

What is CAN-EMPOWER?

CAN-EMPOWER is a web-resource designed to build confidence to self-manage the psychological implications of cancer. It can be used from the point of diagnosis to years after treatment has ended. It is aimed at adults living with and beyond cancer and is not designed for children, teenagers or young adults, or people with advanced cancer. CAN-EMPOWER supports people with less-complex psychological needs (NICE levels 1 and 2¹). Those with complex needs should be referred to appropriate services.

What support does CAN-EMPOWER provide?

CAN-EMPOWER is informed by **Acceptance Commitment Therapy (ACT)**² and **Self-Efficacy Theory**.³ It includes:

- Information about commonly experienced psychological needs
- Advice on healthy living and its impact on psychological wellbeing
- Links to trusted sources of support, e.g. Macmillan Cancer Support, Maggie's
- Stories from people with direct lived experiences of cancer
- Videos from a patient and public contributor, a clinical psychologist and an academic
- Evidence-based activities, including ACT, goal setting and diary-keeping.

How to use CAN-EMPOWER?

CAN-EMPOWER is free to use and is available 24-7. It requires no password. It can be found at **can-empower.org.uk**. Here are six ways you can use the resource in your practice:

Normalising psychological problems

Visit [Thoughts and Feelings](#). Here, people can find out more about commonly reported psychological consequences of cancer, from fear and denial to anger and loneliness.

Managing worries and concerns

Visit [Emotions and focusing on what matters](#). Here, people will be guided through Acceptance and Commitment Therapy principles. This includes a video from a clinical psychologist.

Talking to healthcare professionals

Evidence suggests that people can find it difficult to discuss psychological issues with healthcare professionals. [Talking to others](#) gives advice on how people can raise concerns with you.

Building confidence to self-manage

Visit [Goal Setting](#). In this section, people will be guided through examples and techniques for setting appropriate and feasible goals. Meeting personal goals can help build self-confidence.

Healthy lifestyles

Visit [How a healthy lifestyle can help](#). In this section, people can find out how lifestyle factors, such as diet, alcohol and smoking, can influence their psychological wellbeing.

Understanding the health service

People can find health services confusing. [Understanding health services](#) gives an overview of health services and explains what psychological support is available.

For more information, please contact the project lead Prof Lynn Calman at L.Calman@soton.ac.uk

can-empower.org.uk

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1. National Institute for Clinical Excellence. 2004. Improving Supportive and Palliative Care for Adults with Cancer.

2. Hulbert-Williams NJ, et al. Psychological interventions for patients with cancer: psychological flexibility and the potential utility of Acceptance and Commitment Therapy. *Eur J Cancer Care*. 2015;24(1):15-27.

3. Bandura A (1997) Self efficacy: the exercise of control. WH Freeman and Company, New York.