



Hello and Seasons Greetings! We would like to give you a brief update on the CREW study and the latest news at the Macmillan Survivorship Research Group. Thank you for all the time you have given to the CREW Study over the past 5 years. We are still busy sending and receiving 5 year questionnaires, and analysing the CREW questionnaire data. We wanted to take this opportunity to share some of our recent findings with you.

Who joined our study?

756 people from 29 centres in the UK completed the first questionnaire. The average age of participants was 68 years (range 33-95 years); 59% were male, 41% female. Thanks to all of your hard work, we have been very fortunate that the amount of questionnaires returned has been consistently high; at 4 years our questionnaire response rates have been about 70%. As we collect our 5 year data, return rates are currently at 65%. Your continued dedication to the study over the years is having a positive impact on these return rates, and the richness of data we have.

CREW findings so far

We are currently in the process of analysing CREW data from baseline to 24 months, and next year we will begin analysing data up to 5 years. We are busy writing many publications and thinking about what other publication opportunities there are with the extensive CREW dataset.

In May 2016 we published a paper in PLOS ONE, titled *Pre-surgery depression and confidence to manage problems predict recovery trajectories of health and wellbeing in the first two years following colorectal cancer: results from the CREW cohort study*. This paper describes the recovery trajectories of the quality of life, health status and personal wellbeing of the CREW sample over the first 2 years from diagnosis. This paper highlights for the first time that colorectal cancer survivors

with higher pre-surgery depression and lower self-efficacy have poorer recovery experiences. These findings demonstrate the need for early intervention to support better recovery.

The Macmillan Survivorship Research Group team at the University of Southampton



The impact of CREW

Thanks to your help recruiting participants and informing us of their current status so we can send out questionnaires, we are able to find out who is more likely to need support and when. This means that interventions to support people living with colorectal cancer may be planned and followed-up to suit individual's needs at the earliest possible stage.

We have valuable results to share with researchers, nurses, doctors and others involved in the care of people with cancer, in order to help make changes to cancer care. Some of the team have travelled throughout the UK, Europe and to the USA to present the findings. This means the data you have provided, is having an impact not only in the UK, but also internationally. We have attended several conferences in the UK and presented some of the CREW findings, which have been well-received by various audiences, including Macmillan Cancer Support, some of yourselves at the Macmillan Event in March 2016.

MSRG Announcements!



HORIZONS: our new Macmillan Cancer Support

We have been funded by Macmillan Cancer Support for a new study called HORIZONS that started January 2016. This study is also a questionnaire based study, much like CREW, with people who have been diagnosed with different cancers. The comments, feedback and lessons learned from CREW participants and sites have been used to guide the development of HORIZONS. There are 3 cohorts that we are looking at in the first instance, with the view of adding more cohorts, they are breast cancer, gynaecological cancers and non-Hodgkins lymphoma. If you are interested in more information about HORIZONS please get in touch with us. To help us improve and maintain our relationships with sites, any feedback about your experience of being a site for CREW, both positive and negative, would be greatly welcomed. Please feel free to drop us an email with your comments to **CREW@soton.ac.uk**.

MSRG New Recruits!

With the additional funding for HORIZONS over the past year the MSRG team has grown. We would like to introduce you to:-

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|-------------------------|---------------------------|---------------------|----------------------------|
| *Dr Amanda Cummings: | Senior Research Assistant | *Amber Cole: | Senior Trial Administrator |
| *Mubarak Patel: | Medical Statistician | *Faye Doyle: | Programme Manager |
| *Dr Samantha Sodergren: | Research Fellow | *Becci Petch: | Trial Coordinator |
| *Dr Sophia Taylor: | Senior Research Assistant | *Bjoern Schukowsky: | Trial Administrator |
| *Dr Josh Turner: | Research Fellow | | |

News

Amy Din is the Senior Research Assistant for the CREW study, she looks after the day-to-day running of CREW. Amy was received the Vice Chancellors Award to study her PhD and started in September 2015. Amy's PhD is supervised by Dr Chloe Grimmett, Professor Claire Foster and Dr Andrew Bateman. The PhD uses CREW data and focuses on healthful behaviours in colorectal cancer survivors.

Becci Petch, our MSRG trial coordinator has started her MSc in Clinical Trials alongside her role.

Macmillan Survivorship Research Group Online and on Social Media

Please visit the MSRG **website**, **www.southampton.ac.uk/msrg**, which has information about the CREW cohort study and other studies that we are currently undertaking. If you are interested in any of our studies, please contact us on **MSRG@soton.ac.uk**.

Why not follow us on **Twitter** to hear our latest news: @**macmillanuos**

If you haven't seen it already please watch our short film about the CREW cohort study on **YouTube**. It has interviews with some of the CREW participants: **www.southampton.ac.uk/crewfilm**

Over the years we have received many positive responses from participants in the CREW study, participants whom without your help we would not have. We are extremely grateful for your continued commitment to the CREW cohort study and are looking forward to a successful 2017 with you. Wishing you all a very Merry Christmas and the Happy New Year. With best wishes, The Macmillan Survivorship Research Group

FAQs

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| Q | When will the CREW study stop data collection? |
| A | <i>Currently the MSRG are funded to collect data for CREW (5-year follow-up), and we will continue to analyse data thereafter.</i> |
| Q | How can I get involved in other MSRG research projects? |
| A | <i>All MSRG research projects are listed on our website (www.southampton.ac.uk/msrg). If you would like to get involved in other MSRG research projects please email MSRG@soton.ac.uk</i> |
| Q | How can I hear about MSRG publications? |
| A | We regularly update the MSRG website with all of our news, including publications, conferences, events, and postgraduate and job opportunities. |