

# Comparing Brief Behavioral Therapy (BBT-CI) and Healthy Eating Education Learning (HEAL) for Cancer-Related Sleep Problems While Receiving Chemotherapy

**Status:** RECRUITING

## Eligibility Criteria

**Age:** 18 years and over

This study is NOT accepting healthy

**Healthy Volunteers:** volunteers

### Inclusion Criteria:

\* Be at least 18 years of age \* Be diagnosed with cancer (stage I, II, III, or IV) with a life expectancy of at least 12 months \* Be currently receiving any cancer treatment (surgery alone is excluded) \* Report sleep disturbance of 3 or greater on the sleep disturbance question: "Rate your sleep disturbance in the past 2 weeks on a scale from 0-10, 0 is no problems and 10 is having the most severe problems" \* Have a score of 2, 1, or 0 on the Eastern Cooperative Oncology Group (ECOG) performance status scale \* Be able to speak, understand and read English to participate in the study assessments and interventions

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### Exclusion Criteria:

\* Have a clinical diagnosis of obstructive sleep apnea or restless leg syndrome (even if controlled) \* Be engaged in a formal Cognitive Behavioral Therapy for Insomnia program presently or in the past 30 days. Use of psychotropics and sleep medication are allowed

## Conditions & Interventions

### Interventions:

BEHAVIORAL: Behavioral Intervention, BEHAVIORAL: Behavioral Intervention, OTHER: Quality-of-Life Assessment, OTHER: Questionnaire Administration

### Conditions:

Hematopoietic and Lymphoid Cell Neoplasm, Malignant Solid Neoplasm

## More Information

**Contact(s):** ctrrecruit@vcu.edu

**Principal Investigator:**

**Phase:** PHASE3

**IRB**

**Number:**

**System ID:** NCT04829539

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