

Telephone support intervention beneficial for BRCA carriers

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(HealthDay)—A telephone-based, peer-support program can reduce distress and unmet information needs among women with a *BRCA1* or *BRCA2* mutation, according to a study published online Nov. 17 in the *Journal of Clinical Oncology*.

Victoria M. White, Ph.D., from the University of Melbourne in Australia, and colleagues examined the effectiveness of an intervention involving volunteers who contacted *BRCA1/2*-positive [women](#) multiple times over a four-month period to provide informational, emotional, and practical support. Participants who completed a baseline questionnaire and reported interest in talking to other mutation carriers were assigned to the usual-care group (UCG; 102 participants) or the [intervention group](#) (IG; 105 participants).

The researchers observed a greater decrease in breast cancer distress scores in the IG than the UCG at the end of the intervention (mean difference, -5.96 ; $P = 0.002$) and two months later (mean difference, -3.94 ; $P = 0.04$). Unmet information needs decreased more in the IG versus the UCG (P "The [intervention](#) is effective in reducing distress and unmet information needs for this group of women," the authors write.

More information: [Abstract](#)
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