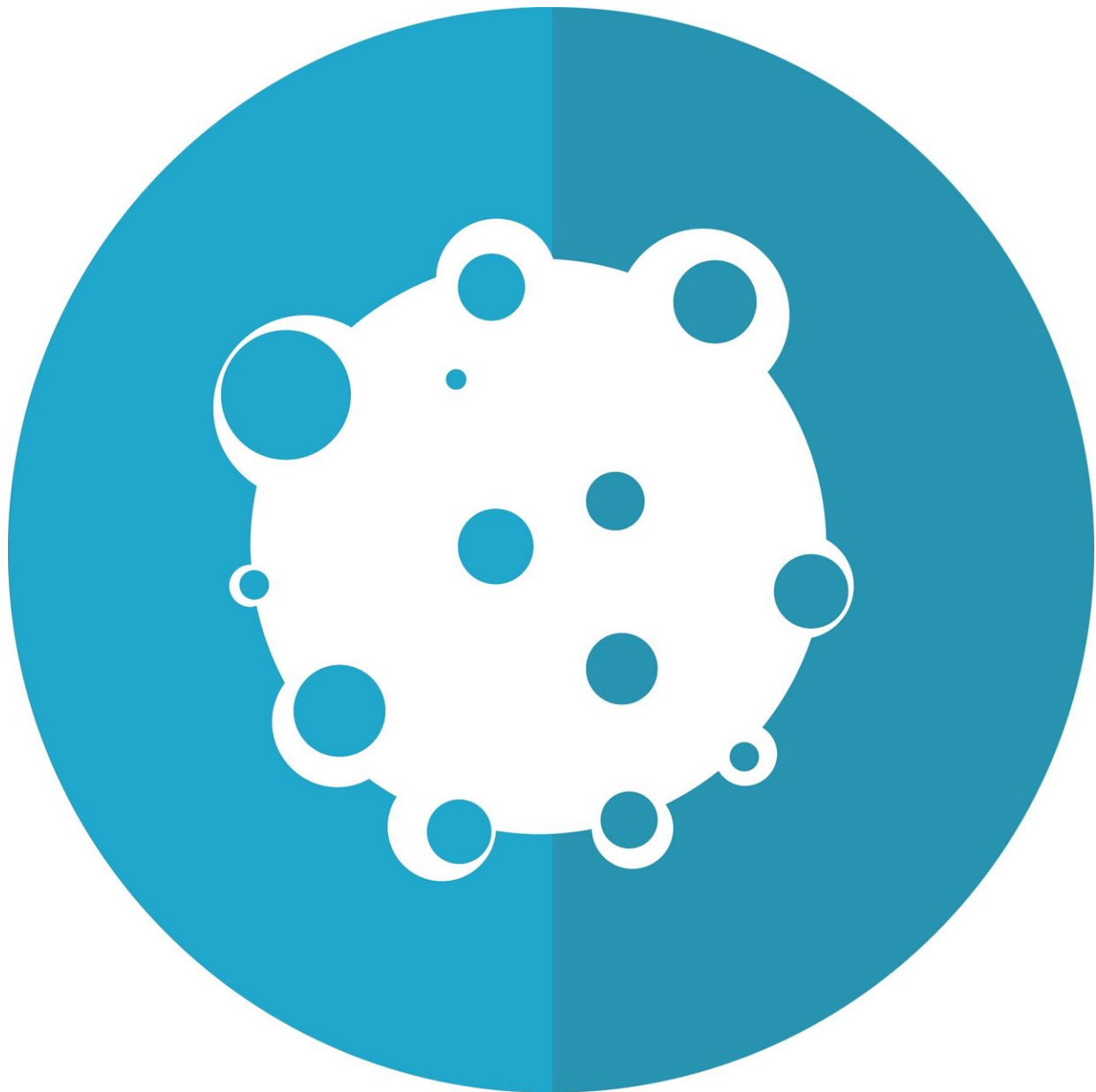


# Cognitive behavioral therapy found to have clear benefits for cancer survivors

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A recent analysis of all relevant published studies reveals clear benefits of cognitive behavioral therapy (CBT) for improving mental health and quality of life in cancer survivors. The findings, which are published in *Cancer Medicine*, extend CBT's effects beyond what has long been known in the general population.

For the analysis, investigators uncovered 132 [clinical trials](#) comparing CBT with controls, including standard therapy, waitlist control, or active/alternative therapy.

Across the trials, CBT moderately improved [mental health](#) and [quality of life](#) in people with past or current cancer, regardless of cancer type. It seemed to have stronger effects in younger individuals. In-person CBT also appeared more effective than delivering CBT through technology such as web-based videoconference platforms.

"In addition to confirming the general benefit of CBT for individuals with cancer, this study unveiled important nuances of how CBT can be most effective and for which populations. This has major clinical implications for supportive oncology providers," said corresponding author Anao Zhang, Ph.D., of the University of Michigan.

**More information:** The Efficacy of Cognitive Behavioral Therapy for Mental Health and Quality of Life amongst Individuals Diagnosed with Cancer: A Systematic Review and Meta-Analysis, *Cancer Medicine* (2024). [DOI: 10.1002/cam4.70063](https://doi.org/10.1002/cam4.70063)

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