

SCOPE: A Pragmatic Study Examining Technology-Enhanced Collaborative Psychosocial Care in the Cancer Setting

The SCOPE (Supporting Collaborative Care to Optimize Psychosocial Engagement in the Cancer Setting) project is an active program with the goal of developing an evidence-based model for delivering depression care that includes behavioral activation (an evidence-based behavioral intervention).

The Challenge

Up to 31% of cancer patients develop symptoms of depression that can make it challenging for them to follow a cancer treatment regimen. Approximately 75% of these patients do not receive adequate psychological support or care to manage their mental health concerns, further complicating cancer treatment and impacting their overall quality of life.

Additionally, treatment of patients with comorbid cancer and depression can be complicated. The unique care requirements of each condition need to be considered to provide the best possible treatment outcome.

The Approach

To address these challenges, investigators are creating a new web-based patient-provider platform for technology-enhanced collaborative care management of comorbid cancer and depression as a part of a pragmatic effectiveness-implementation trial comparing technology-enhanced collaborative care to usual collaborative care treatment. SCOPE combines a patient-facing web registry, a patient-facing mobile app that promotes engagement in valued activities with the goal of reducing harmful behavior.

The Impact

The SCOPE project will result in greater understanding of the challenges faced by patients with both cancer and depression. The goal is to improve collaboration between patients and their clinical care team to best align treatments for both conditions. The hope is that this technology will result in better treatment for both conditions, which will yield both clinical and community benefits and with the hope that there will be long-term economic benefits from the technology.

The team:

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RESEARCH HIGHLIGHTS

The SCOPE project will result in:

- A better understanding of the journey of patients with comorbid cancer and depression such that treatments can be appropriately tailored for each patient.
- A validated Coordinated Care process for patients with comorbid cancer and depression, including the development of technologies that better facilitate care

Key Benefits



CLINICAL

The SCOPE project investigates technology-enhanced collaborative care using a new patient-facing mobile app - **Demonstrated**



COMMUNITY

The SCOPE app can deliver health care resources remotely to a high number of patients with the goal of improving the quality of care - **Potential**



ECONOMIC

Coordinated care may result in cost savings to both patients and healthcare systems - **Potential**



POLICY

The SCOPE Project has generated scientific research papers and presentations - **Demonstrated**



CLINICAL

Information gathered from patient information entered into the registry allows providers to tailor therapeutic procedures for individual cases - **Demonstrated**

Find out more:

<https://sites.uw.edu/scopestudy/>