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RESEARCH ARTICLE



Feasibility and Acceptability of a Group-Based Mindfulness Intervention for Sexual Interest/Arousal Disorder Following Breast Cancer Treatment

Carly Sears^a, Roanne Millman^b, Lori A. Brotto^c  and Lauren M. Walker^{a,d,e} 

^aDepartment of Oncology, University of Calgary, Calgary, Alberta, Canada; ^bWest Coast Centre for Sex Therapy, Vancouver, British Columbia, Canada; ^cDepartment of Obstetrics and Gynecology, University of British Columbia, Vancouver, British Columbia, Canada; ^dArnie Charbonneau Cancer Research Institute, University of Calgary, Calgary, Alberta, Canada; ^eDepartment of Psychology, University of Calgary, Calgary, Alberta, Canada

ABSTRACT

This study aimed to assess feasibility and preliminary efficacy of an 8-week Mindfulness-Based Cognitive Therapy (MBCT) group program to treat Sexual Interest/Arousal Disorder (SIAD) in women following breast cancer (BrCa) treatment. Thirty women participated, of whom 67% ($n=20$) attended at least 6 of 8 group sessions. Feedback indicated the program was relevant and valuable; minor modifications were suggested to further address survivorship concerns. Results of pre-post questionnaires demonstrated significant improvements in sexual distress and sexual interest/desire, with large effect sizes. Results support the feasibility and preliminary efficacy of an 8-week MBCT program among women following breast cancer treatment.

Prevalence of sexual concerns after breast cancer (BrCa) treatment is high, in the order of 45-86% (Kedde, Van De Wiel, Weijmar Schultz, & Wijzen, 2013; Raggio, Butryn, Arigo, Mikorski, & Palmer, 2014; Robinson, Bell, Christakis, Ivezic, & Davis, 2017). Common complaints include decreased sexual desire, arousal and lubrication, anorgasmia, and dyspareunia (Burwell, Case, Kaelin, & Avis, 2006; Kedde et al., 2013; Sadosky et al., 2010). Sexual dysfunction significantly