



Brain Health in Breast Cancer Survivors

ONLINE RESEARCH STUDY

What will you do?



ONLINE ASSESSMENTS

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



DASHBOARD TRAINING (15 min/week)

- BrainHealth strategy instruction
- Application in your life



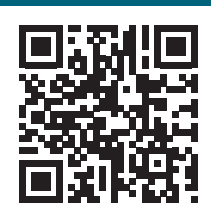
COACHING

- Group Coaching (1/month, 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
- ✓ 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 – (1) active and (2) delayed active. Both groups will complete the BrainHealth Index and questionnaires (approx 90 minutes) to establish a baseline, another at 3 months, and a third at 9 months. After baseline assessment, the active group will complete online trainings and education (15 min/week) through their dashboard and participate in 45-minute group coaching calls (1/month). The delayed-active group will start accessing the same content after their 3-month assessment. By the end of the study, participants in 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/

And enter code: **RDMJKCX7D**



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