



# Brain Health in Breast Cancer Survivors

ONLINE RESEARCH STUDY

## What will you do?



### ONLINE ASSESSMENTS

- BrainHealth Index & ACE (approx 100 min)
- Up to 4 times (month 0, 3, 6, 9)



### DASHBOARD TRAINING (15 min/week)

- BrainHealth strategy instruction
- Application in your life



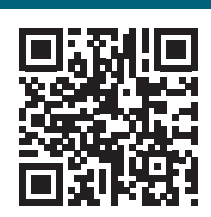
### COACHING

- Group Coaching (monthly, 45 min), topic-centered "brain workouts"
- Individual (quarterly, 20 min), general feedback on assessments

## Who is a good fit?

- ✓ Female breast cancer survivors (ages 28-80)
- ✓ Diagnosed within last 5 years, finished chemotherapy at least 6 months ago
- ✓ Have noticed changes in thinking since cancer diagnosis
- ✓ Interested in improving your brain health potential
- ✓ English-speaking with access to internet

Participants will be randomized into one of two groups (active and delayed-active). Both groups will complete the online assessments at baseline, 3 months, and 6 months; the delayed-active group will also complete an assessment at 9 months. The active group will immediately get access to online trainings in their dashboard and 45-minute group coaching calls (1/month). The delayed-active group will gain access after their 2nd (3 month) assessment. So both groups will have the opportunity to complete the training and experience at least 5 group coaching sessions.



## How do you register?

Scan the QR code or go to [redcap.utdallas.edu/surveys/](https://redcap.utdallas.edu/surveys/)

And enter code: **RDMJKCX7D**



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