

## **Methodological guidelines to develop and evaluate an intervention in psycho-oncology**

### **Chair and facilitators:**

Kristopher Lamore, PhD

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Kristopher Lamore, PhD, is a researcher in psycho-oncology at the SCALab laboratory of the University of Lille and the ONCOLille Institute (France). He is also the recipient of the research chair opsyrii “innovations in psycho-oncology and interventional research” (<https://opsyrii.univ-lille.fr>). Over the last ten years, his work focused on the study of factors associated with the adjustment of patients and relatives to cancer (e.g., dyadic coping, quality of life, sexuality, shared decision-making); and (2) the development and evaluation of interventions for patients and relatives. Dr Lamore is also the editor-in-chief of the French scientific review *Psycho-Oncologie* (Lavoisier).

Valentyn Fournier, PhD

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Valentyn Fournier, PhD, is a postdoctoral fellow in psycho-oncology at the SCALab laboratory of the University of Lille and the ONCOLille Institute (France). His research projects aim to study psychosocial determinants of the impact of cancer to identify the levers of action to support patients and their relatives. Over his research contract, his work focused on identifying the literature about digital interventions in psycho-oncology, their methodological quality, and their effectiveness to support patients and caregivers. This work allows him to participate to the development of an evidence-based digital intervention in psycho-oncology.

### **Description of workshop and learning objectives**

For the past decade, psycho-oncology research has focused on cancer’s impact on patients and relatives, and on these individuals’ efforts to cope with the disease. Individuals’ needs and difficulties are thus more and more known, helping clinicians to support cancer patients and families. This has also led to the development of new interventions to support the ones in need. However, the effectiveness of these interventions is sometimes not assessed, or the interventions are designed with bias. The objective of this workshop will be methodological and is designed to support researchers to identify opportunities for developing, evaluating, and implementing new interventions that can create disruptive and transformational change in psychosocial outcomes. The workshop will present and discuss: (1) methodological frameworks that can be used to develop an intervention in psycho-oncology, as well as the main methodological recommendations to design an intervention, (2) current obstacles in trial methodologies, (3) patient partnership, and (4) how to expand the reach, capacity, and impact of trials in the field. Participants will learn about developing effective psychosocial interventions in oncology and conducting high-quality studies through an interactive workshop and training activities.