

A Critical Consideration of a Distraction-Based Coping Intervention for Women Waiting for Genetic Risk Information.

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Count to 50, imagining the numbers in your head

Background	Theory-based Intervention
- A distraction-based coping intervention for women waiting for genetic risk information by Phelps et al (2006). - Individuals may experience psychological distress whilst waiting to learn what their cancer risk is (Phelps et al. 2006). - Distraction has proven effective in reducing distress across a range of health conditions (Phelps et al. 2006).	- The intervention was based on the transactional theory of stress and coping (Folkman and Lazarus. 1988) - The intervention included the development of a distraction-based leaflet. The leaflet includes information on how to 'get through the waiting period' (Phelps et al. 2006). - Several distraction techniques that the reader may find useful to control their worries (see table 1).
Things you can think	Things you can do
Count to 50, whilst imagining the numbers in your head	Talk to someone about anything other than the worry on your mind
Think of a calm or favourite place	Absorb yourself in something interesting or fun to do
Thinking of a holiday or other enjoyable times	Take some exercise

Table 1: A table of distraction techniques (Phelps et al. 2006)

<u>Development and Evaluation of Intervention</u>	<u>Methodological Critique</u>	<u>Impact</u>
<u>Study one:</u> - To explore acceptability and usage of the intervention through focus group methodology on fifteen women. - Participants believed it was an effective intervention (Phelps. 2006). <u>Study two:</u> - Pilot randomized controlled trial to explore the psychological impact of the intervention (Bennett et al. 2007). - Results showed no overall effect; however, this does not mean that the intervention was not effective.	<u>Study one</u> - Focused group methodology was appropriate for this stage of the intervention. - Thematic analysis helped identify important factors about individual experiences. - Genetic counsellor in presence of meetings. - Wasn't much generalisability <u>Study two</u> - Appropriate follow-up study from study one. - Randomization reduces bias. - Impact of event scale has been shown to have strong psychometric properties (Thewes. 2001) - Good sample size - Wasn't much generalisability	<u>Strengths:</u> - Easily applicable and cost effective. - Easily adaptable (Phelps et al. 2015). - Has proved to be effective for those with high levels of distress in the short term (Bennett. 2007). <u>Limitations:</u> - Distraction may prevent the absorption of important information. (Phelps et al. 2006). - Doesn't describe long term effects. - Could be anxiety provoking for those with no distress prior to intervention. <u>Future recommendations:</u> - Compare other coping interventions to the distraction-based intervention.