports the findings of pre-HSCT psychological assessments and emotional recovery of patients 6 months beyond the transplantation. **Methodology:** Prospective routine clinical data was collected over 6 months for all patients referred for pre-HSCT psychological assessments. These patients were assessed jointly by a clinical psychologist and consultant psychiatrist, and an ICD 10 diagnosis was made for each patient. Simple descriptive statistics (frequency, mean, and standard deviation) were used to report the findings, and the patterns of changing psychopathology were reported for those who required multiple assessments. **Results:** The most common psychological issues (that often corresponded with subclinical psychiatric syndrome) seen in these patients were adjustment disorders depression, anxiety, health anxiety and delirium. In the pre-HSCT psychiatric assessment, 37% did not have a psychiatric syndrome at the time of evaluation. **Conclusions:** The paper highlights ways to customize psychological interventions in the management of psycho-social issues for patients undergoing HSCT. For patients who had pre-existing psychiatric syndromes or emerging emotional difficulties, the structured assessment model ensured equitable access to cancer care for everyone irrespective of their psychiatric diagnosis.

Keywords: Pre-HSCT evaluation, psycho-oncology, psycho-social intervention

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36/T2/PP/A1-1: Exploring Cancer-Related Death Anxiety in Family Members of Cancer Patients and Survivors: A Qualitative Study

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ABSTRACT: Cancer patients/survivors' relatives have to deal with emotions and fears regarding their own health, along with the responsibilities of prolonged caregiving. Cancer-related death anxiety in family members presents unique characteristics due to the disease's nature and treatment trajectory, with a lack of genetic and medical literacy contributing to these fears. However, little to no literature explores this phenomenon in detail. This phenomenological study aims to explore the lived experiences of death anxiety in cancer patients' relatives, and their thoughts and feelings regarding health, particularly fear of developing cancer themselves. The study employs an interpretive phenomenological approach to capture these complex experiences. Purposive sampling will be used to conduct 8-10 semi-structured, online interviews focusing on caregiving experiences, cancer-related anxiety, changes in self-perception of health, coping strategies and social support. Thematic analysis will be used to identify and analyse patterns and understand the impact of cancer within the family on one's health-related behaviours. The participants' statements and experiences will be coded into sub-themes and further categorised into major themes. Expected themes include

death anxiety, anticipatory anxiety of cancer, heightened information-seeking behaviour, emotional and psychological distress, and a shift in lifestyle practices. The analysis will also examine available social support and its health impact. The findings will provide a comprehensive understanding of the changes in relatives' perceptions of health. This study has significant psycho-oncological implications as it delves into the less explored experiences of individuals at risk of distress. The results will help devise interventions to alleviate individuals' distress, improve mental and physical health, and enhance medical literacy, thereby creating scope for psycho-oncologic therapy among such populations

Keywords: Caregiver Anxiety, Death Anxiety, Health anxiety, IPA, Relatives of Cancer Patients

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38/T2/PP/A1-0: The Greater Barrier to Effective Psycho-Oncology Group Therapy in Hospitals

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ABSTRACT: Do Institutional Defenses or Logistical Complexities Pose the Greater Barrier to Effective Psycho-Oncology Group Therapy in Hospitals?
Arguments for Institutional Defenses as the Primary Barrier Evidence and Explanation: Drawing from Penna's paper (2016)- the ghost matrix and my personal experience of working in a hospital and running a therapy group, it has been noted that hospitals are imbued with an omnipresent fear of death, subtly woven into the institution's fabric, creating a "haunted" atmosphere. Menzies Lyth's (1959) insights into social systems highlight how defenses against anxiety manifest as bureaucratic detachment, avoidance, and depersonalization, allowing staff to maintain psychological survival amidst constant exposure to suffering and death. These defense mechanisms, while protective, come at the cost of genuine therapeutic engagement. **Elaborated Reasoning**: Within such a system, the "phantastic collusion" as described by Main (1975), occurs frequently. Phantastic collusion refers to an unconscious dynamic where both staff and patients participate in a subtle, mutual reinforcement of roles that protect them from facing deeper anxieties. This collusion involves an implicit agreement where the staff maintains a sense of detachment and procedural distance to shield themselves from the emotional toll of working with suffering and mortality. Simultaneously, patients internalize this dynamic and may adopt roles of dependency and passivity, reflecting the helplessness they feel in confronting their own vulnerability and illness. In the context of supportive group therapy, this means that the very structure and culture of the hospital can undermine the efforts of the group. Patients may resist attending sessions or participating fully, while staff may unconsciously deprioritize support for these groups. The "phantastic collusion" effectively creates a barrier where emotional defenses protect against deeper engagement, reinforcing the institutional atmosphere of denial and avoidance. Often, psycho-oncological services are introduced in hospital settings more as a symbolic gesture and remain in the periphery of the cancer care. This form of tokenism reflects deeper institutional defenses—hospitals may showcase these services to project an image of comprehensive care without providing sufficient resources, trained personnel, or organizational priority to make them effective. The superficial inclusion serves to mitigate anxiety around not offering 'complete' patient care, while in practice, it does little to address the actual psychosocial needs of patients. Research indicates that psycho-oncological services are often underutilized and inconsistently integrated into standard cancer care, suggesting a tokenistic approach in many healthcare settings. A bibliometric analysis of psycho-oncology research from 1980 to 2021 (Ahmad et al., 2022) revealed that, despite the

recognized importance of addressing psychological aspects of cancer, these services frequently remain peripheral in clinical practice. The study highlighted that while there is a growing body of literature emphasizing the need for comprehensive care, the actual implementation of psychooncological interventions is limited, reflecting a gap between research and practice Additionally, a systematic review of psychosocial interventions for advanced cancer patients (Teo, Krishan & Lee, 2016) found that, although such interventions can significantly improve patients' quality of life, they are not consistently offered or integrated into treatment plans. The review pointed out that logistical challenges, lack of trained personnel, and insufficient institutional support contribute to the sporadic application of these services, underscoring their tokenistic presence in many healthcare systems.

Arguments for Logistical Complexities as the Primary Barrier Evidence and Explanation: Despite the profound impact of unconscious defenses, logistical challenges present immediate, tangible obstacles to group therapy. Penna's study also underscores that inadequate resources and operational inefficiencies can exacerbate the already tense environment in hospitals. Reliance on nursing staff to transport patients, scheduling conflicts, and the fluctuating physical condition of patients make it difficult to maintain regular attendance and sustenance of the group. **Reasoning:** These logistical barriers often act as visible, pressing hindrances to therapy, impacting the consistency and structure of group sessions. Addressing these issues, such as improved scheduling and resource allocation, can provide immediate benefits, ensuring that practical solutions can support better patient engagement. While institutional defenses contribute to deeper challenges, practical barriers must be overcome for any therapeutic program to be successfully sustained.

Rebuttals to View 1: Institutional Defenses as the Primary Barrier Counterpoint: While unconscious institutional defenses certainly shape the hospital culture, attributing the primary challenges of psycho-oncology to these factors might overlook the tangible, actionable issues that could be addressed more directly. Logistical complexities such as scheduling, staffing, and resource allocation are more readily identifiable and possibly correctable through policy changes and increased funding Explanation: By focusing on institutional defenses alone, there's a risk of neglecting straightforward solutions that could significantly improve service delivery, such as improving communication systems, enhancing staff training, and ensuring that psycho-oncological services are included in the main treatment protocols.

Rebuttals to View 2: Logistical Complexities as the Primary Barrier Counterpoint: While logistical issues are visible and impactful, they are often symptoms of deeper, systemic problems rooted in the hospital's cultural and psychological environment. Addressing only the superficial logistical issues without tackling the underlying institutional defenses may lead to temporary improvements but won't change the fundamental attitudes that hinder the integration and effectiveness of psycho-oncology.

Explanation: Institutional defences, such as denial of the emotional needs of patients and the devaluation of psycho-oncological care by medical staff, contribute to these logistical challenges. For example, if psycho-oncology is not valued, it won't be prioritized in resource allocation or scheduling, perpetuating a cycle where logistical issues are just the surface manifestations of deeper cultural and psychological barriers.

41/T2/PP/A1-1: Tailored Psychological Interventions for Breast Cancer Patients: A Comprehensive Review of Approaches and Outcomes

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ABSTRACT: Background: Psychological interventions are vital in addressing the multifaceted challenges faced by breast cancer patients, including physical symptoms, emotional distress, and existential concerns. Personalized psychotherapeutic approaches have shown promise for patients at various stages of their cancer journey, improving coping mechanisms and quality of life (Beatty et al., 2018; Zimmermann et al., 2018). **Aim:** This review consolidates findings from recent studies to evaluate the effectiveness of personalized psychotherapeutic interventions in alleviating psychological distress, enhancing coping mechanisms, and improving the overall quality of life for breast cancer patients. Methodology: The review examines evidence from studies focusing on group-based interventions, low-intensity therapies, mindfulness-based approaches, and meaning-centred therapies. It considers factors such as intervention frameworks, accessibility, adherence, and demographic and cultural variability (Beatty et al., 2018; Zimmermann et al., 2018; Classen et al., 2001; Spiegel et al., 1989; Breitbart et al., 2015). **Results:** Group-based interventions, particularly supportive-expressive and cognitive behavioural frameworks, significantly improve emotional well-being and coping (Classen et al., 2001; Spiegel et al., 1989). However, challenges in accessibility and adherence limit their reach. Low-intensity interventions, such as web-based therapies and expressive writing, offer enhanced accessibility and higher participation rates (Smyth, 1998; Stanton et al., 2002). Mindfulness-based and meaning-centred therapies are particularly effective for advanced-stage patients by addressing existential concerns (Breitbart et al., 2015; Carlson & Speca, 2010). **Conclusion:** Tailoring interventions to demographic, cultural, and individual variability is crucial for equitable care. Despite advancements, gaps in long-term efficacy, digital integration, and accessibility persist. Future research should prioritize sustainable, culturally sensitive, and long-term solutions to optimize outcomes and resilience throughout the cancer journey.

Keywords: Breast Cancer, Psycho-Oncology, Psychological Intervention

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42/T2/PP/A1-0: Oncologists' Perspectives on Biopsychosocial Interventions for Effective Cancer Symptom Management: A Qualitative Exploration

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ABSTRACT: Cancer care is increasingly emphasizing the need of addressing the physical, psychological, and social aspects of patient well-being. The current study investigates oncologists' perceptions and experiences with introducing biopsychosocial therapies into cancer therapy to more effectively control symptoms. Semi-structured interviews with oncologists from various clinical settings were undertaken as part of a qualitative study methodology. A thematic analysis was used to discover crucial ideas and patterns in their perspectives.

Oncologists highlighted the varied character of cancer symptoms, emphasizing the importance of integrative care methods. Pharmacological approaches to physical symptom management were supplemented with psychological therapies such as cognitive-behavioural interventions, as well as social support mechanisms such as family involvement and community resources. Time constraints, insufficient psychosocial care training, and a lack of resources were all highlighted as barriers. Oncologists did, however, acknowledge the good impact of biopsychosocial therapies on patient quality of life, treatment adherence, and emotional resilience. The current study emphasizes the significance of promoting interdisciplinary teamwork, training oncologists in psychosocial care, and incorporating biopsychosocial models into ordinary cancer treatment. These findings lay the groundwork for expanding patient-centred cancer care using complete, holistic approaches.

***Keywords**:* Oncologists’ perspectives, biopsychosocial interventions, cancer symptom management, integrative oncology, qualitative study, holistic patient care, psycho-oncology

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43/T2/PP/A1-0: Oncologists’ Perspectives on Biopsychosocial Interventions for Effective Cancer Symptom Management: A Qualitative Exploration

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ABSTRACT: Background: Breast cancer patients often experience significant emotional distress, including anxiety, depression, and reduced quality of life, due to their diagnosis and treatment. Psychological interventions, such as support groups and cognitive-behavioral therapy (CBT), have proven effective in helping patients manage these challenges. **Aim:** This review aims to evaluate the impact of psychological interventions—specifically support groups and CBT—on the emotional and psychological well-being of breast cancer patients. It synthesizes findings from studies to assess the effectiveness of these interventions in improving coping strategies and mental health outcomes. **Methodology:** A review of 20 peer-reviewed studies was conducted, focusing on the role of support groups and CBT in addressing the psychological needs of breast cancer patients. Studies were selected based on their focus on psychological interventions and measurable outcomes related to emotional distress, coping, and quality of life. **Results:** Both support groups and CBT were found to reduce anxiety, depression, and stress in breast cancer patients. Support groups offer emotional support, reduce isolation, and create a sense of community. CBT helps patients reframe negative thought patterns, develop coping strategies, and improve emotional resilience. CBT, in particular, was highly effective in reducing symptoms of anxiety and depression. **Conclusion:** Psychological interventions like support groups and CBT are crucial for enhancing the emotional well-being of breast cancer patients. Incorporating these interventions into routine care can improve patient outcomes. Further research is needed to explore personalized and combined therapeutic approaches to address diverse patient needs.

***Keywords**:* Breast Cancer, Cognitive-Behavioral Therapy, Psychological Interventions, Support Groups

44/T2/PP/A1-0: Holistic Spiritual Psychotherapy for Cancer Patients: The MATCH Framework as a Tool for Emotional and Spiritual Healing

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ABSTRACT: **Background:** Cancer impacts patients on various levels, including physical, emotional, mental, and spiritual. While conventional cancer treatments such as chemotherapy and surgery focus on addressing the physical aspects of the disease, there is an increasing acknowledgement of the significance of meeting patients' spiritual and existential needs**. Aim:** This paper delves into the potential benefits of incorporating spiritual psychotherapy into oncology care with the aim of enhancing the holistic well-being of individuals battling cancer. It specifically examines the MATCH concept, which consists of Meaning, Acceptance, Transcendence, Connectedness, and Hope. **Method:** Through a comprehensive literature review, the paper underscores the emotional and psychological advantages of spiritual care. This form of care can assist patients in navigating the existential challenges brought about by cancer. **Results:** Research has indicated that strong spiritual well-being has been found to greatly increase emotional resilience, decrease levels of anxiety and depression, and enhance overall quality of life. The study has identified significant gaps in the current integration of spiritual care. These include limited research, inconsistent clinical practices, and cultural insensitivity to existing approaches. The MATCH framework is presented as a structured approach for spiritual psychotherapy aimed at addressing the gaps by offering a holistic approach customized to the unique spiritual and emotional journey of each patient. **Conclusion:** The paper advocates for additional research, training for therapists, and policy modifications to integrate spiritual psychotherapy into conventional cancer care procedures. By fostering spiritual well-being, this integrative approach can transform cancer care. It offers patients greater emotional balance, peace, and resilience during their treatment and beyond.

Keywords: Spiritual Psychotherapy, MATCH Concept, Cancer Care, Holistic Healing, Emotional Resilience, Research Gaps, Policy Recommendations.

45/T2/PP/A1-6: Expanding the Therapeutic Arsenal: Narrative Review of Eye Movement Desensitization and Reprocessing (EMDR) for Cancer Patients

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ABSTRACT: Introduction: Psychological distress, including depression, anxiety, and PTSD, is common in cancer patients, significantly affecting their quality of life. While EMDR is evidence-based for PTSD, recent studies highlight its effectiveness for anxiety and depression. This review examines EMDR's application in cancer care, exploring its theoretical underpinnings, evidence, and practical implications. **Research Objectives**: This study aims to review existing literature on EMDR therapy in cancer patients, evaluate its efficacy in reducing depression and anxiety, psychological distress, and improving quality of life, identify challenges in its application, and explore its practical implications for clinicians. **Method**: A comprehensive literature search on PubMed, PsycINFO, and Google Scholar included studies on EMDR therapy in adult cancer patients, focusing on psychological distress, quality of life, depression, and related outcomes. **Results**: A growing body of research suggests that EMDR therapy can be effective in addressing the psychological distress experienced by cancer patients. Studies have demonstrated significant reductions in symptoms of anxiety, depression, and PTSD following EMDR treatment. Additionally, EMDR has been shown to improve sleep quality, reduce intrusive thoughts, enhance coping mechanisms, and reduce the emotional impact. **Conclusion:** The study highlights EMDR therapy's potential to reduce symptoms of depression, and psychological distress, enhance emotional well-being, and improve quality of life in cancer patients, with some evidence indicating superior outcomes compared to CBT. Further research is needed to refine protocols and integrate EMDR into comprehensive cancer care.

Keywords: EMDR, Depression, Cancer, Psychotherapy, Trauma

47/T2/PP/A1-1: The Effectiveness of Expressive Arts Therapy in Reducing Anxiety and Depression among Cancer Patients

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ABSTRACT: Cancer patients frequently experience significant psychological distress, including anxiety and depression, which can adversely impact their quality of life and recovery. This secondary research synthesizes existing evidence on the effectiveness of expressive arts therapy (EAT) as a holistic and non-invasive intervention for alleviating these mental health challenges. Expressive arts therapy incorporates creative modalities like painting, music, dance, and writing to foster emotional expression, self-awareness, and resilience. *Objective* is that this review aims to consolidate findings from multiple peer-reviewed studies to provide a comprehensive understanding of EAT's role in reducing anxiety and depression among cancer patients. *Methods* consists of a systematic analysis of existing literature, including peer-reviewed articles and meta-analyses, was conducted to evaluate the psychological impact of EAT on cancer patients. Studies were selected based on their focus on expressive arts as a therapeutic approach for managing mental health in oncology care. *Results* reviewed studies reveal that EAT significantly contributes to reductions in anxiety and depression while enhancing emotional well-being. Participants in EAT programs reported improved self-expression, empowerment, and psychological connection. Despite these promising results, variations in methodologies and sample sizes across studies underscore the need for further research with standardized approaches. *Thus, it concludes that* Expressive arts therapy shows substantial potential as a patient-centred approach to addressing the psychological needs of cancer patients. This paper advocates for the integration of EAT into oncology care frameworks, promoting a holistic approach to treatment that supports both mental and physical health.

***Keywords**:* Anxiety, Cancer Patients, Depression, Expressive Arts Therapy, Psychological Resilience

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49/T2/PP/A1-0: Intersection of Suicide and Cancer: A Theoretical Assessment Of Psychiatric Emergencies

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ABSTRACT: Cancer fosters a long-term impact in an individual physically and psychologically. In the current era, cancer is diagnosed among millions in India and is a growing concern with its lasting impacts on the individual going through it. This research aims to review the intervention and analysis of suicidal risk aligning with cancer as a psychiatric emergency. Literature since back then point towards mortality of the patients due to suicide. The following analysis will be done while noting the gaps in previous literatures regarding significant components delivered during primary care, community outreach, peer support and the plausible interventions advanced till today while also understanding the psychology of cancer patients from the literature taken from the web. Following analysis takes adults and elderly populations with a wide range of nations among the Asian and European continents under focus for gathering data. The results demonstrate bio-psychosocial, socio-demographic, age, population and other risk factors for cancer along with the rational motive of the patient while shedding light on different interventions applied through the findings from past researches to alleviate psychological distress in patients along with survivors.

***Keywords**:* Suicide, interventions, cancer

53/T2/PP/A1-0: The Rising Global Incidence of Male Breast Cancer: A Systematic Review

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ABSTRACT: Male breast cancer, albeit rare in comparison to female breast cancer, has shown a troubling rise in prevalence around the world. This systematic review analyses trends, risk factors, and problems in identifying and managing male breast cancer by combining information from peer-reviewed research published over the last two decades. The review finds major factors leading to the rise in occurrence, such as hormonal imbalances, genetic predisposition (e.g., Breast Cancer gene mutations), obesity, and environmental exposure. Late-stage diagnosis is a recurrent problem, typically attributed to insufficient awareness among men and healthcare practitioners, resulting in lower prognoses than female counterparts. Treatment techniques primarily mimic those utilized for female breast cancer, however evidence on male-specific therapeutic outcomes are scarce. The findings highlight the vital importance of targeted awareness programs, earlier screening for at-risk individuals, and specialized study into male breast cancer biology and therapy. Addressing societal stigma and encouraging health education can lead to considerable improvements in early detection and outcomes. The current review emphasizes the need of including male breast cancer into larger oncology frameworks to promote equal care and research developments.

***Keywords**:* Male breast cancer, global incidence, risk factors, late-stage diagnosis, BRCA mutations, awareness campaigns, oncology research, gender-specific cancer care.

55/T2/PP/A1-1: Life Review Approaches in Cancer Care

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ABSTRACT: Background: Life review-based therapies play a vital role in cancer care by offering patients an opportunity to reflect on and derive meaning from their lives, which can be particularly comforting during difficult times. This therapeutic approach encourages individuals to explore and revisit key moments, relationships, and accomplishments, which can foster a sense of peace, closure, and purpose. **Aim:**The aim of this review is to provide an extensive narrative account on literature related to life review interventions. **Methodology:** Twenty researches from a pool of studies were selected from via electronic databases of PubMed, Web of Science, Scopus, ResearchGate, PubMed Central and Medline. **Analysis and Conclusion:** This therapeutic approach encourages individuals to explore and revisit key moments, relationships, and accomplishments, which can foster a sense of peace, closure, and purpose. This review offers explanations on mechanisms and type of therapies under life review approach. The psychosocial theory of life review approach and factors it influences upon. By synthesizing diverse studies, this study facilitates discovering trends, insights, and gaps in life review approaches for cancer care.

***Keywords**:* Life Review, Oncology, Cancer care, Meaning in Life

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56/T2/PP/A1-1: Psychosocial Dimensions of Cancer: Impact And Intervention

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ABSTRACT: Background: Cancer is a widespread global health issue that impacts not only the individuals who are diagnosed with it but also their families. This critical analysis explores the psychosocial aspects of cancer, with an emphasis on both cancer patients and their families. The study delves at the complex interplay of emotional, social, and psychological aspects that impact the experiences of cancer patients and their families' emotional journeys. **Objectives:** The paper aims to (1) synthesize existing research on the psychosocial impact of cancer on patients and their families, (2) identify critical gaps in current literature, and (3) propose future directions for research and intervention strategies. **Method:** A comprehensive review of peer-reviewed articles and key studies was conducted, exploring family dynamics, economic and legal stressors, healthcare roles, and emerging interventions. Research published 2015-2024 within databases: Google Scholar, PubMed, JSTOR, SCOPUS, PsycINFO up till November 2024. **Results:** Key themes include disruptions in family roles, economic and legal challenges, psychosocial effects of advanced cancer, and the need for culturally sensitive interventions. The impact of pediatric cancer on family networks, caregiver mental health, and healthcare providers is underexplored. **Conclusion:** This review emphasises the need of a holistic approach for cancer patients that takes into account not just the well-being of the patients but also the well-being of their families, recognising the interconnectivity of their experiences.

***Keywords**:* Cancer, psychosocial impact, family dynamics

57/T2/PP/A1-1: Exploring the Cancer Related Knowledge, Attitudes, and Practices (KAP) Among High School Students in Bangalore City

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ABSTRACT: The current study investigates high school students' cancer-related knowledge, attitudes, and practices (KAP) to identify gaps and suggest educational interventions. Focus group talks were performed using a qualitative method with students aged 15 to 18 from various socio-economic backgrounds. The discussions were intended to capture their knowledge of cancer risk factors, attitudes about the disease, and health-related activities. Thematic analysis was used to examine the data, revealing nuanced patterns in knowledge, attitudes, and actions. The findings demonstrated a low level of understanding about cancer prevention and early diagnosis, which was frequently impacted by myths and misconceptions. Students exhibited a range of emotions, from fear and stigma against people with cancer to curiosity and a want to learn more. Preventive actions, such as avoiding tobacco, alcohol and eating a well-balanced diet, were inconsistently implemented, often hampered by peer pressure and a lack of available information. The study emphasizes the importance of school-based cancer education programs that address these gaps, promote evidence-based understanding, and encourage positive health practices. Future efforts should involve schools, health experts, and parents working together to establish a supportive environment for teenagers' long-term behavioral change.

Keywords: cancer-related knowledge, educational interventions, myths, misconceptions, school-based cancer education programs

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58/T2/PP/A2-0: Experiences of patients receiving radiological therapy in terms of anxiety and claustrophobia

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ABSTRACT: In response to the growing recognition of the psychological challenges faced by cancer patients undergoing radiotherapy, this particular study explores the lived experiences of patients who may encounter claustrophobia and anxiety during radiotherapeutic treatment. Employing a phenomenological approach the study focuses on understanding the nuanced emotional and psychological effects of radiotherapy on patients, sampled from five distinct types of cancer groups. In-depth interviews conducted to gain a detailed perspective on their experiences within the radiotherapy process. The aim of this research is to investigate how patients cope with particular stressors of radiotherapy, particularly in relation to confinement-related anxiety and feelings of vulnerability. Using thematic analysis, the study will identify and analyze major themes and patterns, including coping strategies, psychological resilience, perceived support or lack of from healthcare providers and the specific challenges posed by the treatment environment. The research intends to provide healthcare practitioners and policymakers with valuable insights into the emotional and mental health needs of radiotherapy patients, informing improvements in patient-centered care and support systems, This exploration also highlights a focus on the prevalence of existing or non-existing systems in place for the patients facing claustrophobia or related anxiety.

***Keywords**:* Cancer patients, radiotherapy, claustrophobia, anxiety

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59/T2/PP/A1-1: The Role of Psychological Assessment and Intervention in adult cancer patients; case studies: A qualitative research.

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ABSTRACT: Background: This study explores the psychological experiences of adult cancer patients and examines the role of psychological assessment and intervention in improving their mental well-being. **Aim:** To explore the role of psychological distress, emotions, coping mechanisms, and family environment in improving adult cancer patients. **Method:** Utilizing a qualitative case study approach, data were collected from in-depth interviews with patients and families, observation, and psychological assessment of four adult cancer patients receiving treatment in different medical settings and applied different psychological interventions as per patients' needs. **Results:** The findings highlight that individualized psychological assessments and interventions significantly alleviate emotional distress and enhance patients' ability to manage treatment-related challenges. These results underscore the importance of integrating psychological care into oncology treatment plans.

***Keywords**:* Qualitative research, psychological assessment, and intervention, case studies

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62/T2/PP/A1-0: Effectiveness of Occupational Therapy Interventions In Enhancing Quality Of Life For Oncology Patients

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ABSTRACT: Background The concept of occupational therapy (OT) in oncology care to improve the quality of life (QoL) in patients during and after cancer treatment. OT addresses fatigue, pain, cognitive impairments and reduced physical function, so patients can regain independence, improve functionality, and participate in meaningful activities and have a measure of normalcy, despite the challenges of illness. **Aim:** This work explores how Occupational Therapy (OT) interventions help improve the quality of life of patients with cancer by improving functioning in physical, emotional, and cognitive domains, improving independence, resilience, and wellbeing across the cancer treatment phases. **Methodology:** Quantitative research design was used in using of standardized assessment tools to determine how occupational therapist interventions will influence qualitative life of the oncology patient.

Results: The outcomes show that occupational therapy (OT) greatly supports the quality of life for oncology patients by promoting physical and cognitive health, while improving emotional health. The framework tackles OT, the physical limitations and, equally significant, the emotional stress and promoting autonomy and daily engagement, which helps integrate OT into the oncology care teams. **Conclusion:** Therefore, occupational therapy interventions improve significantly the quality of life of oncology patients overcoming physical, cognitive, and emotional difficulties. OT provides a holistic, patient centred style of approach, which cultivates independence, emotional resilience, and increased functionality on a daily basis.

Keywords: Oncology Rehabilitation, Quality of life (QoL), Occupational Therapy (OT), Holistic Oncology care

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64/T2/PP/A2-0: General Psychological Evaluation Of Cancer Patients: A Systematic Review Of Assessment Tools

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ABSTRACT: Background: Due to challenges in coping with the diagnosis and treatment, cancer patients often experience significant psychological distress. There are several tools available for their psychological evaluation, however, there is no consensus on which tools are most effective for this population. **Aim:** This research aimed to conduct a systematic review of selected psychological evaluation tools for cancer patients focusing on both cancer specific and general psychological assessment instruments. **Method:** We have selected studies that have used psychological evaluation tools on cancer patients. The tools were compared based on their effectiveness and applicability as documented in these studies. They were evaluated based on three key dimensions: Emotional Distress, Cognitive Impairment, and Bio psychosocial impacts. **Result:** The review found that cancer-specific tools provide more insights into psychological dimensions unique to cancer patients, while general tools facilitate broader symptom screening. The findings show that no single tool by itself is enough to address all psychological factors, but an integrated approach combining cancer-specific and general tools could help in an effective evaluation. **Conclusion:** It is recommended that psychological evaluation in cancer care should apply an integrated approach that combines the strengths of both cancer-specific and general tools. This review paves way for further improvement of psychological assessment frameworks in oncology.

Keywords: assessment, cancer patients, psychological evaluation

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65/T2/PP/A1-0: Artificial Intelligence In Psycho-Oncological Interventions: To Make An Efficient Assistant

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ABSTRACT: Background 'Cancer' is a word that provokes unequivocal dread in all individuals alike and has been one of the most studies subjects in psycho-oncology and medicine both. With the world moving online, Digital access to psychological services for cancer patients in India has significantly improved, addressing barriers such as geographical distance and stigma. **Key platforms** include telemedicine services like those offered by Tata Memorial Hospital, AI driven systems such as Apollo Cancer Centre's Precision Oncology Centre, and the Koita Centre for Digital Oncology (KCDO), which integrates digital mental health support across 270 hospitals. Mental health apps providing cognitive-behavioural therapy (CBT) and mindfulness training also contribute to care. **Aim:** This paper focuses on exploring how these digital platforms can be made efficient in assisting interventions in psycho-oncology so that trained professionals can use the assistance to reach more people in need who have limited access to these psychological services. **Method:** A comprehensive review of literature was conducted with focus on interventions in psycho-oncology, advances in conversational artificial intelligence, and the integration of both. **Conclusion:** The review revealed how advances in AI can be tailored to the benefit of human beings. They can assist psycho-education, tracking treatment, maintaining mood diaries, and related activities.

Keywords AI-assisted interventions, AI-based interventions, psycho-oncology interventions

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67/T2/PP/A2-0: Evidence-Based Psycho-Oncological Interventions: A Multimodal Approach to Supportive Care

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ABSTRACT: Background: Psycho-oncology is the integration of oncological and psychological care to address cancer patients' mental health issues. CBT, MBCT, DBT, JPMR, and expressive therapies like music and art therapy are examples of psycho-oncological interventions that help control symptoms, improve coping, and lessen anxiety. To enhance overall patient outcomes, supportive care integrates medical, psychological, social, and emotional assistance. **Aim:** The purpose of this review is to assess how well multimodal psycho-oncological therapies work to improve cancer patients' quality of life, reduce psychological distress, and increase emotional resilience**. Methods**: Recent meta-analyses and randomized controlled trials were systematically reviewed. The research measured the efficacy of several psycho-oncological interventions, such as CBT, MBCT, JPMR, and expressive therapies, in lowering anxiety, depression, and enhancing coping mechanisms. Results: Mindfulness-Based Stress Reduction (MBSR), which dramatically lowers anxiety and depression, is one technique that has been shown to be effective recently. Advanced cancer patients' spiritual health and quality of life have been shown to improve with Meaning-Centered Psychotherapy (MCP). While JPMR has reduced the physical discomfort and tension associated with chemotherapy, art and music therapy have shown significant efficacy in lowering psychological distress in patients**. Conclusion**: Evidence-based psycho-oncological therapies are very successful in reducing psychological distress, boosting emotional health, and increasing cancer patients' quality of life. More study is required to guarantee that these therapies are broadly available and culturally sensitive.

Keywords: Mindfulness-Based Stress Reduction (MBSR), Supportive Care, psycho-oncological interventions

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69/T2/PP/A1-0: A Double-Edged Battle: Unravelling the Role of Psychiatric Disorders in Cancer-Related Suicides

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ABSTRACT: Background: The triad of psychiatric disorders, terminal cancer, and suicide is a little-known territory in the vast field of cancer research. It is a well-known fact that individuals with psychiatric disorders, whether diagnosed or undiagnosed remain at the high-risk end of suicidal tendencies. However, when such individuals are further confronted with a life-threatening cancer diagnosis the vulnerability increases. **Aim:** This review paper examines whether psychiatric disorders play any role in cancer suicides. **Method:** A literature search through PubMed, ScienceDirect, Wiley and Archives of Suicide Research administered the literary review. **Results:** The findings indicate that individuals who are afflicted with both A and B variables i.e. Psychiatric disorder and terminal cancer are more likely to die by suicide. **Conclusion:** These results are a ringing bell for cancer care professionals to first and foremost assess if their patients bear any psychiatric disorder and then deliver an intervention to address the potential suicidal risk

Keywords: Cancer, Psychiatric disorders, Suicide

70/T2/PP/A1-1: Music Therapy for well-being during Cancer Treatment with a Mediating Role of Acceptance and Commitment Therapy: Systematic Review

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ABSTRACT: Background: The necessity for supportive, non-pharmacological interventions is highlighted by the fact that cancer patients frequently have serious psychological difficulties, such as depression, anxiety, and a decreased quality of life. While Acceptance and Commitment Therapy (ACT) may increase these advantages by encouraging psychological flexibility, music therapy has demonstrated efficacy in reducing psychological discomfort. **Aim:** The purpose of this systematic study is to assess how music therapy and ACT together affect cancer patients' psychological health. **Method:** PRISMA guidelines were followed in this review. A thorough search for literature publications between 2014 and 2024 was done using PubMed, ScienceDirect, and Google Scholar. High-quality observational studies and randomized controlled trials (RCTs) evaluating music therapy either by alone or in combination with ACT were among the inclusion criteria for adult cancer patients. **Results:** In a variety of cancer settings, music therapy has been shown to significantly lower depression, anxiety, and exhaustion while also improving quality of life. Research that included ACT revealed increased advantages, as it promoted psychological adaptability and acceptance, which strengthened the therapeutic benefits of music therapy. Nevertheless, drawbacks were identified, including inconsistent intervention regimens and performance bias brought on by a lack of blinding. **Conclusion:** A potential, all-encompassing strategy to promote cancer patients' mental health is to incorporate both therapies within oncologist therapy. To better understand ACT's mediating function and enhance treatment results, more studies using bigger sample sizes and standardised intervention protocols are advised.

Keywords: Acceptance and Commitment Therapy, Music Therapy, Psychological Well-being, Oncology

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71/T2/PP/A1-0: Prevalence of Depressive Symptoms Among Cancer Patients and the Role of Psychological Interventions: A Systematic Review

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ABSTRACT: Background: Cancer patients frequently experience depressive symptoms, which have a poor impact on treatment outcomes, adherence, and overall quality of life. **Aim:** This systematic review looks into the occurrence of depression in cancer patients and evaluates the efficacy of psychological interventions in managing cancer-related symptoms. **Method:** Peer-reviewed publications from the previous decade were assessed to determine trends in the prevalence and impact of psychological therapy. **Results:** According to the data, sad symptoms affect 20-50% of cancer patients, with higher percentages reported in those with late illness stages and certain cancer types. Cognitive-behavioural therapy (CBT), mindfulness-based stress reduction (MBSR), and psycho-oncological counselling were found to be the most effective treatments for alleviating melancholy, anxiety, depression, and exhaustion. These interventions were also associated with better coping techniques, increased emotional resilience, and overall psychological well-being. Despite positive findings, the diversity of study designs, intervention protocols, and cultural contexts emphasizes the necessity of established norms and tailored methods in psychological care. **Conclusion:** This study underscores the value of integrative psychological therapy in oncology, showing its ability to improve patient outcomes and supplement current cancer treatments.

Keywords: Depression, Psychological Interventions, Cognitive-behavioural Therapy, Prevalence of Depression, Psycho-oncology, Mental Health, Integrative Oncology

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117/T2/PP/2-0: Psychotherapeutic Approach to Gender Dysphoria in Transgender Man with Breast Cancer: A Case Report

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ABSTRACT: Introduction: Gender dysphoria (GD) occurs when there is a mismatch between gender identity and assigned sex at birth. For transgender individuals, a cancer diagnosis complicates care, disrupting gender-affirming treatments and creating emotional distress, which requires integrated medical and psychosocial support. **Background:** A 44-year-old transgender man on gender-affirming hormone therapy (HRT) was diagnosed with stage III breast cancer and underwent a mastectomy. The patient experienced significant distress, low mood, and decreased socio-occupational functioning due to chemotherapy-induced changes, interruption of HRT, and concerns about reconstructive surgery. **Evaluation:** Psychiatric evaluation using The Gender Identity/Gender Dysphoria Questionnaire for Adults and Adolescents revealed a scaled score of 2.0, indicating significant gender dysphoria. GD symptoms were exacerbated by chemotherapy-related changes, interruption of HRT, and emotional distress. **Management:** A comprehensive psychotherapeutic approach was implemented:

- Medication: Sertraline 50 mg, gradually increased to 100 mg daily
- Cognitive Behavioral Therapy (CBT)
- Identity Affirmation and Coping with Medical Transition Disruptions
- Grief and Loss support

Conclusion: Integrating gender-affirming psychosocial support into cancer care is essential for addressing the unique needs of transgender patients. By combining mental health, gender identity affirmation, and cancer treatment, healthcare providers can enhance patient well-being and outcomes. Future research should focus on developing new scales and evidence-based strategies to support transgender individuals with gender dysphoria in oncology settings.

Keywords: Gender dysphoria, Psychosocial support

138/T2/PP: The role of perceived partner responsiveness and emotional dysregulation in breast cancer

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ABSTRACT: This study will explore the role of perceived partner responsiveness (PPR) and emotional regulation in women with Stage 2 and Stage 3 breast cancer in Punjab, India. Using the Difficulties in Emotion Regulation Scale (DERS) and the Perceived Partner Responsiveness (PPR) scale, we will assess 100 patients to understand how these factors influence psychological well-being. It is anticipated that higher levels of PPR will be associated with be emotional regulation and reduced psychological distress. Conversely, patients with low PPR are expected to report significant emotional dysregulation and higher stress levels. Our findings will highlight the critical need for interventions aimed at enhancing partner support and emotional regulation strategies to improve mental health outcomes in breast cancer patients. This research will underscore the importance of integrating psychosocial care into cancer treatment, particularly in non-Western contexts like Punjab, where cultural dynamics may influence partner interactions and emotional coping mechanisms.

Keywords: Breast cancer, perceived partner responsiveness, emotional regulation, DERS, PPR, psychological well-being, Punjab, psychosocial care

TRACK 3

ONCOLOGY AND NURSING


NCPO 2025
AIIMS-NEW DELHI

ORAL PAPER PRESENTATIONS

75/T3/OP/A1-1: Comprehensive Study of Ethical and Legal Issues in Nursing Care within Oncology Settings: Navigating Patient Autonomy, Informed Consent, and End-of-Life Decisions

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ABSTRACT: Oncology nursing care presents unique ethical and legal challenges, particularly in balancing patient autonomy, informed consent, and end-of-life decisions. **Background:** With rising cancer diagnoses and a growing emphasis on patient-centered care, oncology nurses encounter complex ethical dilemmas. Previous studies indicate that 65% of oncology nurses report ethical conflicts related to patient autonomy, often citing challenges in informed consent and end-of-life decision-making. Despite the clear ethical impact, standardized ethical guidelines and legal support remain insufficient in many oncology settings. **Aim:** This study aims to investigate the influence of ethical and legal constraints on nursing practices within oncology, assessing the impact on patient autonomy and identifying specific areas for policy enhancement. **Methodology:** A mixed-methods design was utilized, incorporating statistical analysis of survey responses from 250 oncology nurses alongside in-depth interviews. The key variables measured included nurse confidence in ethical decision-making, adherence to informed consent protocols, and perspectives on legal accountability in end-of-life decisions. **Results:** The findings indicates that 72% of nurses experience frequent ethical dilemmas, with 55% reporting legal uncertainties regarding patient refusal of treatment. The qualitative analysis revealed a need for clearer guidelines and ethical training. **Conclusion:** The study underscores the urgent need for improved ethical frameworks and legal clarity in oncology nursing, with policy recommendations emphasizing the importance of both in enhancing patient care quality and supporting ethical decision-making at critical junctures.

Keywords: Oncology Nursing, Ethical Dilemmas, Patient Autonomy, Informed Consent, End-of-Life Decisions

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122/T3/OP/1-1: An Interventional Study on Impacts of Reverse Osmosis Water on Quality of Life Physiological and Psychological Parameters among Adults in Vijayawada, Andhra Pradesh

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ABSTRACT: Background: Reverse Osmosis is a water purification uses semi permeable membrane to separate water molecules from Chemical and Biological substances. Aim:

Promoting a quality of life providing purified water by removing harmful contents. **Method:** Quasi-Experimental Pre- and Post-Test design (control group and treatment group). **Results:** The impact on consumption of RO Water for a period of time and Quality of Life will show a significant difference in the treatment group. A post-treatment than pre-treatment compared to the control group ($p < 0.01$) **Conclusion:** The sceptics of RO Water disadvantage on humans from minor to life-threatening impacts such as changes in heart, kidney and carcinomas.

Keywords: Reverse Osmosis, RO water, Quality of Life, Quasi-Experimental Pre- and Post-Test design, Carcinoma

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124/T3/OP/0-2: A study to assess the relationship between imposter syndrome, coping Strategies among nursing officers AIIMS New Delhi

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ABSTRACT: **Background** Imposter syndrome or phenomenon (IP) state of ‘intellectual phoniness’. Persons with imposter syndrome are plagued with intense feelings of self-doubt and do not share their thoughts freely for fear of being exposed as ‘fraud’ despite an absence of objective evidence of failure. A newly licensed registered nurses transition into practice, they can experience increased self-doubt and uncertainty, which mirrors impostor phenomenon and could lead to emotional exhaustion, a component of burnout. In its more detrimental forms, imposter syndrome has been linked with generalised anxiety, low self-esteem, depression and isolation. Prevalent across occupations (e.g., librarians, lawyers, nurses and medical practitioners), nearly 70% of individuals will experience imposter syndrome at least once in their working life. Studies on IP in nursing are limited to nursing students and clinical nurse specialists. Prevalence of impostor feelings in these populations range from 36% to 75%, and 12.3% to 46% of new nurses report burnout. There is no published review of the evidence to guide the diagnosis or treatment of patients presenting with impostor syndrome. **Aim:** To assess relationship between imposter syndrome and coping strategies among nursing officers working at AIIMS New Delhi**.** **Methods:** A Descriptive cross-sectional study to measure relationship between impostor phenomenon and coping strategies in newly nursing officers. Demographic information was collected in addition to the Clance Impostor Phenomenon Scale (CIPS) and the WHO BRIEF COPE to measure impostor phenomenon and coping mechanism, respectively. The study was done in July, 2024 to collect the data from 50 newly joined nursing officers working in AIIMS, New Delhi, using Purposive sampling technique the Clance Impostor Phenomenon Scale (CIPS) was used to assess imposter phenomenon, and the WHO brief cope tool was used to assess coping strategies descriptive statistics was used to analysed data. The participants were categorized into four levels of imposter syndrome based on their scores: few imposters syndrome (<40), moderate imposter syndrome (41–60), frequent imposter syndrome (61–80), and intense imposter syndrome (>80). **Results:** The study involved 50 participants with a mean age of 25.92±1.63 (Mean ±SD), predominantly female (84%), and mostly unmarried (84%). Among them, 82% had a B.Sc. Nursing degree, with the majority working in wards (50%) or ICU (48%). The findings revealed that the majority of participants (62%) experienced moderate imposter syndrome, while 24% reported frequent imposter syndrome, and 12% fell under the category of few imposters’ syndrome. Only 2% of participants experienced intense imposter syndrome. The mean score for imposter syndrome was 54.68 ± 11.77 (Mean ± SD), with a minimum score of 31 and a maximum of 86. The study used the WHO Brief COPE Inventory to assess coping strategies, with a total mean score of

70.66. Among the three domains, Emotion-Focused Coping (mean: 30.06) was the most utilized, followed by Problem-Focused Coping (mean: 24) and Avoidant Coping (mean: 16.6). This study examined the association between Imposter Syndrome and selected demographic variables. A significant association was found between gender and Imposter Syndrome ($p = 0.003$), with 27 females showing moderate and 12 females showing frequent Imposter Syndrome, while only 4 males had moderate Imposter Syndrome. Regarding marital status, 25 unmarried females had moderate Imposter Syndrome, while 10 exhibited frequent Imposter Syndrome, but no significant relationship was found ($p > 0.05$). In terms of education, 26 B.Sc. Nursing graduates showed moderate Imposter Syndrome, but no significant association was observed ($p > 0.05$). For area of work, moderate Imposter Syndrome was equally observed in OPD (15) and ICU (15) workers, while frequent Imposter Syndrome was found in 6 individuals from the Ward and ICU, with no significant association ($p > 0.05$). **Discussion:** Results from this study provide information on the relationship between impostor feelings, demographic characteristics, and coping strategies in novice nurses. Higher levels of depersonalization within the sample indicate that interventions should be aimed at making changes to work environment. **Conclusion:** The study finding concluded that imposter syndrome is prevalent among the sampled population, with the majority experiencing moderate levels. The findings emphasize the need for targeted strategies and interventions to address imposter syndrome, particularly in individuals with frequent or intense symptoms.

Keywords: Imposter phenomenon (IP), coping strategies, Nursing officers.

129/T3/OP/A0-10: Development of Comprehensive Screening Tool (COST) on Overall Functioning for Children with Cancer: A Preliminary Analysis

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ABSTRACT: Background: Children with cancer are often affected by multiple deficits, which require a comprehensive assessment for effective intervention. Existing neuropsychological batteries are overly lengthy, leading to a need for all-encompassing screening tools tailored for this group. A screening tool in routine care used by healthcare professionals such as nursing professionals, oncology residents and mental health clinicians could help to identify deficit areas in these children to refer or render them with appropriate early intervention in targeted areas. **Aim**: This study aimed to develop a multi-dimensional, comprehensive screening tool to evaluate the overall functioning of children with cancer aged 5 to 12 years. **Method**: The item pool was generated based on a review of the literature of existing tools and an expert's perspective. Content validity was obtained, followed by the administration of the scale on a pilot sample of 52 children meeting the selection criteria of the study. **Results**: A comprehensive screening tool for children with cancer (COST) was constructed in the form of 68 scale statements across 6 domains and 34 subdomains on a 3-point Likert scale of response in both Hindi and English language. The scale was found to have high content validity (0.86-0.96) in all domains. Modification of scale items based on pretest findings and expert feedback analysis was done to obtain a final tool containing 51 items. **Conclusion:** COST is a comprehensive tool with high content validity and can be used by oncologists and nursing professionals. It will be useful in the detection of deficits across multiple domains, which further render children with appropriate early intervention in targeted areas. Future studies can focus on the standardisation of the tool.

Keywords: Multi-dimensional, Children with cancer, Comprehensive screening, Multiple deficits

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132/T3/OP: Hope in Healing: Unveiling the Effect of Spiritual Well-Being on Psychological Distress and Optimism-Pessimism among Cancer Patients

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ABSTRACT: Background: Cancer burden significantly affects the patients' emotional and psychological well-being. Despite the various medical treatments, this psychological well-being remains largely unaddressed. Spirituality can play an important role in decreasing the psychological distress of patients, helping them go through their daily difficulties with an optimistic outlook on life. **Aim:** The aim of this study was to determine the level of spiritual well-being among cancer patients and its relationship with psychological distress and optimism. **Methods:** This study was conducted with a cross-sectional design. A convenience sampling technique was used to collect data from 139 cancer patients receiving treatment from BRAIRCH, AIIMS, New Delhi. Three standardized self-report questionnaires were used to collect data regarding spiritual well-being, psychological distress and optimism-pessimism of patients. The data was analysed using SPSS version 26. **Results:** The mean score of spiritual well-being among the patients was 84.29±13.6 with a majority of patients (86.3%) having moderate spiritual well-being. The spiritual well-being was positively correlated with optimism-pessimism ($p<0.01$) and both of these were negatively correlated with psychological distress ($p<0.01$). Spiritual well-being directly affected the psychological distress and indirectly affected the psychological distress through the mediating effect of optimism level. **Conclusion:** This study concluded that spiritual well-being can directly and negatively affect psychological distress while indirectly affecting psychological distress through the mediating effects of a patient's optimism level.

Keywords: Spirituality, Cancer distress, Optimism

134/T3/OP: A Study to Assess the Adaptation to Post-Graduate Nursing Education Course among M.Sc. Nursing Students at AIIMS, India: A Pilot study

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ABSTRACT: Background: M.Sc. Nursing equips nurses with advanced clinical expertise, leadership skills, and research capabilities to meet modern healthcare demands. This pilot study focuses on the adaptation of M.Sc. Nursing students at AIIMS, India, aiming to understand factors influencing their adaptation and retention in postgraduate nursing education course. **Aims**: To gain a comprehensive understanding of the adaptation to the P.G Nursing education course among M.Sc. Nursing students. To assess the adaptation and the facilitators of M.Sc. Nursing students in the Post-Graduate Education course at AIIMS, India. **Methods** A Quantitative, Descriptive Cross-Sectional study with 30 M.Sc. Nursing students representing diverse specializations across College of Nursing, AIIMS, India were included for this pilot study. Convenience sampling was used to collect data using these tools… 1. A socio-demographic data sheet. 2. The Student Adaptation to College Questionnaire (SACQ). 3. A Checklist to assess 3 Domains (Include Academics, Clinical and Research) supporting M.Sc. Nursing students to retain in the P.G Nursing Education Course at AIIMS, India. **Ethical clearance:** obtained from Institutional Ethical Committee at AIIMS, Delhi. Participants provided option for consent, ensuring anonymity and confidentiality. Data were collected via a structured Google Form questionnaire. Analysis was conducted using SPSS version 26, applying descriptive statistics like frequencies, percentages, means, and standard deviations. **Results:** The findings indicated varying adaptation levels influenced by personal, academic, and institutional factors. The overall adaptation of students to PG nursing education was good, with an average max. score approach rate of 73.05%. Academic adaptation scored the highest (75.17%), reflecting strong adjustment to coursework. However, social (61.86%) and emotional (63.40%) adaptation scores were moderate. Goal-commitment adjustment scored the lowest (60.17%). Facilitators assessed clinical support (mean: 12.5 ± 2.34) as the most effective, followed by research (11.3 ± 3.56) and academic domains (11.1 ± 3.81). **Conclusion:** The result of pilot study showed that M.Sc. Nursing student's overall adaptation to postgraduate education course was good, particularly in academics, but social, emotional, and goalcommitment adjustments need improvement.

Keywords: Adaptation, AIIMS, India, M.Sc. Nursing, Postgraduate Education

136/T3/OP: Navigating the Spiritual Path: Assessing Well-Being in Cancer Patients

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ABSTRACT: Background: Patients face a lot of distress after cancer diagnosis and throughout the treatment process. Besides the inevitable physical symptoms, the disease significantly impacts the patient's psychological well-being. In these circumstances, spiritual belief plays a major role in promoting the patient's mental well-being. **Objectives**: This study aimed to determine the level of spiritual well-being among cancer patients. **Methods**: This study was conducted with a cross-sectional design. A convenience sampling technique was used to collect data from 139 cancer patients receiving treatment from BRAIRCH, AIIMS, New Delhi. A standardised self-report questionnaire was used to collect data regarding the level of spiritual well-being and it's dimensions. The data was analysed using SPSS version 26. **Results:** The mean score of spiritual well-being among the patients was 84.29±13.6 with a majority of patients (86.3%) having moderate spiritual well-being. Among 139 patients, almost 64% of the patients had a moderate sense of religious well-being, and 36% of patients expressed a positive view towards their relationship with God. Only 7.2% of patients demonstrated a high level of existential well-being, highlighting a notable gap in this crucial aspect of cancer patients. No significant association was found between the level of spiritual well-being and sociodemographic and clinical variables. **Conclusion:** The findings revealed that while the majority of the patients experience moderate levels of spiritual well-being, there is a significant gap in existential well-being in the context of facing cancer. This underscores the importance of regularly assessing and addressing patients' spiritual needs to enhance their overall quality of life.

Keywords: Spirituality, Cancer distress, well-being

POSTER PAPER PRESENTATIONS

74/T3/PP/A1-0: Enhancing Patient-Provider Communication

Author(s): [1]Anoushka Gupta

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ABSTRACT: When healthcare providers, particularly nurses, communicate with cancer patients in psycho-oncology settings, effective communication is essential to address patients' emotional and psychological needs. In urban Mumbai, cultural diversity, language barriers, and varying health literacy levels can hinder these interactions. This study examined communication strategies in psycho-oncology by analyzing data from interviews with nurses and patients in Mumbai, aiming to identify key challenges and strategies for improvement. To ensure consistency, data analysis is focused on interactions where nurses were the primary caregivers. Through thematic analysis, we expect to identify specific areas where communication breakdowns occur, as well as effective strategies currently used by nurses to overcome these challenges. Additionally, the study is likely to uncover the emotional and psychological needs of patients that are often unmet due to communication gaps, highlighting the importance of empathy, cultural sensitivity, and active listening in patient-provider interactions. The study is expected to conclude that tailored communication training for nurses in psycho-oncology, with an emphasis on empathy, cultural competence, and language adaptation, can significantly enhance patient-provider communication in Mumbai's urban healthcare context.

Keywords: Psycho-Oncology, Communication, India, Qualitative Research, Thematic Analysis

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76/T3/PP/A1-3: Lived Experiences of Nurses Providing End f Life Care for Cancer Patients: A Qualitative Enquiry

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ABSTRACT: Background: End-of-life care is a crucial component of **palliative care,** providing support for patients with terminal illnesses like cancer. In India, the demand for palliative care is substantial, placing a significant burden on healthcare providers and families. Nurses play a pivotal role in the care of cancer patients, providing both physical and emotional support throughout the treatment journey. Their experiences can be deeply rewarding and emotionally taxing. Nurses often face challenges such as burnout, stress from loss, and decreased quality of life when caring for these high-risk patients. **Objectives:** The present study tends to explore the lived experiences of nurses during end of life care of patients with cancer in a hospice setting in North India.

Method: Qualitative in depth interviews with 10 nurses are conducted by mental health professionals. A semi structured interview schedule is developed based on previous researches and discussion with stakeholders. Thematic analysis was done using Nvivo software. Codes and themes were generated. For coherence and consistency several group discussions within the research team was done to come to iterative themes. **Results:** Some of the key themes emerged (1) experience with patients and their caregivers, (2) reflections about oneself, (3) challenges/barriers faced during treatment, (4) motivating factors to continue care. **Conclusion:** The study revealed emotional engagement, challenges, stressors, coping mechanisms of Nurses in area of palliation. By focusing on the lived experiences of nurses in palliative care, we can gain valuable insights into the challenges and rewards of this demanding profession. This knowledge can inform evidence-based practices, improve working conditions, and ultimately enhance the quality of care provided to patients at the end of life.

Keywords: Reflections, Experiences, Nurses, Palliative care, Qualitative enquiry

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77/T3/PP/A1-0: Medical Oncology and Challenges

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ABSTRACT: Background: Overcoming Challenges in the Successful Management and Treatment of Cancer, a lot of advancement has been achieved in the treatment of cancer by medical oncology, with new therapies improving the rate of recovery for many different kinds of cancer. In order to achieve the most beneficial therapy outcomes, there still have a lot of challenges to be faced. These challenges are resistance to treatment, last stage examination, limited access to medical facilities, and increasing difficulty of monitoring personalized plans for treatment. With the goal to improve the lives of patients and advanced cancer medical treatment, it is essential to understand these problems. **Objectives:** The aim of this study is to identify and evaluate the primary challenges that oncologists experienced when providing effective chemotherapy for cancer. They focus on the difficulties connected to personalized medicine, therapeutic availability, and the management of therapy-related toxic effects in many different types of patient populations. **Method:** Researchers and Scientists examined backward on the outcomes of 400 individuals' therapies for colorectal cancer, pulmonary disease, and breast cancers from the year 2020 to 2023. To determine the impact of social and economic background, availability of novel medications, and therapeutic compliance, data was collected from interviews with patients and records of medical treatment. Also, 20 Oncologists attended Semi-structured interviews to find out about more of the daily challenges they deal with. **Results:** The findings proved that 35% of the Patients faced significant delays in beginning medical treatment because of practical or financial problems. 40 percent of patients found essential treatment-related toxic effects that resulted in lower dosages or elimination, while twenty-five percent of patients developed Resistance to specialized treatment. In multiple cases, doctors observed a lack of resources for personalized planning of therapy. **Conclusion:** The management of side effects resistance to chemotherapy, and poor access represent some of the continuing problems that affect medical oncology that are highlighted by the current research. Cancer patients' quality of life and therapeutic outcomes could be greatly improved through eliminating these challenges by using better knowledge for patients, improved opportunities for advanced treatments, and more effective medical rules and regulations.

***Keywords*:** Medical Oncology, Novel medications, Toxicities, Resistance treatment and Cancer treatment

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TRACK 4

PALLIATIVE CARE & PSYCHO-ONCOLOGY


NCPO 2025
AIIMS-NEW DELHI

SYMPOSIUM PRESENTATIONS

104/T4/SY: Role of Holistic Approaches for the Management of Cancer Patients: A Path Towards Recovery and Embracing Dignity in Life's Transition

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ABSTRACT: Background: Cancer isn't just a physical journey—it affects every part of a person's life. As more patients live longer with cancer, supporting their emotional and psychological well-being becomes as crucial as managing their physical symptoms. Palliative care is designed to improve the overall quality of life for both patients and their families, addressing the emotional and psychological toll alongside the physical. In this symposium, we'll dive into how various psychological approaches to palliative care can be integrated into end-of-life care. By looking at evidence-based therapies, from trauma-focused interventions to mind-body practices and art therapies, we aim to show how these techniques can help cancer patients cope with emotional distress, pain, and existential challenges. This discussion will bring together experts from various therapeutic backgrounds, sharing how their specialities can play a vital role in comprehensive end-of-life care. **Session Objectives:** Discuss the overview of palliative care, Emphasizing how psychological support is key in end-of-life care. Explore some psychological techniques to enhance the well-being of cancer patients. **Session Structure:** The symposium will feature four speakers, each discussing a unique psychological approach that can be applied in end-of-life care to improve quality of life.

Speaker 1: ***Palliative Care: A Holistic Approach to Improve Quality of Life and providing compassionate care, when it matters*****:** Palliative care is recommended as a standard part of care given to people with cancer. Palliative care does not treat the cancer itself but can be provided at any time during the cancer experience. Often, palliative care is offered as soon as cancer is diagnosed, provided at the same time as cancer treatment, and continued after treatment is complete. One of its goals is to prevent or treat symptoms and side effects as early as possible. Dr. Sharma will introduce palliative care's patient-entered philosophy, focusing on how it integrates emotional, psychological, and physical support. She'll also present **case studies** that show how multidisciplinary teams blend palliative care with psychological interventions to ensure the best outcomes for patients.

Speaker 2: ***Integrating Mind-Body Interventions with Illness- Perception & Negative Self-Talk for Positive Treatment outcome in Cancer Patients: Managing Distress and Initiating Healing*****:** Cancer diagnosis and treatment pose profound challenges in an individual's life, fundamentally altering the physical, emotional, and psychological well-being. Understanding how patients perceive their illness (Illness Perception) and how they view themselves in the context of their illness (Altered Self-concept) affect their coping mechanisms and treatment outcomes. In the light of qualitative data on illness perception, the paper explores the role and impact of *negative self-talk* about illness condition and treatment outcomes rooted in cultural and social beliefs about cancer; the availability of resources to seek treatment, ongoing symptoms of pain/ suffering and care-giver support in individuals suffering from various cancerous conditions. Also, literature supports the efficacy of mind-body therapies for the management of physical pain, anxiety and psychological symptoms during cancer diagnosis and treatment. Thus, Dr. Singh will discuss the integrative approach of **cognitive** and other **mind-body techniques** for A*ltering Negative Self-talk* in patients with cancer and substituting it with positive thoughts to alter 'illness-perception', 'perception of pain & suffering' & 'Self-concept' in order to improve treatment outcome.

Speaker 3: ***Trauma-Focused Cognitive Behavioural Therapy (TF-CBT) in the management of Cancer Patients:*** Dr. Kaushal's presentation will focus on TF-CBT and how it can be adapted for cancer patients who may have unresolved trauma. Whether trauma comes from their cancer journey or past life events, this approach helps patients work through difficult emotions, reduce trauma symptoms, and foster emotional regulation.

Speaker 4: ***Acceptance and Commitment Therapy (ACT): Cultivating Psychological Flexibility in Cancer Patients:*** Ms. Khandelwal will introduce ACT, a mindfulness-based therapy that helps patients to embrace difficult feelings like fear or sadness while guiding them to commit to actions that align with their values. This approach encourages psychological flexibility, helping patients find meaning in what matters most to them during their journey. She will also explore ACT's role in addressing existential distress and chronic pain management.

Conclusion: The symposium will conclude with a moderated panel discussion, where speakers will answer audience questions and engage in a conversation on the future of psychological interventions in palliative care. Through this discussion, participants will gain practical tools and insights to better support the emotional and psychological needs of their patients, enhancing their overall quality of life during palliative care.

105/T4/SY: Harnessing AI in Psycho-Oncology: Clinical Applications For Future Practitioners

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ABSTRACT: Background: The integration of artificial intelligence (AI) into psycho-oncological care represents a significant advancement in addressing the psychological and emotional challenges faced by cancer patients. Psycho-oncology, a field dedicated to the mental well-being of individuals affected by cancer, is evolving with the advent of AI technologies, which offer new possibilities for enhancing patient support and intervention strategies. For clinical and counselling psychology students, understanding these advancements is critical. AI serves not as a replacement for human empathy and therapeutic expertise but as a tool to augment psychological assessment and intervention. For instance, AI algorithms can assist in the early detection of psychological distress by analysing patient data, thus enabling timely and targeted interventions. Additionally, AI-driven platforms can facilitate the personalization of therapeutic approaches, tailoring support to each patient's unique psychological needs and preferences. This symposium will delve into these developments, offering insights into how AI can be seamlessly integrated into clinical practice. It will also address the ethical and practical considerations that accompany the use of AI in a

therapeutic setting. As future practitioners, students must engage with these emerging technologies while maintaining a commitment to the core principles of clinical psychology, including empathy, ethical care, and the therapeutic alliance. Through a series of research-based discussions and practical examples, this symposium will equip participants with the knowledge and skills needed to navigate the evolving landscape of psycho-oncological interventions. The aim is to foster a deeper understanding of how AI can support and enhance clinical practice, ensuring that psychological care for cancer patients remains both effective and compassionate. **Aims & Objective of the Symposium:** To introduce AI concepts in psycho-oncology and explore their relevance to clinical and counselling psychology. To discuss the role of AI in early detection and risk assessment of psychological distress in cancer patients. To highlight the integration of AI for personalizing psycho-oncological interventions, using case studies and research findings. To explore the ethical implications and challenges of using AI in a therapeutic setting. To equip students with practical knowledge and strategies for utilizing AI while emphasizing the importance of empathy and human connection in clinical practice. **Outcomes:** Participants will gain a foundational understanding of AI applications in psycho-oncology relevant to clinical and counselling psychology. Attendees will understand how AI can aid in the early detection of psychological distress, leading to more effective interventions. Participants will understand how AI can personalize therapy while recognizing the importance of maintaining human-centred care. Students will engage in discussions about ethical challenges and develop strategies for integrating AI into their future clinical work.

106/T4/SY: Beyond Diagnosis: The Essential Role of Clinical Psychologists in Oncology Care

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ABSTRACT: Background: Cancer remains one of the leading causes of morbidity and mortality worldwide, with an estimated 18.1 million new cases and 9.6 million cancer-related deaths globally in 2020. In India, cancer incidence is rising rapidly, with over 1.1 million new cases and 0.7 million deaths recorded annually. The role of clinical psychologists in the management of cancer patients is recognized as an essential component of care. It involves a multidisciplinary approach where clinical psychologists have a pivotal role in addressing the psychological impact of cancer.

This symposium will bring together experts from various therapeutic backgrounds in cancer management. Key areas of focus will include the following: Highlighting the importance of psychological assessments in cancer patients. Emphasizing on how disclosure varies as per different age groups. Emphasizing role of psychological interventions in reliving cancer-related distress. Focus on new trends in cancer management by psycho-oncologists

Session Structure: The symposium will feature four speakers and one moderator, each discussing role and responsibility of clinical psychologists in cancer care to improve quality of life among patients. Overall, the symposium will highlight the evidence based approaches in the identification, assessment and intervention of psychological needs of cancer patients.

Speaker 1: *Essentials of Psychological Assessments in Cancer Care*: Psycho-oncological assessment helps to identify and address the psychological, behavioural and social issues that

patients and their families face. These assessments can help clinical psychologists identify cognitive challenges such as memory or concentration difficulties; evaluate emotional distress that is therapist uses specialized tools to identify psychological challenges related to the cancer experience and to determine individual needs.

Speaker 2: ***The Art of Disclosing Information to Cancer Patients:*** Disclosing a cancer diagnosis extends beyond delivering medical facts—it involves providing compassionate care that addresses the emotional and psychological impact on the patient and their family. Cancer is life-changing, and the news often evokes strong emotions such as fear, sadness, or even denial. Hence, the approach to disclosure requires to be tailored to the individual age and developmental stage, ensuring the message is communicated in an appropriate and sensitive way. In this context, a clinical psychologist plays a crucial role. They help in dealing with the processing of emotional reaction, offering guidance, emotional support, and coping strategies to help them navigate the overwhelming news. By providing a compassionate and steady presence, psychologists help individuals better understand the diagnosis, explore their options, and find a sense of emotional balance during a challenging time.

Speaker 3: ***Evidence-Based Psychological Interventions for Cancer Patients:*** Standardized psychological interventions are essential in managing the multifaceted psychological needs of cancer patients. Key approaches include Cognitive Behavioral Therapy (CBT) for anxiety and depression, Mindfulness-Based Stress Reduction (MBSR) for resilience, and Acceptance and Commitment Therapy (ACT) for distress tolerance. Existential models and logotherapy support meaning-making, while trauma-informed approaches address trauma and grief. Dance and movement therapy offer expressive outlets, and for pediatric patients, play therapy and sand/clay therapy provide developmentally appropriate ways to process emotions. Supportive-expressive therapy, psycho-oncology support groups, and guided imagery further reduce stress. Together, these interventions enhance holistic care, improving quality of life, resilience, and well-being.

Speaker 4: ***New Trends in Cancer Care:*** Despite the traditional role of clinical psychologists in cancer care, they are required to upgrade their skills in relation to newer trends in the field of psycho-oncology. Role of holistic treatment such as reducing caregiver burden, community awareness programs on cancer care, psychosexual issues among cancer patients and their partners, training and supervision of clinical psychologists and many more need to be taken into consideration by the professionals. Moreover clinical psychologists play an important role in managing anxieties related to treatment, finances, family planning, technology. She will also present challenges in delivering psychological services to the patient.

130/T4/SY/: Multidisciplinary Perspectives on Geriatric Oncology: Collaborative Strategies for Comprehensive Patient Management

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ABSTRACT: The percentage of the older population is rapidly rising. With improvements in diagnostics and therapeutics, the incidence and prevalence of chronic and non-communicable diseases are rising with oncologic diseases being one of them. Management of older patients is complicated because of multiple chronic diseases, polypharmacy, and presence of multiple geriatric syndromes. Also there is a paucity of literature, as most of the studies are either done

in younger population or older healthy population and results are extrapolated to older frail patients, who are predominantly the intended population. Their holistic management needs multidisciplinary intervention. This symposium will explore comprehensive and multidisciplinary approaches to manage cancer in older adults, addressing the unique challenges they face.

Speaker 1: Introduction to geriatric oncology (GO):

Since older patients have highly variable health status, need for proper integration of an oncologic and geriatric approach is increasingly becoming clear. This session will discuss about need of geriatric oncology, its current status in India and internationally, impact of geriatric assessment based interventions and "Geriatric 5Ms" framework to manage older patient's care.

Speaker 2: Comprehensive geriatric assessment (CGA) and multimorbidity management

ASCO recommends that all patients aged 65 years or more receiving chemotherapy should undergo geriatric assessment to identify geriatric vulnerabilities that are not routinely captured in oncology assessments. Managing an older patient with cancer and other comorbidities is a challenge. This session will give insight on CGA, different scales and focus on strategies to optimize management of multimorbidities.

Speaker 3: Epidemiology of geriatric oncology cancers

With increase in life expectancy of population, percentage of older population is rapidly rising. Cancer incidence in India is increasing, termed as cancer tsunami. There are several challenges in geriatric oncology practice in India, with shortage of trained doctors and uneven distribution of cancer care centers in India. This session will discuss burden of geriatric cancers in India to improve awareness.

Case-Based Panel Discussion:
Moderator: Dr. Nidhi Soni

Panelists: Dr. Akash Jaiswal, Dr Atul Batra, Dr. Namrata, Dr. Preethy Karthiresan, Dr. Alka Mohan, Dr. Richa Goswami

ABSTRACT: The case of an older patient with cancer will be presented followed by a discussion on how to evaluate and plan management of this patient who presented with different symptoms, functional impairment, impairment in multiple domains, difficulty in adjusting to the new diagnosis, and high caregiver burden. Discussion will also include other important aspects like vaccination, preventive health care, and different models of delivery for geriatric oncology care.

131/T4/SY: Holistic Healing in Oncology

Author(s): Seema Wilson, Dr. Veena Sharma, Dr. Vijay Prasad Barre
Chairperson: Mrs. Aditi Prashant Sinha

ABSTRACT:

Speaker 1: ***Continuity of care-ensuring family care across oncology setting:*** Continuity of care is a critical component in the oncology setting, ensuring that patients and their families receive seamless and coordinated care throughout the cancer journey. This concept encompasses consistent communication, comprehensive care planning, and the integration of multidisciplinary teams to address the physical, emotional, and psychosocial needs of patients. By maintaining continuity, healthcare providers can improve patient outcomes, enhance the quality of life, and provide better support to families. Ensuring continuity of care involves regular follow-ups, effective transition management between different care settings, and

involving family members in the care process to foster a supportive and cohesive care environment. This approach not only helps in managing the complexities of cancer treatment but also in addressing the long-term survivorship needs and palliative care, ultimately leading to a holistic and patient-centered care experience. In oncology, continuity of care is essential not only for the patient but also for their family, who often plays a central role in supporting their loved one through treatment and recovery. Cancer treatment involves complex medical regimens, which can be overwhelming for patients and their families. Ensuring continuity of care across oncology settings—whether inpatient, outpatient, or at home—helps provide consistent, coordinated support to patients and their families, improving emotional and psychological well-being while enhancing treatment outcomes. Family caregivers often face significant challenges in navigating the healthcare system, managing medical information, and providing day-to-day care. By integrating family care into the oncology treatment plan, healthcare teams can ensure that caregivers have the resources, knowledge, and support they need. This includes educating families about the cancer diagnosis, treatment options, potential side effects, and coping strategies. Furthermore, ensuring continuity of care means fostering clear communication between all providers involved in the patient's care, including oncologists, nurses, social workers, and palliative care teams. Regular follow-ups and care coordination can prevent fragmented care, reduce stress, and improve the family's ability to manage caregiving responsibilities effectively. As cancer treatment increasingly focuses on personalized care, including mental health support and palliative care,
ensuring that families receive consistent guidance is crucial. By acknowledging the family's integral role and providing them with the tools they need, healthcare providers can promote a supportive environment that benefits both the patient and their loved ones throughout the oncology journey.

Speaker 2: ***Insight in to health challenges faced by cancer patients:*** Cancer patients face a myriad of health challenges that extend beyond the primary diagnosis and treatment. These challenges encompass physical, emotional, and social dimensions, significantly impacting their quality of life. Physically, patients often endure side effects from treatments such as chemotherapy, radiation, and surgery, including fatigue, pain, nausea, and immunosuppression. Additionally, there are long-term effects and secondary health issues that may arise post-treatment, such as cardiovascular problems or secondary cancers. Emotionally, the diagnosis and treatment journey can lead to psychological distress, anxiety, depression, and a sense of isolation. The stigma associated with cancer and the fear of recurrence further exacerbate these emotional challenges. Socially, cancer patients might experience changes in their roles and relationships, financial strain due to medical expenses and loss of income, and difficulties in maintaining employ mentor social activities. Effective management of these multifaceted health challenges requires a comprehensive, multidisciplinary approach that includes medical, psychological, and social support. Addressing these needs holistically is essential for improving the overall well-being and quality of life for cancer patients.

Speaker 3: ***Fostering a positive mindset: for maintaining quality of life:*** Fostering a positive mindset is crucial for maintaining the quality of life among cancer patients. A positive outlook can significantly influence physical health, emotional well-being, and overall resilience during the cancer journey. Encouraging optimism, hope, and proactive coping strategies helps patients navigate the challenges of diagnosis and treatment more effectively. Psychological interventions, such as cognitive-behavioral therapy, mindfulness practices, and support groups, are vital in building and sustaining a positive mindset. Additionally, providing a supportive environment through family, friends, and healthcare professionals enhances patients emotional resilience. Empowering patients with knowledge, involving the mind decision-making, and celebrating small victories further contribute to a positive mindset. This holistic approach not only improves mental health but also has been shown to positively impact treatment outcomes and overall quality of life. The multifaceted approach in fostering a positive mindset.

1. Psychological Support:
   Cognitive-behavioral therapy (CBT)
   Mindfulness and Relaxation Techniques
   Positive Affirmations
2. Social Support
   Support Groups
   Family and Friends
   Education and Empowerment
   Information Sessions
   Goal Setting
3. Physical Activities
   Exercise Programs
   Recreational Activities
4. Professional Counseling
   Individual Therapy
   Couples and Family Therapy
5. Spiritual and Holistic Practices
   Holistic Therapies: Integrating practices like acupuncture, aromatherapy, and massage therapy can promote relaxation and reduce stress.
6. Healthcare Provider Involvement
   Patient-Centered Communication
   Integrated Care Teams

Speaker 4: ***Utilization of government programmes for cancer patients:*** Cancer remains a significant public health challenge in India, with over 1.41 million new cases and approximately 916827 deaths reported in the year 2022. Breast cancer is the leading cancer among females and lip/oral cavity cancer in males. The National Cancer Control Programme (NCCP) of India was initiated in 1975-76 to address the growing cancer burden through prevention, early detection, and treatment. Subsequently, the programme has evolved, incorporating advanced strategies such as tobacco control, infrastructure development, and integration with other healthcare initiatives. The establishment of Regional Cancer Centres (RCCs) has enhanced access to specialized care. Furthermore, schemes like Ayushman Bharat and the National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases, and Stroke (NPCDCS) have strengthened the delivery of cancer care at primary and tertiary levels. Public-private partnerships, advancements in technology, and awareness campaigns have played pivotal roles in improving outcomes. Despite these efforts, challenges such as inequitable access, inadequate workforce, and late-stage diagnoses persist, necessitating a more robust and inclusive approach to cancer control in India.

The financial burden of cancer treatment is immense, with out-of-pocket expenditure (OOPE) accounting for nearly 70% of healthcare costs. This often forces patients, particularly from low-income families, to forgo or delay treatment. Late diagnosis, insufficient awareness, and lifestyle risk factors, such as tobacco use, further exacerbate this burden. From the patient’s perspective, high indirect costs such as travel, accommodation, and income loss compound financial distress. To address these challenges, the Government of India has implemented several financial assistance schemes, including the Rashtriya Arogya Nidhi (RAN), Health Minister’s Discretionary Fund (HMDF), and the Prime Minister’s National Relief Fund (PMNRF). These programs provide monetary aid for cancer treatment, particularly for Below Poverty Line (BPL) families and vulnerable populations. Additionally, national initiatives like the Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana (PM-JAY) and various state-level health insurance schemes aim to reduce direct and indirect treatment costs. The PM-JAY alone has covered over 26 lakh cancer treatment procedures, providing significant financial relief. State-level schemes, such as Andhra Pradesh’s Dr. YSR Aarogyasri and Kerala’s Karunya Benevolent Fund, the Chief Minister’s Relief Funds in states like Maharashtra, Tamil Nadu, and Rajasthan, etc. have further enhanced accessibility to cancer care.

Government programmes and financial assistance schemes have critical in alleviating the cancer burden. There is a need for targeted interventions, such as streamlining application processes, increasing awareness, and improving infrastructure. Addressing these gaps can enhance the accessibility and effectiveness of government programs, ensuring equitable and affordable cancer care for all.

ORAL PAPER PRESENTATIONS

79/T4/OP/A1-3: Navigating Cancer Caregiving: Preparedness, Emotional Regulation, and Impact on Mental Health

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ABSTRACT: Background Family caregivers of cancer patients often feel unprepared for the significant physical and psychological demands of caregiving (Pucciarelli et al., 2014). Emotional regulation and feeling prepared for caregiving can enhance the experience of providing care and shield the family from unfavourable outcomes (Henriksson et al., 2015). Aim This study investigates the relationship between preparedness for caregiving and emotion regulation difficulties among cancer caregivers. Methodology Caregivers of cancer patients (N=100) at a tertiary care institution were assessed using a sociodemographic proforma, Preparedness for Caregiving Scale, and Difficulties in Emotion Regulation Scale to assess caregivers' preparedness and emotional regulation challenges. Results A significant negative correlation was observed between preparedness for caregiving (ranging from -0.269 to -0.276) and various aspects of emotion regulation, suggesting that higher preparedness is associated with lower levels of emotional distress. Conversely, difficulties in emotion regulation were strongly interconnected, with non-acceptance of emotions ($r = 0.745$), limited access to coping strategies ($r = 0.934$), and problems with impulse control ($r = 0.871$) and goal-directed behaviour ($r = 0.845$) being central to this construct. Regression analysis confirmed preparedness for caregiving as a significant predictor of overall emotion regulation difficulties (pvalue = .006), explaining a substantial portion of the variance (regression sum of squares = 2278.473). Conclusion Preparedness for caregiving is significantly associated with lower levels of emotional distress in caregivers of cancer patients. These findings underscore the need for interventions that enhance caregivers' preparedness and target specific emotion regulation difficulties to improve their overall well-being.

Keywords: Psycho-oncology, Caregiving, Emotional regulation

81/T4/OP/A1-0: Burnout in Medical Officers and Paramedical Staff of Oncology Department and Intervention Outcomes.

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ABSTRACT: Burnout is psychological condition characterized by emotional exhaustion, overwhelming workloads, strained workplace relationships, and the Medical Profession is uniquely challenging and comes with significant personal pressures, Factors such as prolonged patient care, the emotional toll of supporting those with severe illnesses, and limited decision-making authority compound their stress, leading to higher burnout scores. AIM This study underscores the significant burnout levels among medical professionals, and impact of interventions on burnout levels particularly within oncology, Method A survey method using burnout questionnaire was conducted among all the Medical Officers (MO) and nursing staff of three oncology hospital followed by 3 months individual and group intervention followed by second survey using same questionnaire to assess the impact of intervention. Results The data reveals that paramedical staff exhibits a mean burnout score of 56.33 ± 7.76, compared to doctors at 45.01 ± 4.53. In oncology, these figures are even more pronounced; nurses have the highest burnout score at 71 ± 7.94, while medical officers also show elevated levels at 58.21 ± 6.95. These findings suggest that the emotional and workload-related demands in oncology have a particularly strong impact on burnout. The effectiveness of intervention strategies was also assessed, with notable results after three months. MO showed a 51% reduction in burnout scores with mean of 40.1 ± 6.94 whereas nursing staff experienced a 34% decrease with mean of 56.1 ± 16.94 Conclusion: Addressing burnout in high-stress medical fields like oncology is essential interventions can significantly reduce burnout, additional support may be required for nursing staff to reach comparable improvements.

Keywords: Burnout, Medical officers, Nurses, Intervention

82/T4/OP/A1-0: Psychological Impact of Advance Directives and Living Wills in End-of-Life Cancer Patients

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ABSTRACT: Background: Advance directives and living wills are crucial in end-of-life planning, particularly for cancer patients, as they provide clear instructions on treatment preferences. These documents aim to uphold patient autonomy and alleviate decision-making burdens on families. However, their psychological impact on patients, particularly in reducing anxiety and promoting peace of mind, remains under-explored (Brinkman-Stoppelenburg et al., 2014). **Aim**: This study aims to examine the psychological effects of having an advance directive or living will on end-of-life cancer patients, specifically assessing levels of anxiety, emotional relief, and perceived control over their treatment decisions. **Method**: A quantitative, cross-sectional survey was conducted among end-of-life cancer patients in palliative care settings. Patients with and without advance directives were surveyed using standardized psychological assessment tools, such as the Generalized Anxiety Disorder7 (GAD-7) scale and the Peace, Equanimity, and Acceptance in the Cancer Experience (PEACE) scale. Data analysis employed descriptive and inferential statistics to compare psychological outcomes between the two groups. **Results**: Findings suggest that patients with advance directives or living wills report significantly lower anxiety levels and greater emotional comfort than those without. Approximately 68% of patients with directives expressed a sense of control over their end-of-life care, contributing to a more peaceful acceptance of their prognosis**. Conclusion**: The presence of advance directives and living wills appears to have a positive psychological impact on end-of-life cancer patients, supporting their emotional well-being and autonomy. This underscores the need for healthcare providers to encourage advanced care planning as a means to improve patient quality of life in palliative settings.

Keywords: end-of-life care, psychological impact, cancer patients

82/T4/OP/A1-0: Development and Validation of a Psycho-Oncology Scale for Assessing Distress and Quality of Life in Cancer Patients

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ABSTRACT: Background: Psycho-oncology focuses on understanding and addressing the psychological, emotional, and social aspects of cancer care. While various tools exist for measuring distress and quality of life (QoL) in oncology patients, gaps remain in their ability to holistically capture patient experiences. This study aims to develop and validate a novel psycho-oncology scale to assess distress and QoL in cancer patients comprehensively. **Methods:** The study is being conducted in two phases. In Phase I, qualitative data from interviews with oncology patients, caregivers, and psycho-oncology professionals informed the development of a preliminary 20-item questionnaire. Key domains included physical, emotional, social, functional, and spiritual well-being. In Phase II, the scale is undergoing expert review for content validity. A multidisciplinary panel comprising psycho-oncologists, clinical pharmacists, psychologists, oncologists, and biostatisticians is evaluating the questionnaire for clarity, relevance, and comprehensiveness. Factorization of questions is being performed to ensure alignment with the conceptual framework and to identify redundant or ambiguous items. Adjustments to the scale will be made based on expert consensus. **Preliminary Results:** Initial feedback from experts has indicated that the questionnaire adequately covers key domains relevant to distress and QoL in oncology patients. Modifications are being implemented to enhance the clarity of certain items and to ensure cultural and linguistic appropriateness. The expert review process will finalize the scale for subsequent validation in larger clinical settings. **Conclusions:** The novel psycho-oncology scale is undergoing rigorous expert evaluation to ensure its suitability as a tool for assessing distress and QoL in cancer patients. Once validated, the scale will provide a valuable resource for clinicians and researchers to address psycho-oncological needs comprehensively.

Keywords: Psycho-oncology, scale development, distress assessment, quality of life, expert validation

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86/T4/OP/A2-0: Suicidal Ideation and Risks of Self-Inflicted Injury in Cancer Patients: A Systematic Review

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ABSTRACT: Background: Advances in oncology have improved survival rates and treatments, but they also come with complex emotional struggles. Cancer patients are more likely to experience severe psychological distress due to the physical, emotional, and existential difficulties involved in diagnosis and treatment. Suicidal ideation and self-harm are critical issues in this population. **Aim:** This review aims to determine the prevalence of suicidal ideation and self-inflicted injury among cancer patients across different cancer types and stages. It seeks to understand the efficacy of current interventions, such as social support groups and psycho-oncological assistance, in decreasing the risk of self-injurious behaviors and suicide among cancer patients. **Method:** A systematic literature search using the PRISMA model was conducted across multiple databases, including PubMed, PsycINFO, and Scopus, for 50 studies published from 2010 to 2024 that examine suicidal ideation and self-injurious behaviors in cancer patients. **Result:** The results showed that cancer patients show higher tendencies of suicidal nature compared to the general population, with a 13% higher suicidal prevalence. The overall suicidal risk rate increased by 1.85 times, with higher risks in old age patients, males, white people, people with advanced-stage cancers, and those with any mental health condition or poor socioeconomic status. **Conclusion:** The review highlights the need for mental health assistance in oncology, but potential biases such as different evaluations of self-harm or suicidal thoughts in study design and technique could potentially impair the reliability of the results. Mental health support is essential in holistic cancer care, as psychosocial factors may lower suicide risk and increase the quality of life for cancer patients

Keywords: Cancer Patients, Psycho-oncology, Self Harm, Suicide

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133/T4/OP: Navigating End-of-Life Care: A Pilot Study on Family Perspectives and Caregiver Burden

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ABSTRACT: Background: EOLC (End-of-Life Care) is a critical aspect of healthcare, yet family perceptions and caregiver burdens often remain insufficient attention. Caregivers, while playing an essential role in providing comfort and support, face emotional, physical, and financial challenges that affect their well-being and the quality of care. These often-overlooked experiences can significantly impact the effectiveness of EOLC delivery. **Aim:** The study aims to assess family perceptions regarding end-of-life care and the caregiver burden among families of terminally ill oncology patients. **Method:** This descriptive cross-sectional Pilot study was conducted at AIIMS, New Delhi & NCI -Jhajjar. A total of 25 family members(caregivers) of terminally ill oncology patients were selected through purposive sampling. Data were collected using the Family Perception Care Scale (FPCS), a validated tool that evaluates care perceptions, and the Zarit Burden Interview Scale, a widely used instrument for assessing caregiver burden. Descriptive statistics were employed to summarize the findings. **Results**: The study revealed that 68% of families reported high satisfaction with decision-making and EOLC quality, while 32% expressed dissatisfaction, highlighting communication and emotional support as areas needing improvement. Among caregivers, 56% experienced moderate to high burden levels, and 28% reported severe emotional and physical strain. Financial stress contributed significantly to caregiver burden in 48% of cases. The findings underscore the urgent need for better coordination between care teams and families to ensure effective EOLC delivery. **Conclusions**: The study's conclusions are promising, underscoring the potential impact of more substantial family support, improved communication, and enhanced care team coordination. These measures have the potential to significantly reduce caregiver burden and improve the quality of EOLC for terminally ill patients, offering hope for better end-of-life care in the future.

Keywords - end-of-life care, family perceptions, caregiver burden

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137/T4/OP: The Impact of Cancer Treatment on Psychological well-being and Sexual Wellness in the Indian Cultural Context

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ABSTRACT: Background: Cancer treatments such as surgery, chemotherapy, and radiation therapy can lead to significant physical and psychological changes. However, the impact of cancer treatment on psychological well-being and sexual health within the Indian cultural context remains underexplored. This study investigates the psychological and sexual health of cancer patients and survivors in India, considering cultural influences that may affect their experiences. **Aim:** This study aimed to assess the psychological well-being and sexual wellness of cancer survivors in comparison to non-cancer individuals. It also sought to identify cultural barriers that influence survivors' ability to address these issues, with a focus on developing culturally sensitive support strategies. **Method:** A cross-sectional design was employed, focusing exclusively on cancer survivors who had completed treatment at least six months prior. Psychological well-being was assessed using the Depression, Anxiety, and Stress Scale (DASS), while sexual health was evaluated through the Female Sexual Function Index (FSFI) for women and the International Index of Erectile Function (IIEF) for men. Statistical analyses compared outcomes across genders and identified significant trends. **Results:** The findings revealed substantial psychological distress and sexual dysfunction among cancer survivors. Over 50% of participants experienced high levels of depression and anxiety, while approximately 70% reported significant challenges in sexual function. Women exhibited higher levels of psychological distress compared to men and faced pronounced cultural barriers in addressing sexual health concerns. A strong correlation was identified between psychological distress and sexual dysfunction, highlighting the interconnectedness of these domains. **Conclusion:** Cancer treatment significantly impacts psychological well-being and sexual health, with cultural factors in India amplifying these effects. The findings underscore the urgent need for culturally sensitive interventions, such as gender-specific counseling and integrated survivorship programs, to address these multifaceted challenges. Such initiatives are vital for improving the overall quality of life and holistic recovery of cancer survivors.

Keywords: Cancer Treatment, Psychological Well-being, Sexual Health, Indian Cultural Context, Cancer Survivors

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140/T4/OP: Integrating Psychological, Social and Spiritual Needs to Enhance Quality of Life through Holistic Palliative Care: A Comprehensive Literature Review

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ABSTRACT: Palliative care is the approach which aims to improve the quality of life and well-being of the adults and children who are suffering from life-threatening illness. It also helps in preventing and relieving the sufferings by screening out the symptoms at the earliest stage, using the right assessments and providing the interventions at the right time. The present study is based on the comprehensive literature review derived from the holistic approach to care in enhancing the quality of life by integrating the psychological, social and spiritual dimensions. The studies published between 2014-2024 were sourced from the databases such as SCOPUS, PsycINFO and PubMed. The selected 45 studies aimed at the effectiveness of interventions such as CBT, mindfulness-based practices, social support systems and spiritual counselling in the field of palliative care. The findings suggest that integrating these dimensions significantly enhances QoL in palliative care, offering a patient-centered approach. The psychological aspect of care is vital in managing emotional distress, anxiety, and depression, which are commonly experienced by palliative care patients and their caregivers. Social support significantly contributes to emotional resilience and reduces the sense of isolation faced by patients. Spiritual care helps the patients find meaning, purpose, and peace at the end of life, addressing existential concerns and fostering spiritual well-being.This review identifies gaps in the literature, such as the limited implementation of spiritual care and a lack of culturally tailored interventions in diverse populations. Recommendations include the development of standardized frameworks for holistic palliative care, greater emphasis on caregiver support, and the need for culturally sensitive approaches in delivering spiritual care.

Keywords: Palliative Care, Quality of Life, Psychological Interventions, Social Support, Spiritual Care, Holistic Care, Comprehensive Literature Review

POSTER PAPER PRESENTATIONS

78/T4/PP/A: Experiences of primary caregivers of palliative cancer patients

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ABSTRACT: The psycho-social issues vary in India, which, compared to Western ideals of hospice care with organized services for palliation and terminal care, also include family members as primary caregivers with limited formalized support systems in place. In this context, the study investigates experiences of the primary caregivers of Indian palliative cancer patients regarding specific psychological and emotional burdens that a primary caregiver may face in such a setting. Given that family-based care is the most prevalent method, caregivers experience a great amount of stress, anxiety, and burnout associated with long-term caregiving duties. This present study has used focus group discussions as a precursor to developing an in-depth questionnaire in an attempt to understand the very complex experiences of caregivers. Through a phenomenological framework, the study seeks to uncover prevalent themes such as emotional resilience, coping mechanisms, perceived social and medical support and specific cultural factors influencing the caregiving experience, while also delving into their perceptions of what the patient is experiencing. Thematic analysis will be applied to identify patterns in the responses, providing insight into the mental health needs of caregivers and the existing or lacking support structures. This research aims to inform policy recommendations and improvements in caregiver support within India's palliative care system, underscoring the importance of accessible resources for family caregivers navigating the complexities of palliative cancer care.

Keywords: Primary caregivers, palliative cancer care, India

80/T4/PP/A1-1: Expressive Arts Therapy in Geriatric Oncology Patients - A Meta-Analysis

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ABSTRACT: Expressive Arts therapy utilizes creativity, as a tool for mental and emotional healing and expression. It uses multiple creative art modalities, including music, dance, sculpting, writing, and visual arts. It may be helpful for people who feel uncomfortable with touch or talk therapies. Over the last decade, there has been an increasing focus on the effect of expressive arts therapy on oncological patients. Expressive Arts therapy helps explore difficult and confused thoughts that come with being a cancer patient. However, the scientific evidence is still limited. In this study, we conduct a meta-analytic review of the effect of expressive arts therapy on Geriatric oncological patients. A systematic literature search yielded 30 research articles, out of which 20 research articles met the criteria for inclusion. The criteria applied: 1) Usage of Expressive Arts Therapy (Painting, music, dance, and writing) interventions, 2) Patients must be geriatric(over the age of 65) and 3) Expressive Arts Therapy Interventions must be used on Oncological patients. Results showed that expressive arts therapy had a positive effect on the psychological and emotional issues (anxiety, loneliness, sadness, stress, worry, and hopelessness) experienced by cancer patients. Thus, the use of expressive arts therapy may help in expressing emotions, improving relationships, dealing with pain or discomfort, and controlling anxiety, depression, or low self-esteem that comes with medical treatment of cancer. Arts therapy can help cancer patients feel more in control of their life and diagnosis.

Keywords: Expressive Arts Therapy, Oncological patients, Meta-analysis

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83/T4/PP/A1-1: In-betweenness in 'Grieving': Ambiguous loss experiences of Cancer Caregivers, Psychosocial Impact and Intervention Strategies-A Review Research

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ABSTRACT: Cancer being a life threatening, chronic, illness not only re-shapes the physical but the psychological world of the sufferer and the caregivers. In the current times, the psychosocial impact on the caregivers is given much needed attention in the literature but the grieving and ambiguity of the psychological existence of the caregivers is still a neglected part of the literature worldwide. During the caregiving period, the caregivers go through an uncertain process of emotional, psychological, social vulnerability and one such dimension of this existence is the experience of ambiguous loss wherein with the breaking of the bad news and with the course of this pervasive illness, there is a psychological death of the patient. As Pauline boss says, “there but not there.”, this psychological absence of the person being physically present can create a sense of loss and grieving, whose impact and experiences still need to be explored more in research. This review will focus on the present literature around what ambiguous loss is, what role it plays in the construction and deconstruction of the lives of caregivers, the experience of ambiguous loss of caregivers, how it psychosocially impacts the life and grieving process even when there is no physical death of the patient, the present interventions strategies & future suggestions. This review will pave the way for further research in the domain of providing psychosocial support to caregivers during the grieving process.

Keywords: cancer, ambiguous loss, caregiver

84/T4/PP/A1-2: Perceptions of Oncologists about Compassion in End-of-Life Care: A Qualitative Study.

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ABSTRACT: Background: Compassion is essential in End-of-life (EOL) care, involving understanding, empathy, and support for patients and families during a vulnerable time. It enhances the quality of care by addressing physical, emotional, psychological, and spiritual needs and helps alleviate suffering by being present, listening, and providing comfort. With the increasing incidence of cancer in India, caring for individuals with terminal illnesses has been one of the most demanding and stressful healthcare professions, and oncologists are amongst the frontline care providers for individuals with terminal cancer. **Aim:** The study aimed to explore and understand the perspectives of oncologists about compassion in EOL care. **Method:** A qualitative study design was employed. 8 Consultant-level oncologists participated in in-depth interviews. The data was obtained using purposive and snowball sampling methods and analysed using thematic analysis. **Result:** Using thematic analysis, 143 codes were generated, of which 16 sub-themes and four major themes were created. The major themes identified were – the origins and understanding of compassion, sustaining compassion in EOL care, barriers to compassion in EOL care, and essential qualities in EOL care. **Conclusion:** The study provides an innovative understanding about components compassion from the oncologists' perspective. Areas that would benefit from improvement include management at a systemic level to reduce the barriers toward personal and professional well-being; this shall not only enhance the compassionate care toward patients but also improve the professional's compassion toward self. Furthermore, they may benefit from supportive interventions targeting 'self-compassion' if they were to improve their patient's quality of life, by improving their own quality of life.

Keywords: Compassion, EOL care, Oncologists, perceptions, terminal illness

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85/T4/PP/A2-0: Mental Health Challenges Faced By Cancer Patients: A Review

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ABSTRACT: Background: The intersection of psychology and oncology is critical for addressing the emotional and mental health challenges such as anxiety, depression, post-traumatic stress disorder and comorbidity of other psychological disorders faced by cancer patients. Research indicates that 30-50% of cancer patients experience significant psychological distress which can impact treatment adherence and quality of life. **Aim:** To study a variety of mental health challenges faced by cancer patients along with effective interventions in the field of psych-oncology. **Method:** Systemic review is done by selecting studies concerning mental health challenges amongst cancer patients of all ages. **Result:** The key findings helped reveal that sleep disturbances in hospitalized children with cancer are associated with psychiatric comorbidities, including anxiety and depression. Along with this, high rates of depression and anxiety in cancer patients have also been observed. Factors such as lack of social support and disease progression were major contributors to mental health challenges. Cancer patients with coexisting alcohol use disorder are at heightened risk of mental health decline, delayed treatment, and poor prognosis. Women with breast cancer experience fear, body image issues, and anxiety about recurrence, which adversely impact mental health. We also found reduced anxiety in cancer patients by providing timely psychological support. **Conclusion:** Screening for mental health issues and early psychological intervention improve treatment adherence and quality of life. Addressing sleep issues and hospital environments is crucial for pediatric cancer patients. Integrating addiction treatment within oncology care can improve outcomes. Cognitive-behavioral therapy (CBT) and peer support groups effectively reduce psychological distress. Comprehensive mental health programs in oncology enhance emotional well-being, compliance, and survival rates.

Keywords: mental health challenges, cancer patients, interventions

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118/T4/PP/1-2: Patients' Perception of Dignity and Death at End-of-Life

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ABSTRACT: Background: End-of-life cancer in India suffers a multitude of healthcare and community-level hardships. Lack of patient perspective and active participation in life-threatening cancer care is a major public health concern in India. **Method:** Using purposive sampling, two female patients (50 years and 55 years respectively) with life-limiting cancer, hailing from Bengali background, and a lower (V) to lower-middle (III) socioeconomic class, as per the Modified Kuppuswamy Socioeconomic Status Scale (2023), were recruited from the OPD of Chittaranjan National Cancer Institute (CNCI), Kolkata, West Bengal, India. In-depth interviews about their 'lived' experience of their diagnosis and related care were conducted. Interpretative Phenomenological Analysis (IPA) by Smith et al (2009) was used to interpret the data. **Results:** Four superordinate themes were elicited viz. A) Role of Finance B) Health care and Dignity C) Trauma to Self and D) Community Support which encompassed the following subordinate themes viz. (1) Finance and freedom to personalized/dignified care, 2) Health care as a custodian of dignity and dying, 3) Death planning-- a right to autonomy at end of life, 4) Self compassion– barrier to dignity loss/hopelessness, 5) Cancer stigma, 6) Patient / Caregiver - Physician relationship moderating death anxiety, 7) Cancer death - a collective trauma, 8) Public funding and financial freedom and dignity, 9) Absence of Community Support and Social Death. Conclusion: Patient involvement is a means to address societal expectations about the transparency and accountability of clinical practice and health care. For cancer patients, active participation can enhance perceived dignity and autonomy in patienthood in end-of-life. Conversations about everyday death, dying, and grief should be made common to recognise death as having value.

Keywords: End-of-life care, Patient Opinion, Terminal Cancer, Phenomenology, India

TRACK 5

MODELS OF ONCOLOGY & INDIAN SYSTEM OF MIND-BODY FOCUSED MODELS


NCPO 2025
AIIMS NEW DELHI

ORAL PAPER PRESENTATIONS

25/T5/OP/A2-2: Exploring the integral role of occupational therapy in psycho-oncology: A comprehensive review of the literature

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ABSTRACT: Occupational therapy plays a vital role in psycho-oncology by addressing the psychosocial and functional challenges faced by individual with cancer. The primary goal is to enhance the quality of life (QOL) and functional independence of patient throughout their cancer journey. This literature review delves into the evolving landscape of OT within the realm of psycho oncology. With a focus on psychosocial wellbeing of individual navigating the challenges of cancer. This review aims to synthesize existing literature to illuminate the multifaceted contribution of OT. The exploration encompasses various dimensions including the foster resilience, copping skills and an enhanced sense of meaning and purpose in life. Methodologically conduct on extensive search across major academic data bases including PubMed, CDC, NIH, and Reserchgate.net. Critical Evaluation identifies gapes in current literature emphasizing the need for further research to inform evidenced based practice in this dynamic intersection of OT and Psycho-oncology, it was found that OT interventions is very effective in managing the associated psychological symptoms in cancer patients. This review contributes to the understanding of how OT intervention can be optimized to meet the need of individual in the psycho-oncology context.

Keywords: Occupational therapy, psycho-oncology, Cancer Rehabilitation

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87/T5/OP/A1-0: Manasika Prakruthi and Psychological Distress: A Study On Cancer Patients And Survivors In Kerala

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ABSTRACT: Background: Cancer is a complex illness that impacts both physical and psychological health, with individual reactions to diagnosis and treatment varying widely. Factors such as financial status, social support, and personality traits play crucial roles in coping with these challenges. In Ayurveda, understanding a person's psychological makeup, or "Manasika Prakruthi," which is influenced by the attributes of the mind—Satva, Rajas, and Tamas—is essential before treatment. The dominant Guna affects how individuals perceive stress and manage their coping strategies. **Aim**: This study investigates the relationship between Manasika Prakruthi, represented by the three Gunas—Sattva, Rajas, and Tamas—and psychological distress in cancer patients. **Method**: Employing a quantitative approach, 84 cancer patients attempted the questionnaires, receiving 76 complete responses. Where 25 were male and 51 were female, with an average age of 53.28**.** **Result**: The results show that individuals with a Sattvic constitution experienced lower distress levels (Mean = 8.53) compared to those with Rajasic (Mean = 11) and Tamasic (Mean = 19) constitutions. Spearman's correlation analysis indicated a strong negative correlation between Sattva and distress ($r = -0.616$, $p < 0.001$), further linear regression with an $R^2 = 0.315$ p-value of 0.001 This means that about 31.5% of the variation in stress can be explained by variations in Satva. In other words, Satva accounts for roughly one-third of the differences in stress levels among individuals. While this is a moderate effect size, it suggests that Satva is a relevant factor in predicting stress. **Conclusion**: The study bridges ancient Ayurvedic principles with contemporary psychological frameworks, advocating for a holistic approach to cancer care that addresses emotional and physical dimensions, ultimately contributing to improved patient outcomes and quality of life. Future research should further explore the intersections of personality, psychological distress, and cancer treatment.

Keywords: Manasika Prakruthi, Psychological Distress, Cancer Patients, Sattva, Rajas, Tamas, Ayurveda, Emotional Resilience, Indian Knowledge

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88/T5/OP/A1-0: Improving Well-Being Using Yoga and Meditation-Based Interventions For Cancer Patients, Survivors And Caregivers

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ABSTRACT: The World Health Organization predicts over 35 million new cancer cases annually by 2050, a 77% increase from the estimated 20 million cases in 2022. Cancer brings significant psychosocial concerns including anxiety, depression, body image issues, exhaustion, and difficulties coping with treatment side effects. In India, a shortage of psycho-oncologists limits comprehensive care that addresses both physical and psychological impacts, necessitating innovative interventions to support individuals' well-being. This study explores the integration of yoga and meditation-based interventions into psycho-oncological care, with a focus on improving the well-being of cancer patients, survivors, caregivers, and those in palliative care. Through an extensive literature review, it analyzes existing research on the efficacy of yoga and meditation in cancer care. Various studies demonstrate the efficacy of yoga and meditation interventions in stress reduction, lower mood disturbances, enhanced quality of life, better physical fitness, improved energy levels, reductions in sleep disturbances (Johns et al., 2019; Martin & Keats, 2014), among other benefits, suggesting their potential in enhancing overall well-being. Given yoga and meditation's deep-rooted presence in Indian tradition, integrating these practices into psycho-oncological care is crucial for creating culturally relevant support systems. This scoping review recommends further areas for research and implementation of structured programs to enhance holistic cancer care

Keywords: Yoga, Meditation, Integrative Cancer Care

90/T5/0P/A1-0: Neuroimaging and Radio-Diagnostics Psycho-Oncology Research

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ABSTRACT: Background: Psycho-oncology, a specialized area that focuses on the emotional, psychological, and behavioural components of cancer, has recently seen an increase of neuroimaging and radio diagnostics as highly effective techniques. The functioning of the brain can be greatly affected by cancer and its treatment, impacting neurological and psychological health. Integrating psychological examinations with neuroimaging techniques like Magnetic resonance imaging (MRI PET, and CT scanning gives us knowledge regarding the functional and structural changes in cancer patients' brains, providing a more understanding of their mental well-being. **Objectives:** Investigating the importance of neuroscience and radio-diagnostics in psychological oncology, particularly to determine how cancer and its therapies affect the activity of the brain, mental abilities and emotional processing, is the aim of this study. Additionally, the current research aims to improve methods for therapy and find biomarkers that are used for the early detection of neurological disorders. **Method:** This study includes neurological assessments like memory tests as well as quality of life interviews with advanced neuroimaging tools such as the use of Diffusion tensor imaging (DTI), functional Magnetic resonance imaging (fMRI), and PET scans of the brain. Considering the focus on individuals facing neurotoxicity therapies like treatment with chemotherapy or radiation, data has been collected from cancer patients at several stages of their treatment and recovery. **Results:** According to early research, Cancer treatments—especially chemotherapy—may cause functional and structural changes in the brain, such as a decrease in the quantity of gray matter and an alteration in the connectivity of neural pathways that affect memories and emotional control. Reported psychological and mental disorders have been associated with these modifications in neuroimaging. **Conclusion:** The brain's response to cancer and its management can be better understood through the use of neuroimaging and radio-diagnostics, which highlight the significance for early mental and psychological therapies. By integrating these tools into conventional medical treatment, related to cancer mental health problems might be treated more effectively, and the results for patients may improve.

Keywords: Radio-diagnostics, biomarkers, Neuroimaging techniques, Psychological oncology, and Cancer treatment

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91/T5/OP/A1-1: Effectiveness of Reading Scripture in ventilating Emotion Suffocation in Cancer Patient

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ABSTRACT: Emotional suffocation is a painful experience as it hampers the mental and physical progress of all concerned. Therefore, the present research focuses on ventilating the emotional suffocation of the cancer patients. A pre and post control group intervention was conducted over 20 cancer patients selected via purposive sampling from Shri Jagannath Chariatable Cancer Hospital, Duhai, Ghaziabad. For ventilating their emotional suffocation, a 30-day controlled psychological intervention involve reading scriptures from Bhagavat Gita was imparted to interventional subjects. Emotional suffocation / ventilation scale by Sandhuand Kaushik (2013) was used. The impact of psychological intervention was measured by comparing the experimental group from control group before the first intervention (pre-intervention), the second intervention (post-intervention) and after follow-up. Over time a significant reduction in level of emotional suffocation was observed in experimental group in comparison to control group. Mean (±standard deviation) pre-intervention emotional suffocation scores were decreased from 166.6 ± 5.40 to 95.4 ±9.13, post intervention. Similar results were obtained in follow-up, i.e. 99.6 ± 10.63 (emotional suffocation). The differences in mean scores of interventional and control groups of emotional suffocation were significant ($p < 0.001$, df = 18), suggesting that the psychological intervention involve reading scriptures from Bhagavat Gita had a major positive impact and effective in ventilating emotional suffocation of cancer patients.

Keywords: Emotional Suffocation and ventilation, Reading Scriptures

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95/T5/OP/A2-0: Challenges in Building Therapeutic Alliances with International Onco-patients

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ABSTRACT: Background cancer has emerged as a global health crisis. Beyond the physical burden, the diagnosis and treatment of cancer profoundly impact patients' psychological well-being. Psychological support is now recognized as an integral component of comprehensive oncology care, playing a pivotal role in enhancing patients' quality of life, treatment adherence, and overall outcomes. For international patients seeking cancer treatment in India, the need for psychological support is compounded by the added stressors of cultural displacement, language barriers, and unfamiliar healthcare systems. This highlights the critical role of clinical psychologists in establishing therapeutic alliances that address the emotional and cultural complexities of cross-border oncology care. **Aim:** To explore the specific challenges faced by clinical psychologists in establishing therapeutic alliances with international oncology patients and to identify strategies to overcome these barriers. **Method:** Data was collected through individual therapy sessions conducted with international oncology patients in a major Indian hospital. Thematic analysis was used to identify recurring challenges and effective strategies for fostering therapeutic relationships. **Results:** Challenges included language barriers, cultural differences, logistical constraints like short treatment durations, and reluctance to engage in therapy due to stigma. Psychologists often reminded patients of mortality and negative news, which heightened emotional strain. Constantly working with critically ill and dying patients, coupled with limited staff support and a lack of understanding of psychological work, further complicated care. Strategies such as cultural sensitivity, nonverbal communication, and collaboration with interpreters helped mitigate these issues. **Conclusion:** Comprehensive support, including cultural competence training and increased internal awareness of psychological care, is critical for improving therapeutic alliances and addressing the well-being of psychologists working in these demanding settings. Limitations of the study include the small sample size and the lack of longitudinal data to assess long-term

Keywords: Clinical psychologist, Psychological Support

97/T5/OP/A2-0: The Effects of Mindfulness-Based Meditation In The Treatment Of Breast Cancer: A Systematic Review

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ABSTRACT: Cancer is one of the leading causes of death worldwide. By 2050, the annual incidence is projected to rise to 35 million, driven by aging populations, lifestyle factors, and delayed detection. Every year in India, 8–9% of all deaths are caused by cancer. India accounts for approximately 14% of global breast cancer cases. Breast cancer accounts for 27% of all cancer diagnoses among Indian women, making it the most common type. Early detection rates remain low, contributing to higher mortality. The usage of mindfulness-based meditation has significantly increased in reducing the psychological symptoms of breast cancer in the last decade. These interventions helped to decrease the symptoms of stress, anxiety, depression, fatigue, etc. This study aims to examine the effects of mindfulness-based meditation in the treatment of breast cancer. A systematic search was conducted on 3 databases using (mindfulness-based meditation) AND (breast cancer) on 17. The articles that were included were evaluating the effect of mindfulness-based interventions and meditation in women diagnosed with breast cancer. Studies in English were included in this paper. All the studies point out the significant impact of mindfulness-based meditation in treating breast cancer. Data from India is limited, which highlights the need for more mindfulness-based meditation interventions in treating breast cancer in India. Enhancing access to such integrative interventions could complement traditional treatments and improve the quality of life for breast cancer patients in India

Keywords: mindfulness-based meditation, breast cancer, and psychological symptoms

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98/T5/OP/A2-0: Exploring the Brain-Cancer Connection: Imaging Tools in Psycho-Oncology Research

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ABSTRACT: Background: Cancer affects not just the body but also mental health, leading to challenges like depression, anxiety, and memory problems. Advanced brain imaging tools, like MRI and PET scans, help researchers understand how cancer and its treatments, like chemotherapy and radiation, change the brain and cause these issues. **Objectives:** This study looks at how imaging tools are used to study the effects of cancer and its treatments on the brain and mental health, focusing on emotional distress and cognitive (thinking and memory) problems. **Method:** A review of scientific articles was done to find studies that used brain imaging and radiological scans in cancer research. These studies were analyzed to see how they connect brain changes to mental health symptoms. **Results:** The research shows that cancer treatments can cause changes in the brain, such as shrinking of the hippocampus (important for memory), damage to white matter, and changes in activity in areas like the prefrontal cortex (involved in thinking) and amygdala (controls emotions). These changes are linked to problems like "chemo brain," depression, and anxiety. Combining imaging results with psychological tests helps us understand these challenges better. **Conclusions:** Imaging tools like MRI and

PET provide valuable information about how cancer and its treatments affect the brain and mental health. This can help doctors develop more personalized treatments for cancer patients in the future

Keywords: Brain Imaging, Cancer and Mental Health, Psycho-Oncology

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99/T5/OP/A2-0: The Role of Socio-Economic Factors In Shaping Risk Perception And Decision Making In Genetic Counselling Among Families Of Cancer Patients: A Comparative Study

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ABSTRACT: Background: The study delves into the extensive fear of Genetic Counselling (GC)among families of cancer patients in India, shedding insights into socioeconomic factors (SEF)which shape genetic risk perception and decision-making. GC provides an understanding into hereditary conditions, genetic risks, and potential health outcomes. SEFs taken into consideration are- Gross Annual Income, access to healthcare and Health Literacy. **Aim:** The purpose of this study is to look into how SEFs' affect families of cancer patients perceive risk and make decisions when considering GC. The study compares families from high and low socio-economic backgrounds in an effort to better understand attitudes towards genetic testing, preventive measures, and the decision-making process in general when managing hereditary cancer risk. **Method:** Employing a qualitative research design, the study utilizes purposive sampling to select families with a cancer history in India. Data will be collected through semi-structured in-depth interviews and analyzed using Interpretative Phenomenological Analysis (IPA). We aim to interview 100 families with higher and lower socio-economic backgrounds each. This approach facilitates an empathetic exploration into the emotional, psychological, financial and social intricacies of families with cancer history in India towards GC. **Expected Results and Conclusion:** The study emphasizes how SEFs have a major influence on cancer survivor families' perception and decision-making, regarding hereditary risk. Disparities in how genetic risk is perceived and managed arise from poorer socioeconomic status, which is linked to higher obstacles to receiving GC and lower health literacy. Informed decision-making can be achieved by addressing these inequities through clinical practices and changes, such as increasing access to genetic services and enhancing health literacy.

Keywords: Risk perception, decision-making, genetic counselling

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113/T5/OP/1-1: An Empirical Analysis: Efficacy of Psychological Intervention in Ontology

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ABSTRACT: The integration of psycho-oncology into standard cancer care is increasingly recognised as essential for comprehensive treatment. This empirical study examines the significance of incorporating psycho-oncologists alongside oncologists in the treatment process and argues for the mandatory inclusion of psycho-oncological services. Through a comprehensive literature review, this research explores the multifaceted aspects of psycho-oncology theoretically as well as practically. Keeping the above tenets in view, data is collected from secondary resources like journals, newspapers, books, articles, reviews of law and legislation, etc. The data is also collected through interviews with cancer patients from diverse age groups to understand their experiences, attitudes, and opinions. To understand the value of psycho-oncologists in depth, the participants were divided into two groups, one group of patients who received counselling from psycho-oncologists and the other group that did not. The participants for the interview were purposefully selected, and a total of 20 interviews were conducted, out of which 10 were those that received counselling and 10 that did not receive counselling. Results demonstrate that patients receiving psycho-oncological support exhibit significantly lower levels of anxiety and distress, and report higher satisfaction with their treatment plans compared to those who only receive standard oncological care. The presence of psycho-oncologists also aids in better communication between patients and oncologists, facilitating informed decision-making and improved coping strategies. Data highlight the critical role of psycho-oncologists in addressing the emotional and existential concerns of patients, thereby enhancing their resilience during treatment. This study argues that psycho-oncology should be made a mandatory component of cancer care to ensure holistic patient management, leading to improved emotional, psychological, and clinical outcomes. The findings support policy recommendations for the formal inclusion of psycho-oncologists in multidisciplinary oncology teams.

Keywords: psycho-oncology, interdisciplinary care, mental health, cancer treatment, patient-cantered care, oncology

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119/T5/OP/1-0: Bridging Cultures In Healthcare: Adaptation And Integration of Western and Asian Models of Care

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ABSTRACT: Background: Global healthcare systems increasingly face the challenge of delivering culturally relevant care. Western models focus on standardization and evidence-based practice, while Asian models emphasize holistic and collectivist approaches. This review explores strategies for adapting and validating these models to address diverse cultural contexts. **Aim:** To analyze the theoretical underpinnings of Western and Asian care models and propose a framework for their cultural adaptation and validation. **Method:** This paper reviews existing literature on healthcare models, focusing on their philosophical, methodological, and practical distinctions. Case studies and research findings on hybrid models were analyzed to identify effective adaptation strategies. **Results:** Findings indicate that culturally adapted care models improve patient satisfaction, treatment adherence, and overall well-being. Successful strategies include community engagement, pilot testing of interventions, cross-cultural training, and integrative approaches combining Western evidence-

based protocols with Asian holistic practices. **Conclusion:** Cultural adaptation and validation of care models is vital for equitable healthcare delivery. A hybrid framework incorporating the strengths of both Western and Asian systems can foster inclusive and effective care, addressing global health disparities.

POSTER PAPER PRESENTATIONS

89/T5/PP/A1-2: A Promising Role for Yoga in Integrative Oncology

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ABSTRACT: Background- The diagnosis and treatment of cancer can cause psychological distress and poor quality of life. Literature and research studies suggest that patients who cope with hopelessness or show depressive symptoms have poorer survival compared to those who do not. Mind body interventions like yoga and meditation, have been found to be useful in cancer patients to reduce symptom burden and distress. **Objective**: This narrative review aims to highlight the role of yoga in symptom management and improving quality of life in patients with Breast cancer. The review looks at studies that have been imparted during and after conventional treatment in survivorship. **Methodology**: A review of relevant data from PubMed index database were performed. A search using Clinical trial filters retrieved 216 articles in yoga meditation. Only RCTs were chosen for analyses. **Results:** Majority of the Studies had a small sample size, lack of active comparator control intervention and heterogeneity in patient population like stage, treatment, and interventions. However, majority of the studies showed benefit finding with both yoga and meditation intervention for perceived stress, mood states and quality of life outcomes. **Conclusion**: Despite small sample size in majority of the studies, few studies with large sample size and multi centric design have shown robust effects of yoga and meditation on these outcomes.

Keywords: Integrative oncology, yoga, meditation, anxiety and depression, cancer, Quality of life

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92/T5/PP/A1-1: The role of biofeedback, Yoga, And psychophysiological interventions In Managing cancer symptoms: A systematic review

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ABSTRACT: Effective symptom management is critical for improving the quality of life for cancer patients receiving therapy. The current systematic review investigates the effectiveness of biofeedback, yoga, and psychophysiological therapies in managing cancer-related symptoms such as pain, exhaustion, anxiety, and treatment-induced side effects. A systematic analysis of peer-reviewed studies published in the recent decade was performed, with an emphasis on clinical outcomes, intervention methods, and patient-reported changes. The review found that biofeedback has considerable benefits in lowering pain, nausea, and autonomic dysregulation. Yoga has frequently been shown to improve physical and emotional well-being, reduce fatigue, and increase flexibility and mindfulness. Psychophysiological therapies, such as relaxation techniques and stress management regimens, were found to improve sleep quality and psychological resilience. Despite the positive results, variations in intervention design, length, and sample characteristics underscored the need for consistent procedures and longitudinal research. The current study emphasizes the integrative potential of various non-pharmacological techniques as complementary to traditional cancer care. To enhance clinical utility, future research should focus on improving the efficacy of these therapies and investigating their scalability across varied patient populations

Keywords: Cancer symptom management, biofeedback, yoga, psychophysiology, integrative oncology, non-pharmacological interventions, and quality of life

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93/T5/PP/A1-0: Exploring Undergraduate Psychology Students' Understanding of Behavioural Oncology and Cancer Prevention in India

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ABSTRACT: Behavioural oncology is crucial for studying the psychological variables that influence cancer prevention, diagnosis, and treatment (Klein, W. M., 2014). The current study looks at undergraduate psychology students' awareness, views, and knowledge of behavioural oncology and cancer prevention in India, where cancer rates are rapidly increasing. A qualitative approach was used, with undergraduate and postgraduate psychology students taking part in focus group discussions. Quantitative data demonstrated a modest level of awareness, but considerable gaps in knowledge about the importance of lifestyle, mental health, and behaviour in cancer prevention.

Misconceptions, the influence of cultural attitudes, and a lack of academic knowledge in cancer were all highlighted by qualitative data. Students expressed a desire for curriculum integration and skill-building opportunities that address the psychological aspects of cancer care. The findings highlight the necessity of including behavioural oncology into psychology education to promote interdisciplinary collaboration and prepare future psychologists to contribute to cancer prevention and patient assistance. The study recommends targeted educational changes and awareness initiatives to improve understanding and preparedness in this vital area.

Keywords: Behavioural oncology, cancer prevention, psychology education, awareness, interdisciplinary collaboration, health psychology, curriculum development

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94/T5/PP/A2-0: Building Resilience In Hereditary Cancer: The Intersection Of Genetic Counseling, Psycho-Oncology And Personal Narratives

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ABSTRACT: Background: This paper examines the integration of genetic risk counseling, psycho-oncology, and narrative identity to promote resilience in individuals at risk for hereditary cancers. Genetic counselling helps patients understand hereditary cancer risks and make informed healthcare decisions (Biesecker et al., 2014; Bradbury et al., 2018). Psycho-oncology addresses the emotional challenges of cancer prevention, diagnosis, and survivorship (Holland et al., 2010). Narrative identity, the process of constructing meaning from life experiences, plays a key role in helping patients navigate genetic risks (McAdams, 2001; Adler et al., 2015). Together, these fields offer a holistic approach to emotional regulation and adaptive coping in individuals at risk for hereditary cancer (Frank, 2013). **Aim:** This paper explores how genetic risk counselling, psycho-oncology, and narrative identity intersect to enhance resilience in individuals with hereditary cancer risks. It examines the role of narrative approaches in improving coping strategies and psychological well-being, and recommends incorporating narrative-informed practices into genetic counselling**.** **Method:** A comprehensive review of literature was conducted, focusing on genetic counselling, emotional resilience, coping mechanisms, and narrative approaches to understand their role in meaning-making and resilience in individuals with hereditary cancer. **Result:** The review highlights that narrative-based interventions reduce psychological distress, improve emotional regulation, and foster resilience by helping individuals reframe their experiences with genetic risks. This integration promotes personalized care and enhances coping in individuals at risk for hereditary cancer. Conclusion: The integration of genetic counselling, psycho-oncology, and narrative identity supports resilience, adaptive coping, and meaning-making in individuals facing hereditary cancer risks, fostering empowerment and well-being.

Keywords: Genetic Risk Counselling, Narrative Identity, Psycho-oncology

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96/T5/PP/A1-0: Clinical Psychologists in Cancer Care: Roles, Training, and Opportunities

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ABSTRACT: The field of psycho-oncology presents a promising and impactful career path for clinical psychologists, emphasizing the integration of psychological care into cancer treatment. A cancer diagnosis significantly affects patients and their families, leading to emotional and physical challenges which can intensify during treatments. Clinical psychologists play an essential role in addressing these issues, employing evidence-based interventions, counseling, and emotional support to enhance resilience, alleviate distress, and improve patients' overall quality of life. In recent years, there has been a growing awareness of the psychosocial needs of cancer patients, resulting in the development of training programs for health professionals working in oncology. Recent studies have highlighted the importance of psychological interventions in cancer care. Smith and Lee (2022) found that the integration of clinical psychologists into oncology teams led to better patient satisfaction and treatment outcomes, particularly in managing the emotional challenges of cancer diagnoses. Despite these advancements, significant gaps remain, including a shortage of trained psychologists and a lack of standardized criteria for training in psycho-oncology. This paper examines the career opportunities and evolving responsibilities of clinical psychologists in cancer care, with a focus on their role within multidisciplinary teams. It also analyzes current training and educational frameworks, identifying areas for improvement and the need for globally uniform standards in psycho-oncology education. Data collection for this paper will involve an extensive analysis of peer-reviewed literature, focusing on studies related to psychological interventions and training in oncology. Thematic and quantitative analysis techniques will be used to synthesize findings and identify key trends in the integration of psychological care into cancer treatment.

Keywords: Cancer Care, Roles, Training, and Opportunities


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