

SURVIVORSHIP SOUNDTRACK

Stress and Survivorship

Symptoms from chronic stress are a common experience for breast cancer survivors. Survivors are often looking for new ways to deal with stress, like meditation, movement, and music. Our research team is committed to finding solutions to help survivors uniquely manage their stress through music, from listening to singing and even creating.

This is a research study, IRB Study Number 2026-0190.



You might be eligible if you:

- are 18 years of age or older
- have had a breast cancer diagnosis in the last 10 years
- have completed cancer treatment (ongoing hormone therapy is allowed)

How the study works:

If you are eligible and agree to participate, you will be invited to attend four in-person sessions on the UC campus where you will:

- Contribute your voice and perspective in guided sessions with a professional songwriter, shaping original songs for survivors
- Measure your heart rate before and after listening/singing
- Complete two surveys and one interview



To learn more, please

Email us at this QR code
or
Call 513 - 558 - 9362

Study Team:
Betsey Z Nuseibeh, PhD
Elizabeth Shaughnessy, PhD, MD

You will receive up to \$325 in gift cards for your participation in the study. Other than your time, there is no cost to participate.

