



# EASE Writing Intervention Study

The University of Colorado is offering an online study for adults with stage III or IV cancer or actively treated blood cancer who are feeling anxious or distressed. The EASE Study evaluates a 5-week online writing intervention where participants work one-on-one with a therapist to address fears and concerns about cancer and the future. The EASE intervention uses a writing-based exposure therapy approach to address an individual's worst-case scenario about cancer toward the goal of reducing their fear and distress. Participants can earn up to \$230.

## You may be eligible if you:

- Have stage III or IV cancer, or actively treated blood cancer, and
- Feel anxious, down, or distressed

*If you are interested in participating in this study, please e-mail:*

**ValuedLiving@colorado.edu** *or contact the research team at*

**720-515-9461** *to learn more about this unique opportunity and to enroll!*