



# Clinical Psycho-Oncology: An International Perspective

*Luigi Grassi, Michelle Riba*

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The level of psychological distress and the ability to adjust to a diagnosis of cancer are highly variable. Medical factors, psychological factors prior to diagnosis and social factors account for this variability. By understanding these variables, the clinician can better assess and manage the distress caused by the diagnosis and provide the most appropriate medical treatment or psychological intervention. This practical handbook will address the principal behavioural and psychological problems associated with cancer. Where appropriate, it adopts a broader, multicultural perspective, in line with the aim of the World Psychiatric Association and the Federation of Psycho-Oncology societies.

The main aims of the book are:

- to present the significant and challenging clinical problems encountered when caring for cancer patients and their families, including assessment, diagnosis and treatment
- to describe the best responses to these challenges, summarizing the evidence base and digesting clinical experience where evidence from clinical trials is lacking
- to discuss the emerging themes in psycho-oncology, such as genetic counselling, bioethics, cultural issues and cultural diversity
- to provide practical suggestions for dealing with special populations, such as children, the elderly, long-term survivors or mentally ill patients.

The book is designed to be easy to read and to reference, with information clearly displayed in concise tables and boxes accompanied by further detail within the text.

Chapters feature

- clinical vignettes, including management algorithms
- Key Points
- Suggested further reading

The editors aim to provide an indispensable tool for junior doctors in training in either psychiatry, psychology or oncology, general practitioners, community psychiatric nurses, palliative care physicians and other members of the multidisciplinary team.

With a Foreword by the pioneer in psycho-oncology, Professor Jimmie Holland.

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