

## Breast Cancer Now webinar series

### Fear of cancer recurrence (FCR) in people with breast cancer – useful resources

#### **Breast Cancer Now resources:**

- [Breast cancer recurrence | Breast Cancer Now](#)
- [Diet, lifestyle and breast cancer recurrence | Breast Cancer Now](#)
- [Coping with breast cancer emotionally | Breast Cancer Now](#)

#### **Useful resources:**

Future Dreams Charity- Life after cancer hub

<https://futuresdreams.org.uk/category/life-after-cancer-hub/>

Cruickshank et al. A feasibility study of the Mini-AFTER telephone intervention for the management of fear of recurrence in breast Cancer survivors: a mixed methods study protocol, BMC Pilot and Feasibility Studies <http://rdcu.be/ul5m>

Cruickshank et al. Specialist breast cancer nurses' views on implementing a fear of cancer recurrence intervention in practice: a mixed methods study. Supportive Care in Cancer, 28 (1), 201-210, <http://dx.doi.org/10.1007/s00520-019-04762-9>

McHale et al. Pilot and Feasibility Studies (2024) 10:3  
<https://doi.org/10.1186/s40814-023-01431-x>

McHale et al. (2020) A controlled pilot trial of a nurse-led intervention (Mini-AFTERc) to manage fear of cancer recurrence in patients affected by breast cancer, Pilot and Feasibility Studies 6, 60  
<https://doi.org/10.1186/s40814-020-00610-4>

Lebel, S., Ozakinci, G., Humphris, G. et al. From normal response to clinical problem: definition and clinical features of fear of cancer recurrence. Support Care Cancer 24, 3265–3268 (2016). <https://doi.org/10.1007/s00520-016-3272-5>

Mutsaers B, Butow P, Dinkel A, et al. Identifying the key characteristics of clinical fear of cancer recurrence: An international Delphi study. Psycho-oncology 2020;29(2):430-36. <https://doi.org/10.1002/pon.5283>

Lebel S, Ozakinci G, Humphris G, et al. Current state, and future prospects of research on fear of cancer recurrence. *Psychooncology* 2017;26(4):424-27.

Luigjes-Huizer L, Tauber NM, Humphris G et al. (2022) What is the prevalence of fear of cancer recurrence in cancer survivors and patients? A systematic review and individual participant data meta-analysis  
<https://doi.org/10.1002/pon.5921>

Pradhan, Poorva & Sharpe, Louise & Menzies, Rachel. (2021). Towards a Stepped Care Model for Managing Fear of Cancer Recurrence or Progression in Cancer Survivors. *Cancer Management and Research*. Volume 13. 8953-8965. <https://doi.org/10.2147/CMAR.S294114>.

Séguin Leclair, C., Lebel, S., & Westmaas, J. L. (2019). The relationship between fear of cancer recurrence and health behaviors: A nationwide longitudinal study of cancer survivors. *Health Psychology*, 38(7), 596–605.  
<https://doi.org/10.1037/hea0000754>

Stewart RJ, Humphris GM, Donaldson J and Cruickshank S (2021) Does Cancer Type Influence the Impact of Recurrence? A Review of the Experience of Patients with Breast or Prostate Cancer Recurrence. *Front. Psychol.* 12:635660. <https://doi.org/10.3389/fpsyg.2021.635660>

### **Breast Cancer Now services:**

- [Moving Forward | Breast Cancer Now](#)
- [Someone Like Me \(breastcancer.org\)](https://breastcancer.org)