

# A self-help psycho-education programme to reduce diagnosis delay in women with breast cancer symptoms in Indonesia

<b>Submission date</b> 04/11/2016	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 19/11/2016	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 20/12/2023	<b>Condition category</b> Cancer	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

In Indonesia breast cancer is the most common cancer and the leading cause of cancer deaths among women. Delay in breast cancer diagnosis leads to a worse prognosis (outcome). Many Indonesian women with breast cancer are already at an advanced stage when they start treatment. Therefore, the delay in diagnosis has become a serious problem that needs to be addressed. The aim of this study is to find out whether a newly developed self-help psycho-educational programme, PERANTARA, reduces the delay of breast cancer diagnosis.

### Who can participate?

Women aged 18 years or older with breast cancer symptoms

### What does the study involve?

In the first period the four participating hospitals are randomly allocated to deliver PERANTARA or treatment as usual. In the second period the hospitals cross over (swap) to deliver the other treatment. PERANTARA consists of both printed and audiovisual material that provides a brief explanation of breast cancer, treatment and its side effects, and a guide to a healthy lifestyle. In addition to regular medical procedures, treatment-as-usual is very limited and consists of incidental supportive talks with the nurses. Data is collected at the start of the study, 7 days after, and at 3 months follow-up. Diagnostic delay, breast cancer knowledge, anxiety, depression and quality of life are assessed.

### What are the possible benefits and risks of participating?

Participants may benefit from expressing their thoughts, feelings and experiences about their health condition. Their participation will be useful to develop programs and tools to improve the quality of Indonesian women's health, especially those with breast cancer symptoms. Participants who receive PERANTARA may benefit from better understanding and adherence to the cancer treatment. There is no risk for participants' physical health because it only requires answering some questions and reading the PERANTARA materials if they are allocated to

PERANTARA. However, some of the information presented or questions asked by the research assistants may be distressing or uncomfortable, in which case additional support may be arranged. Information will be kept confidential and each participant will be anonymous.

Where is the study run from?

1. Rumah Sakit Al Ihsan Baleendah (Indonesia)
2. RSAU Salamun (Indonesia)
3. RSUD Cibabat (Indonesia)
4. RS Al Islam Bandung (Indonesia)

When is the study starting and how long is it expected to run for?  
December 2013 to August 2018

Who is funding the study?  
KWF, The Dutch Cancer Society (Netherlands)

Who is the main contact?  
Mr Hari Setyowibowo  
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## Contact information

**Type(s)**  
Scientific

**Contact name**  
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## Additional identifiers

**Protocol serial number**  
KWF2012

## Study information

**Scientific Title**  
A cluster-randomized controlled trial of a self-help psycho-education programme to reduce diagnosis delay in women with breast cancer symptoms in Indonesia

## **Acronym**

PERANTARA

## **Study objectives**

The aims of this study are to evaluate the effectiveness of PERANTARA in reducing the delay of breast cancer diagnosis in women who visit the hospital with the symptoms prior to formal diagnosis based on pathological examination.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Ethics Review Committee of Hasan Sadikin Hospital, 23/12/2013, ref: LB.04.01/A05/EC/127/XII/2013

## **Study design**

Cluster-randomized controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Quality of life

## **Health condition(s) or problem(s) studied**

Early stage breast cancer

## **Interventions**

The study will be a multi-center, cluster randomized trial (cRCT), with hospitals as the unit of randomization (clusters). Four hospitals have agreed to participate in this study. Because of the limited number of hospitals, a cross-over design will be used in which each hospital will be given PERANTARA or treatment as usual (TAU) control at successive periods. This study uses two predefined periods. We will randomize the two hospitals on a 1:1 basis into either PERANTARA+TAU or TAU only. The two hospitals that are randomized into PERANTARA+TAU for the first period, will be assigned to TAU only for the second period and vice versa.

PERANTARA + treatment as usual

PERANTARA is a psycho-education material package that consists of both printed and audiovisual material. This package provides information and persuades the patients to follow doctors' recommendations to prevent patient delay and facilitates them to improve the quality of the relationship with healthcare providers and her caregivers. The following information is provided in the material:

1. A brief explanation of breast cancer in order for the patients to have an accurate understanding and stimulation to seek information from reliable sources (oncologist)
2. Information on various kinds of breast cancer treatment and its side effects to inform the patients that the treatment may cause some side effects but they are all treatable so they don't have to worry. It is also suggested that the patients to follow doctors' recommendations regarding which treatment is best
3. Spirituality, to help the patients to employ a reframing coping strategy so they may see their

conditions from a different point of view

4. Recommendation to seek social support to make them feel cared for

5. Guide to a healthy lifestyle to ensure the patients to stay healthy after receiving the diagnosis.

Treatment as usual only

In addition to regular medical procedures, treatment-as usual is very limited and consists of incidental supportive talks with the nurses.

Data will be collected at baseline (pre-assessment), 7 days after the intervention (post-assessment), and at 3 months (follow-up assessments). Total duration of treatment is 7 days and the follow-up time is three months.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

Diagnostic delay, defined as the number of days between the date of the first consultation at the hospital and the date of final breast cancer diagnosis based on pathological examination

### **Key secondary outcome(s)**

1. Breast cancer knowledge measured using the Breast Cancer Knowledge Test (BCKT) at baseline, 7 days and 3 months after finishing PERANTARA

2. Anxiety and depression measured using the Hospital Anxiety and Depression Scale (HADS) at baseline, 7 days and 3 months after finishing PERANTARA

3. Quality of life measured using the WHO Quality Of Life-BREF (WHOQOL-BREF) and the European Quality of Life 5D-5L at baseline, 7 days and 3 months after finishing PERANTARA

### **Completion date**

31/08/2018

## **Eligibility**

### **Key inclusion criteria**

1. Female outpatients who visit to the hospital with breast symptoms, suspected of having breast cancer

2. Age 18 years or older

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 years

### **Sex**

Female

**Total final enrolment**

132

**Key exclusion criteria**

1. Presence of major psychiatric disorders (presence of consultation history/record with the psychiatric department)
2. Inadequate command of the Indonesian language.

**Date of first enrolment**

01/12/2016

**Date of final enrolment**

31/08/2017

## **Locations**

**Countries of recruitment**

Indonesia

**Study participating centre**

**Rumah Sakit Al Ihsan Baleendah**

Jl. Kiastramanggala

Baleendah

Bandung

Indonesia

40381

**Study participating centre**

**RSAU Salamun**

Jl. Ciumbuleuit No.203

Ciumbuleuit

Cidadap

Bandung

Indonesia

40142

**Study participating centre**

**RSUD Cibabat**

Jl. Jend. H. Amir Machmud No.140

Cigugur Tengah

Cimahi Tengah

Cimahi  
Indonesia  
40522

**Study participating centre**

**RS Al Islam Bandung**

Jl. Soekarno-Hatta No. 644  
RT. 001 RW. 001  
Kel. Manjahlega  
Kec. Rancasari  
Bandung  
Indonesia  
40286

## Sponsor information

**Organisation**

KWF, The Dutch Cancer Society

**ROR**

<https://ror.org/0368jnd28>

## Funder(s)

**Funder type**

Charity

**Funder Name**

KWF Kankerbestrijding

**Alternative Name(s)**

Dutch Cancer Society, Dutch Cancer Society (KWF Kankerbestrijding), KWF, DCS

**Funding Body Type**

Private sector organisation

**Funding Body Subtype**

Other non-profit organizations

**Location**

Netherlands

# Results and Publications

## Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Available on request

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	06/01/2020	12/02/2020	Yes	No
<a href="#">Protocol article</a>	protocol	20/04/2017		Yes	No
<a href="#">Statistical Analysis Plan</a>		06/01/2020	20/12/2023	No	No