



Emotional Freedom Techniques (EFT) for self-reported Cancer-Related Cognitive Impairment (sr-CRCI)

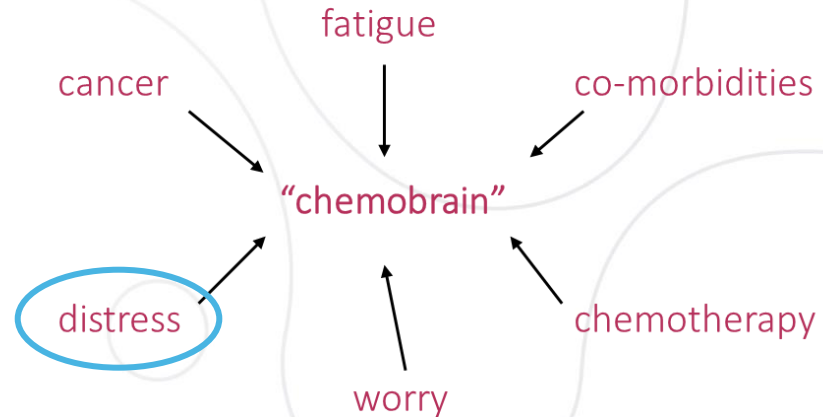
A multicentre randomized wait-list controlled trial
on behalf of the BSMO Cancer Survivorship Task Force

Laura Tack



Cancer-related Cognitive Impairment

- Changes or impairments in cognitive function associated with a cancer diagnosis and/or its treatment
- Associated with comprised quality of life and impaired social and occupational functioning
- Acquired cognitive impairment



Emotional Freedom Techniques (EFT)

- Self-relaxation method
- Developed for anxiety disorders
- Cognitive component: psychological tool
- Somatic component: acupressure points

Conditioned response
Induces tolerance to the stimulus that causes anxiety



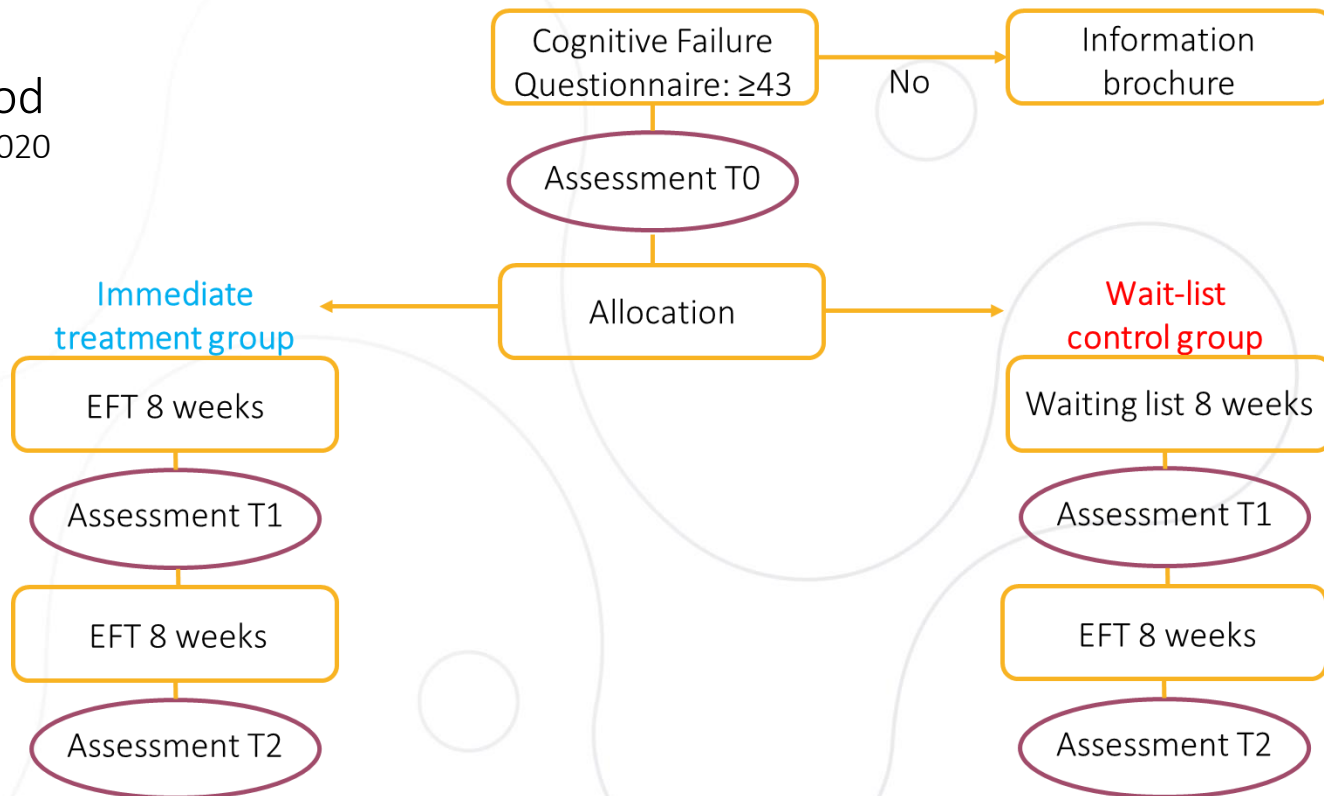
Even though I feel ... ,
I deeply and completely
accept how I feel

EMOTICON: trial design

- Recruitment period
October 2016 – March 2020

- Randomisation

- Age
- Centre
- Gender
- Treatment

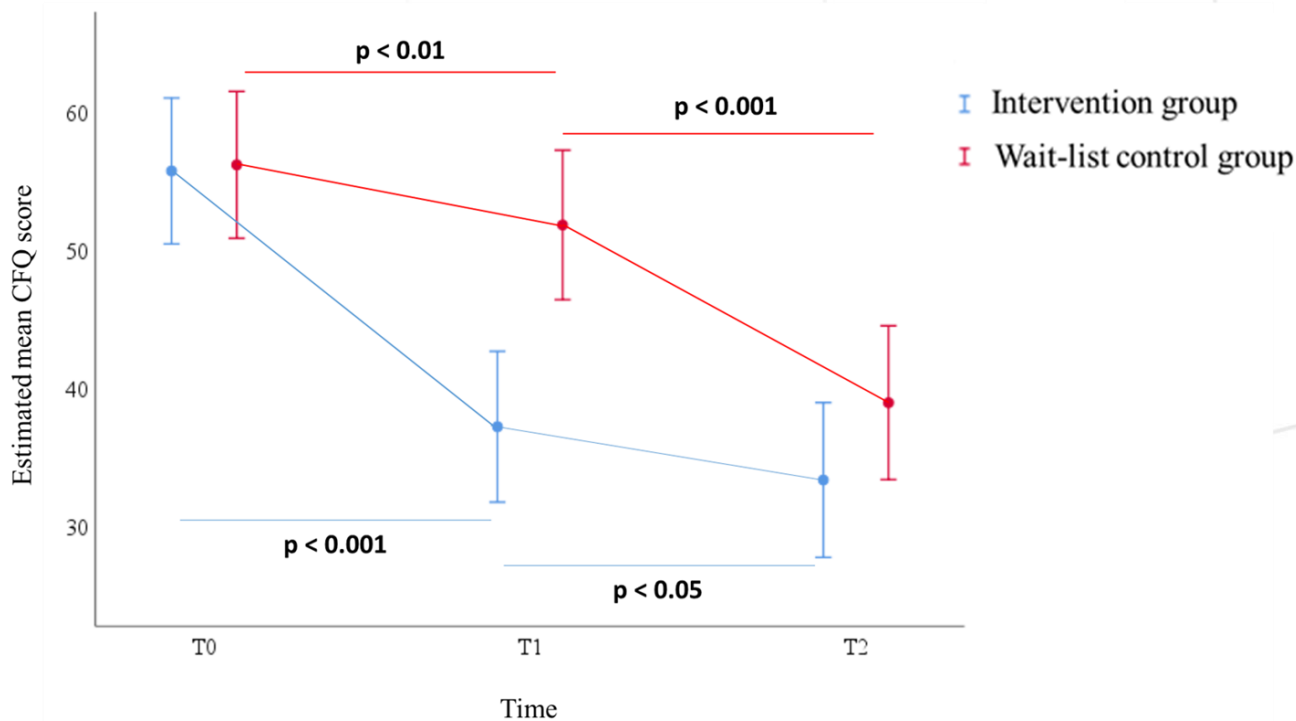




EMOTICON: objectives

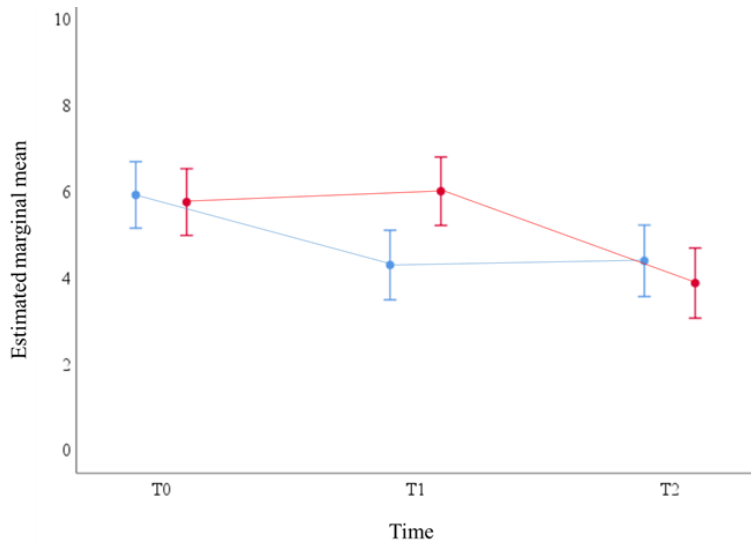
- Primary objective: examine **efficacy of EFT** to reduce subjective cognitive complaints, as determined through the **Cognitive Failure Questionnaire**, in cancer survivors
- Secondary objectives:
 - Psychological Distress Distress thermometer
 - Fatigue FACIT fatigue scale
 - Quality of life EORTC QLQ-C30
 - Health status EuroQol EQ-5D-5L
 - Effect on patients' professional lives
 - Comparison of the efficacy of EFT between younger and older cancer patients
 - Prevalence and predictors of sr-CRCI in cancer survivors

EFT is an effective intervention to reduce subjective CRCI

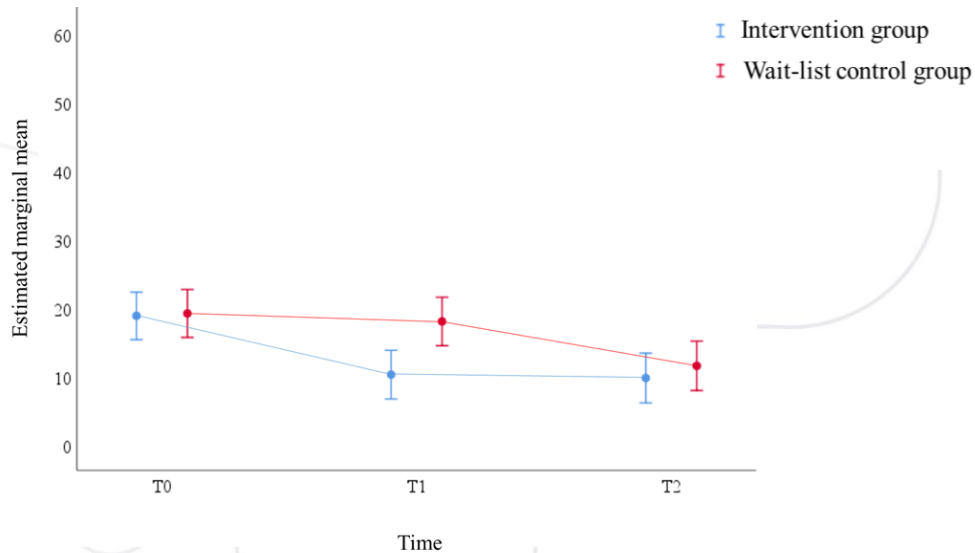


EFT improves distress and depressive symptoms

Distress thermometer

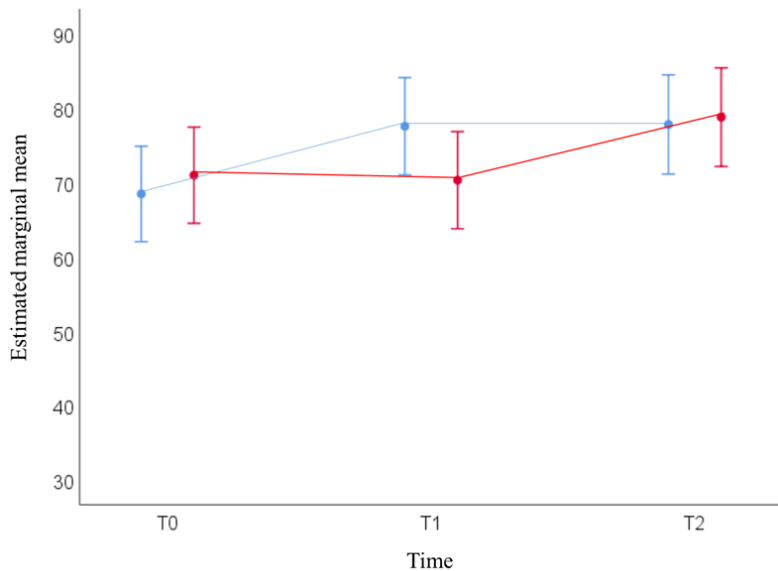


Beck Depression Inventory II

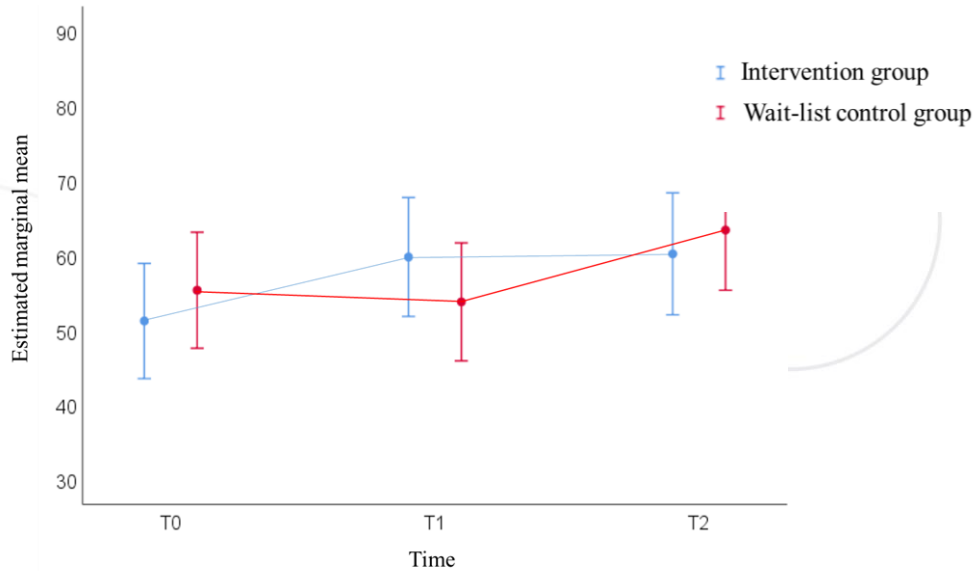


EFT improves overall health related QoL (EORTC QLQ-C30)

Summary Score



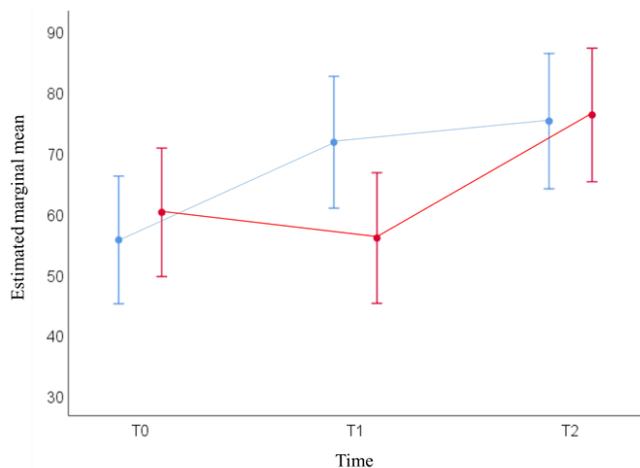
Global Health Status



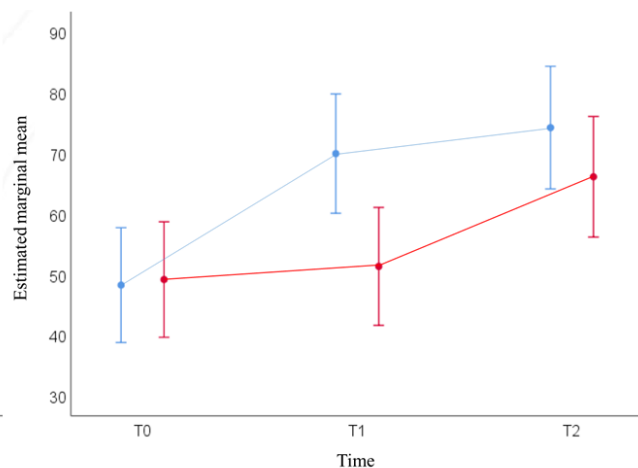
EFT improves emotional, cognitive and social functioning (EORTC QLQ-C30)

- Intervention group
- Wait-list control group

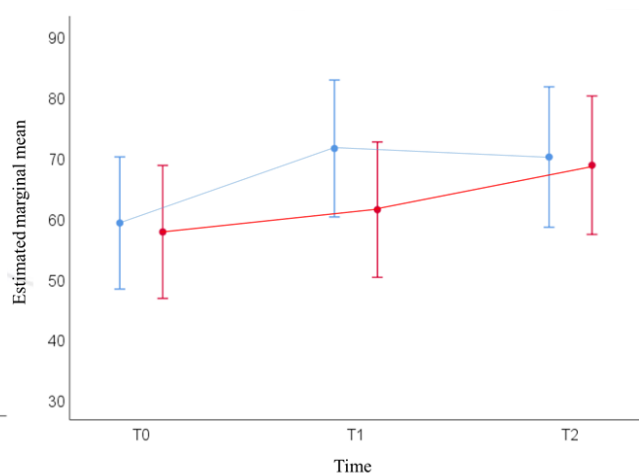
Emotional functioning



Cognitive functioning



Social functioning





Conclusion

- Emotional Freedom Techniques
 - Effective treatment strategy for self-reported cancer-related cognitive impairment
 - Safe, low cost and low threshold intervention, easy to implement in clinical practice
 - Implementation project is foreseen
 - Future projects on the use of EFT for psychosocial symptoms



BSMO Survivorship Task Force

- **Dr. Christine Langenaeken [Chair]** **AZ KLINA, Brasschaat**
- Dr. Frank Cornelis
Cliniques Universitaires St Luc, UCL
- Pr. Annie Drowart
Institut Jules Bordet, Brussels
- Pr. Jean Klastersky
Institut Jules Bordet, Brussels
- **Dr. Christel Fontaine** **UZ Brussel, Brussels**
- **Pr. Philip Debruyne** **az groeninge, Kortrijk**
- Dr. Vincent Verschaeve
GHDC, Charleroi
- Dr. Florence Van Ryckeghem
AZ Glorieux, Ronse
- Pr. Jeroen Mebis
Jessa Ziekenhuis, Hasselt





Special thanks to our patients, co-workers,
colleagues and sponsors

EClinicalMedicine

Published by THE LANCET

VOLUME 39, 101081, SEPTEMBER 01, 2021

A randomised wait-list controlled trial to evaluate Emotional Freedom Techniques for self-reported cancer-related cognitive impairment in cancer survivors (EMOTICON)

[Laura Tack](#) • [Tessa Lefebvre](#) • [Michelle Lycke](#) • [Christine Langenaeken](#) • [Christel Fontaine](#) • [Marleen Borms](#) • [Marianne Hanssens](#) • [Christel Knops](#) • [Kathleen Meryck](#) • [Tom Boterberg](#) • [Hans Pottel](#) • [Patricia Schofield](#) • [Philip R. Debruyne](#)   • [Show less](#)

Open Access • Published: August 18, 2021 • DOI: <https://doi.org/10.1016/j.eclinm.2021.101081>

[https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370\(21\)00361-8/fulltext](https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370(21)00361-8/fulltext)

Thank you for your attention

