

00462 **Efficacy of Mindfulness Practice for Patients With Newly Diagnosed Colorectal Cancer: A Pilot Study**

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Aims: To determine the potential efficaciousness of mindfulness practice on newly-diagnosed colorectal cancer patients

Methodology: This quasi-experimental pilot feasibility study used a mixed-method sequential exploratory design. A convenience sample of 19 patients with newly-diagnosed CRC was recruited from a local tertiary hospital from November 2017 to March 2018. The 21-Item Depression Anxiety and Stress Scales, Stress Thermometer, Stress 11-point Numeric rating scale (NRS-11), and Mindfulness Knowledge Assessment Tool, were used to evaluate the efficacy of the mindfulness programme intervention, that is: a 10-minute audio accompanied with psycho-education. Interviews were also conducted for process evaluation.

Result: Participants reported lower stress levels and showed increase in mindfulness knowledge after the program. Peripheral temperature changes to demonstrate significant stress mitigation in the pre-surgical phase but not in the post-surgical phase. Patients reported positive feedback on the mindfulness program, that it achieved intended effects of emotional regulation, and has helped them manage their thoughts and emotions.

Conclusion: This study revealed promising effects in mitigating psychological distress but a larger study with higher power will be needed to show the true effects of such tailored mindfulness practice.