



Reimagine: An Online, Self-management Curriculum for Cancer Survivors

Pfizer Final Report
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Study Rationale

- Pain is a common and devastating symptom of cancer and impacts well-being
- Depression and fatigue often co-exist
- Mind/body therapies such as relaxation, meditation and imagery are effective in the treatment of pain-related conditions
- Affordable and scalable interventions are needed for the cancer population

What We Did

Reimagine

- ✓ Delivered curriculum via online meetings & videos
- ✓ Taught solution-focused thinking & mind/body skills



The Trial

- Recruited cancer survivors with chronic pain from Duke & Susan Love's Army of Women
- Randomized to Reimagine versus usual care
- Collected outcome data at baseline and 18 weeks
- Assessed changes in pain, depression, and fatigue

Our Results

- A total of 190 cancer patients & survivors completed study
- Participants were:
 - Mean age: 55.1±11.1 years
 - 90% female; 84% white race; 68% breast cancer
 - Mean time since diagnosis: 5.2 ± 5.8 years
- Army of Women Reimagine vs. usual care group reported:
 - Greater reductions in depression and fatigue (p<.05)
 - Lesser number of missed clinic appointments (p<.05)
- A large majority (94%) recommend Reimagine to others

Conclusions & Lessons Learned

- Reimagine had a positive effect on important health outcomes for the Army of Women participants
- Study limitations
 1. High drop-out rate among Duke participants who were likely sicker (i.e., receiving active treatment)
 2. Majority of breast cancer participants limits the generalizability of these findings to other cancer populations
- A future trial among post-treatment survivors is next step

We are very grateful for Pfizer support!