

Wellness Coaching Study Finds Long Term Benefits for Cancer Survivors

For Immediate Release

Wednesday, January 13, 2010

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Galloway Township , NJ- Life-saving cancer treatments have increased the number of cancer survivors living in the United States to nearly 12 million, yet the long-term side effects they often live with can significantly impact their health and quality of life.

New research published in the International Journal of Interdisciplinary Social Sciences and conducted by The Richard Stockton College of New Jersey, showed that wellness coaching, a relatively new type of health intervention, had significant, immediate, and lasting impact in reducing anxiety and depression, while simultaneously improving quality of life and increasing other healthy

Pam Schmid said, "Being a professional, I knew what I needed to do to be healthy and feel my best, yet so many obstacles came my way. I watched others struggle and saw no real support for them. Some health behaviors can reduce risk of recurrence or dying of their cancer as much as 50%. It's critical to support survivors to do the things they can do to not only improve their risks but to improve their quality of life."

In this observational cohort study of 30 breast, prostate, and colorectal cancer survivors, participants received six coaching sessions over a three month period. They were followed for a year after t