



## Lyceum Health and the University Health Network Launch iCALM, a Phase II Randomized Controlled Trial



Lyceum Health and the University Health Network (UHN) have formally partnered to launch a Phase II randomized controlled trial of iCALM (Managing **Cancer and Living Meaningfully**), the world's first online psychotherapeutic intervention for patients with advanced cancer and their caregivers.

Cancer is becoming more common throughout the world because of the ageing population and changes in lifestyle. Nearly half of all Canadians will develop cancer in their lifetime and are living longer with their disease because of advances in treatment. However, depression and other psychological disturbances are common in this population, particularly in those with advanced disease, because of the associated physical suffering and disability, the threat of impending mortality, the dramatic changes in support needs, personal relationships, and the demands of navigating a complex healthcare system. Psychotherapy can be effective to support the adjustment and psychological well-being of these individuals, but most patients affected by cancer do not have access to such treatment.

iCALM was developed in response to the gap in available psychological treatment for patients with advanced disease and their family caregivers. iCALM brings together the digital health expertise of Lyceum Health with the content and research expertise of UHN to provide novel support for patients and their caregivers living with advanced and metastatic cancer. A phase II study is currently underway to assess the efficacy of iCALM content and the digital experience to further refine its development and increase accessibility to the intervention.

## ABOUT LYCEUM HEALTH



Lyceum Health provides digital health platforms for use by medical institutions and the life science industry to improve connections between patients and their healthcare teams for better health outcomes in specialty care. Lyceum's digital therapeutic platform supports patients and caregivers and improves data available to care teams throughout the entire journey, from diagnosis, to treatment and to self-management. Accessible across all devices, patients are guided with Lyceum's proprietary algorithms and functionality to ensure ongoing engagement. Lyceum Health's platforms are utilized extensively in oncology, dermatology, rheumatology, respirology and endocrinology.

## ABOUT UHN



Princess Margaret Cancer Centre, part of the University Health Network is one the largest comprehensive cancer centres in the world. Princess Margaret sees over 1,000 patients every day and has the capacity to deliver diagnostic, treatment, and follow-up care to close to 200,000 patients and their families every year.

The Department of Supportive Care at the Princess Margaret is dedicated to assisting those who are affected by cancer by providing programs and services that address the physical, emotional, psychological and social needs of patients and their families throughout the cancer journey. It is committed to achieving its vision of being a local, national and international centre of excellence in clinical care, research and education in supportive care.

## RESEARCH INFORMING iCALM



The development of iCALM was informed by over a decade of research conducted in the Department of Supportive Care at the Princess Margaret, which identified a predictable set of challenges, ranging from the practical to the profound, faced by people living with advanced cancer. This research informed the in-person therapy, Managing Cancer and Living Meaningfully (CALM), developed by Drs. Gary Rodin and Sarah Hales and their team. CALM provides a framework that has proven to be effective in reducing and preventing depression and death anxiety in patients with advanced cancer and in improving their communication with their families and their healthcare providers.

To date, CALM has been implemented in more than 15 countries across the world with growing international interest. It has been shown to be feasible, acceptable and effective for individuals living with cancer and their loved ones across diverse continents, cultures and languages.



Leveraging the success of CALM, iCALM was developed in collaboration with Dr. Harald Baumeister and Natalie Bauereiß, at the University of Ulm in Germany. iCALM is intended to bridge the gap in psychosocial support for individuals living with advanced cancer and their caregivers that exists in virtually all countries in the world due to limited human resources, lack of training for healthcare professionals, and socio-economic and geographic barriers.

Through iCALM, patients and caregivers are encouraged to think about and plan for the future, and they receive support in navigating a complex healthcare system. Structured around the CALM framework and delivered over 9 weeks, iCALM includes self-directed content that promotes reflection on adjustments required by the disease and treatment, as well as planning for the future. Moderated interactive exercises and videos of clinical experts and patients sharing their experience with cancer are also a beneficial part of the program. iCALM is guided by eCoaches, who are registered therapists trained on the iCALM system.



## GARY RODIN, MD

Gary Rodin, MD, is a Professor of Psychiatry and Director of the **G**lobal **I**nstitute of **P**sychosocial, **P**alliative and **E**nd-of-Life **C**are (GIPPEC) at the University of Toronto. He is also Director of the Cancer Experience Program and Senior Scientist at the Princess Margaret Cancer Centre, and a staff psychiatrist in the Department of Supportive Care at this Centre. Dr. Rodin leads an internationally recognized clinical and research program on the psychosocial dimensions of advanced disease and on the development and evaluation of novel interventions to improve the quality of life and the quality of dying and death in this population.



## SARAH HALES, MD, PHD

Sarah Hales, MD, is a psychiatrist and researcher in the Division of Psychosocial Oncology at the Princess Margaret Cancer Centre, University Health Network in Toronto and an Assistant Professor in the Department of Psychiatry at the University of Toronto. Her research has been funded by the Canadian Cancer Society, the Canadian Institutes of Health Research and Prostate Cancer Canada/Movember. Her clinical and research interests include the end-of-life experience as it affects both patients and their family members, and psychotherapeutic interventions aimed at alleviating distress in those facing advanced disease.