

1

00:00:04,640 --> 00:00:05,680

Hi everyone.

2

00:00:05,680 --> 00:00:09,720

Thanks for tuning into the NUS  
Nursing Research Podcast series

3

00:00:09,720 --> 00:00:12,520

where we feature the latest works  
of our brightest minds.

4

00:00:12,960 --> 00:00:17,440

I'm Dr. Jocelyn Chew, a research  
fellow at the Alice Lee Center for Nursing Studies.

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00:00:17,680 --> 00:00:19,360

Here with us today is Dr. Piyanee Yobas

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00:00:19,360 --> 00:00:22,320

a tenured associate professor at the

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00:00:22,320 --> 00:00:26,520

Alice Lee Center for Nursing Studies,  
National University of Singapore.

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00:00:26,520 --> 00:00:30,080

Her research focuses on the development  
and implementation

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00:00:30,120 --> 00:00:34,360

of psychological interventions  
and mindfulness based interventions

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00:00:34,600 --> 00:00:38,040

and has been awarded multiple grants  
to support her research work.

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00:00:38,160 --> 00:00:42,440

So our topic for today is digital  
mindfulness for cancer survivors,

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00:00:42,440 --> 00:00:46,280

where Prof. Yobas shares about the development  
and delivery

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00:00:46,280 --> 00:00:49,600

of a digital mindfulness program  
for cancer survivors.

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00:00:50,280 --> 00:00:51,040

So, hi Prof. Piyanee!

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00:00:51,560 --> 00:00:53,520

So nice to have you with us today.

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00:00:53,520 --> 00:00:57,760

So, you know, I remember during the COVID  
period, right, I saw this video

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00:00:57,760 --> 00:01:00,960

where you were sitting at this  
very nice green grass pasture.

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00:01:00,960 --> 00:01:02,760

I believe it's summer outside.

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00:01:02,760 --> 00:01:06,320

So and then you were teaching everyone  
the viewers on how to perform

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00:01:06,320 --> 00:01:07,560

mindfulness practice.

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00:01:07,560 --> 00:01:09,240

And I found it so Zen, right?

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00:01:09,240 --> 00:01:09,720

Oh, yes.

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00:01:09,720 --> 00:01:13,880

That the COVID 19 period  
was very stressful for many people.

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00:01:14,160 --> 00:01:17,440

And I hope to share  
the technique of mindfulness with everyone

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00:01:17,720 --> 00:01:22,800

because mindful living leads to  
a more peaceful, satisfied and happy life.

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00:01:24,120 --> 00:01:24,640

So if you

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00:01:24,640 --> 00:01:29,080

try to describe mindfulness in a phase,  
I would say make today

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00:01:29,080 --> 00:01:33,440

the best because today  
is the best foundation for the future.

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00:01:33,440 --> 00:01:35,560

Wow. I think that's so powerful.

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00:01:35,560 --> 00:01:38,440

So maybe could you share with us  
a little bit more about yourself

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00:01:38,440 --> 00:01:40,120

and the work that you do?

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00:01:40,120 --> 00:01:41,320

Okay. All right.

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00:01:41,320 --> 00:01:45,920

My name is Piyanee Yobas  
and I am associate professor at

34

00:01:45,920 --> 00:01:50,480

Alice Lee Center for Nursing Studies,  
National University of Singapore.

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00:01:50,520 --> 00:01:54,520

And today I'd like to share  
one of my research project,

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00:01:54,520 --> 00:01:58,600

which is relevant to my program  
that I developed

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00:01:59,040 --> 00:02:01,800

Digital Mindfulness for Cancer Survivor.

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00:02:02,240 --> 00:02:06,560

And the application of mindfulness  
has been expanded around the world,

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00:02:06,840 --> 00:02:09,920

and mindfulness refers to paying attention

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00:02:09,920 --> 00:02:13,760

to a current moment  
with a non-judgmental attitude.

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00:02:14,160 --> 00:02:18,400

And that is research

that's showing that mindfulness

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00:02:18,400 --> 00:02:22,920

is linked with better psychological well-being and quality of life.

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00:02:23,120 --> 00:02:26,960

So I know that your work focuses a lot on tele mindfulness for cancer

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00:02:27,000 --> 00:02:28,200

survivor, right?

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00:02:28,200 --> 00:02:32,200

So what do you think is the most important concern of these cancer survivors?

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00:02:32,840 --> 00:02:36,640

So cancer survivor encounters substantial challenges

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00:02:36,840 --> 00:02:39,600

which affect their physical and mental health.

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00:02:39,960 --> 00:02:43,040

So having a digital program

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00:02:43,080 --> 00:02:46,200

is perceived to be beneficial for cancer survivors.

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00:02:46,520 --> 00:02:51,680

Such an online platform allows cancer survivor to access the intervention

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00:02:51,680 --> 00:02:55,800

anytime, anywhere, and helps  
participant overcome challenges

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00:02:56,040 --> 00:02:59,000  
concerning distance, available time slots,

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00:02:59,280 --> 00:03:03,360  
and physical limitations  
so that they can turn up to the session.

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00:03:03,760 --> 00:03:08,920  
And so I think that evidence based  
practice play a critical role is to guide

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00:03:08,960 --> 00:03:14,440  
quality care and including for all  
clients, including cancer survivors.

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00:03:14,680 --> 00:03:18,000  
As a nurse,  
it is important that I conduct research

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00:03:18,000 --> 00:03:21,600  
to generate empirical evidence  
to guide clinical practice.

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00:03:21,800 --> 00:03:25,480  
So how do you come to mindfulness  
as a topic for your research?

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00:03:25,800 --> 00:03:30,880  
Actually, this project was initiated  
by Professor Emily Ang,

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00:03:31,120 --> 00:03:34,360  
Head of the Alice Lee Centre for Nursing Studies,

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00:03:34,360 --> 00:03:38,280  
who allowed me to conduct  
face to face mindfulness intervention

62  
00:03:38,600 --> 00:03:43,920  
at National University  
Cancer Institute or NCIS at NUH.

63  
00:03:44,360 --> 00:03:46,880  
At the time it was not a research, but

64  
00:03:46,920 --> 00:03:49,680  
it's just a mini project  
to help participants.

65  
00:03:49,920 --> 00:03:56,400  
There's four session for the MindCAN program and it  
was developed and delivered to cancer survivor.

66  
00:03:56,400 --> 00:04:00,480  
The term "Cancer" was changed  
to a more positive tone.

67  
00:04:00,720 --> 00:04:03,720  
We named the program  
"MindCAN" to reflect that

68  
00:04:03,720 --> 00:04:07,080  
we can do anything  
if we set our mind to do so.

69  
00:04:07,960 --> 00:04:11,680  
The original MindCAN program contained four sessions,

70  
00:04:12,040 --> 00:04:16,080  
which helped participants  
learn about the principle of mindfulness

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00:04:16,320 --> 00:04:20,080

and learn how to use mindfulness  
practice to manage stress,

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00:04:20,320 --> 00:04:23,480

unpleasant emotions and unhelpful  
thoughts.

73

00:04:23,880 --> 00:04:26,480

I deliver the interventions and receive

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00:04:26,480 --> 00:04:29,320

positive feedback from the participant.

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00:04:29,760 --> 00:04:34,520

They suggested that the program  
be continue and they also asked us

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00:04:34,560 --> 00:04:37,680

to expand the program  
from four weeks to eight weeks.

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00:04:38,200 --> 00:04:41,760

Therefore,  
the eight week program was born.

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00:04:42,120 --> 00:04:45,200

Could you share with us a little bit more  
about how you even started

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00:04:45,200 --> 00:04:47,640

the whole mindCAN program?

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00:04:47,880 --> 00:04:52,360

At this point, I'd like to present  
my journey into four sections.



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00:04:52,800 --> 00:04:56,520

The past,  
the present, the process and the future.

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00:04:57,120 --> 00:05:00,840

Okay, so for the past work, it all started

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00:05:00,840 --> 00:05:05,920

when I received a research grant  
from National Cancer Institute, Singapore

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00:05:06,240 --> 00:05:10,680

under the National University  
Hospital and conducted research

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00:05:10,680 --> 00:05:16,040

to test the initial effect of the face  
to face MindCAN programs.

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00:05:16,040 --> 00:05:19,720

I deliver  
multiple cohorts of interventions.

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00:05:20,280 --> 00:05:23,280

61 Cancer Survivor completed the program.

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00:05:23,280 --> 00:05:30,600

Results indicated that the face-to-face MindCAN programme had the potential to reduce  
objective stress,

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00:05:30,600 --> 00:05:34,080

subjective stress, anxiety, depression,

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00:05:34,080 --> 00:05:39,960

enhancing perceived relaxation, mindfulness,  
and psychological well-being.

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00:05:39,960 --> 00:05:42,520

And also participants stated that

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00:05:42,840 --> 00:05:45,920

the MindCAN programme heightened awareness

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00:05:45,960 --> 00:05:49,160

of the present moment;

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00:05:49,160 --> 00:05:52,920

cultivated powerful mind and  
positive emotions and promoted calmness.

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00:05:53,200 --> 00:05:58,000

So some participants commented  
that they treated themselves

96

00:05:58,000 --> 00:06:03,040

better with self-compassion and embrace  
loving kindness to others.

97

00:06:03,760 --> 00:06:06,400

So for now, the present

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00:06:06,960 --> 00:06:09,360

I have moved up another step.

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00:06:09,360 --> 00:06:17,000

I received an NUS-Global Asia Institute NIHA Research Grant to conduct a randomised  
controlled trial.

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00:06:17,000 --> 00:06:21,400

This research aims to test the  
benefits of the digital MindCAN program.

101

00:06:21,800 --> 00:06:25,720

And this program encompassed eight weekly sessions.

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00:06:25,720 --> 00:06:28,960

Each week will cover two major components:

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00:06:28,960 --> 00:06:31,640

Education and Mindfulness Practice.

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00:06:31,680 --> 00:06:38,480

For the education components, participants learn matters specific to cancer such as stress,

105

00:06:38,480 --> 00:06:42,200

body sensations, emotions, thoughts, communications,

106

00:06:42,200 --> 00:06:47,040

loving kindness and integration of mindfulness to daily living.

107

00:06:47,480 --> 00:06:52,560

So for the mindfulness practice, participant will learn to perform

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00:06:52,680 --> 00:06:56,920

the mindful breathing and body scan practice and other techniques.

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00:06:57,240 --> 00:07:02,840

Additionally, all participants were asked to practice mindfulness on a daily basis

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00:07:03,080 --> 00:07:06,920

for 10 to 15 minutes and they also asked to record

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00:07:06,960 --> 00:07:09,960

their practice

in a mindfulness practice diary.

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00:07:10,320 --> 00:07:13,120

The Digital MindCAN program is delivered

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00:07:13,440 --> 00:07:15,760

real time using a zoom platform.

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00:07:16,320 --> 00:07:22,680

Wow. It seems like all academics like us should go for your program to manage our stress.

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00:07:22,680 --> 00:07:25,440

So how often do you actually practice mindfulness then?

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00:07:25,480 --> 00:07:29,440

Oh yes, I practice mindfulness for one or two hours per day.

117

00:07:29,440 --> 00:07:31,360

Every day in the morning. Yes.

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00:07:31,360 --> 00:07:35,160

So I like to move on to part three, which is the process.

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00:07:35,440 --> 00:07:43,960

The combination of human touch and technology have worked harmoniously and very well on this project.

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00:07:43,960 --> 00:07:50,040

The zoom interface allows group members to attend the MindCAN program without leaving their home.

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00:07:50,040 --> 00:07:53,560

The zoom interface allows group members to attend the MindCAN program without leaving their home.

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00:07:53,560 --> 00:07:57,000

The real-time zoom session allows the facilitator to deliver live and interactive interventions.

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00:07:57,000 --> 00:07:59,840

Additionally, group member can communicate

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00:07:59,880 --> 00:08:04,200

via a mobile messaging application as part of the program.

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00:08:04,560 --> 00:08:07,400

With this platform they can ask question and receive

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00:08:07,400 --> 00:08:10,600

information concerning the MindCAN program.

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00:08:10,920 --> 00:08:15,360

So what kind of benefits do you think the cancer survivors can get from this program,

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00:08:15,360 --> 00:08:18,920

and how long does it actually take to feel the benefits?

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00:08:19,200 --> 00:08:22,560

So actually it depends on participant.

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00:08:22,560 --> 00:08:29,960

I measured skin temperature, heart rate, oxygen saturation and perceived relaxation

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00:08:29,960 --> 00:08:35,480

before and after each intervention session

to capture immediate changes.

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00:08:35,480 --> 00:08:41,240

Some participants showed positive changes during the second and third session.

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00:08:41,240 --> 00:08:43,880

Some participants show the change later.

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00:08:43,920 --> 00:08:46,640

Maybe like eight or seven session

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00:08:46,920 --> 00:08:49,960

Again, it really depends on each participant.

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00:08:50,240 --> 00:08:53,840

So now I'd like to talk about the part for the future.

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00:08:53,840 --> 00:08:58,840

It is more likely that I will continue a digital mindfulness program.

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00:08:59,200 --> 00:09:02,360

However, the content and structure of the program

139

00:09:02,600 --> 00:09:07,120

will be modified based on participant comments on the current program.

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00:09:07,440 --> 00:09:09,640

I really look forward to it.

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00:09:09,640 --> 00:09:12,720

So do you think there will be other platforms that may be suitable?

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00:09:12,720 --> 00:09:16,680

Because I know recently that there have been a lot of interest in the use

143

00:09:16,680 --> 00:09:20,760

of like virtual reality, augmented reality or even mixed reality, right.

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00:09:20,760 --> 00:09:24,440

So do you think this kind of tech tools would be useful for your program?

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00:09:24,520 --> 00:09:26,680

Actually, that's a very good suggestion.

146

00:09:26,680 --> 00:09:32,920

It is also possible that the MindCAN program will be offered on different platforms.

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00:09:32,920 --> 00:09:35,880

Could be mobile application, virtual reality,

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00:09:36,000 --> 00:09:40,240

augmented reality and possibly the artificial intelligence.

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00:09:40,400 --> 00:09:42,240

Why do you think mindfulness

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00:09:42,240 --> 00:09:44,800

turned out to be useful for these cancer survivors?

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00:09:45,480 --> 00:09:48,480

They are actually quite a few possible

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00:09:48,480 --> 00:09:51,520

explanation  
on the mechanism of mindfulness.

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00:09:51,960 --> 00:09:53,600

So first, people,

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00:09:53,600 --> 00:09:57,840

maybe they're more aware  
of the current moment or current emotions.

155

00:09:58,040 --> 00:10:01,840

Therefore they are able to manage unpleasant emotion

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00:10:02,160 --> 00:10:04,720

such as stress, anxiety and depression.

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00:10:05,160 --> 00:10:13,320

Secondly, the practice of mindfulness changes the body biological functions and make  
people feel more relaxed and calmer.

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00:10:13,320 --> 00:10:18,840

Finally, the interaction among group  
member in the group environments

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00:10:18,960 --> 00:10:22,720

motivate members to share experiences  
and support each other.

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00:10:23,080 --> 00:10:23,360

Right.

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00:10:23,360 --> 00:10:26,560

So what kind of feedback  
have you gotten from your participants?

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00:10:26,840 --> 00:10:28,680

Quite a few feedback. So yeah.

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00:10:28,680 --> 00:10:33,080

So I would say it can be categorize  
into three main types.

164

00:10:33,320 --> 00:10:37,680

First, mindfulness help  
make them aware of the current moment,

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00:10:38,000 --> 00:10:41,240

ongoing thought and non mindful behavior.

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00:10:41,240 --> 00:10:46,360

Second, mindfulness practice helped improve sleep, promote calmness,

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00:10:46,360 --> 00:10:49,760

enhance positive minds and let go of some negative thoughts.

168

00:10:50,520 --> 00:10:53,960

Finally, they mentioned self-compassion,

169

00:10:54,160 --> 00:10:58,560

loving kindness and integrating  
mindfulness into daily living.

170

00:10:59,240 --> 00:11:01,760

So you've said a lot  
about how you use mindfulness

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00:11:01,760 --> 00:11:03,240

in your research program, right?

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00:11:03,240 --> 00:11:06,720

So I'm curious about what is your personal  
take on mindfulness then?

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00:11:06,960 --> 00:11:08,280

Oh, that's a good question.

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00:11:08,280 --> 00:11:13,600

Actually I grew up with a culture of practicing mindfulness, and I am convinced

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00:11:13,640 --> 00:11:17,600

that regular practice enhances benefits.

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00:11:17,600 --> 00:11:21,560

For myself, I practice mindfulness on a daily basis in the morning,

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00:11:21,560 --> 00:11:25,080

and my practice lasts about one or two hours per day.

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00:11:25,720 --> 00:11:29,000

And every two months I visit my mindfulness mentors

179

00:11:29,000 --> 00:11:32,640

in Thailand to strengthen my knowledge and mindfulness skills.

180

00:11:33,120 --> 00:11:37,240

Wow, 1 to 2 hours seems like a long time, especially when we are in such a fast

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00:11:37,240 --> 00:11:38,880

paced society.

182

00:11:38,880 --> 00:11:41,480

So could you summarize a little bit about

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00:11:41,480 --> 00:11:45,240

what are the benefits that a cancer survivors can gain through your program?

184

00:11:45,320 --> 00:11:46,480

Okay, sure. Yeah.

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00:11:46,480 --> 00:11:51,640

Mindfulness has the potential to generate benefits for cancer survivors.

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00:11:51,640 --> 00:11:56,120

and finding from my research showed that practicing mindfulness

187

00:11:56,160 --> 00:12:00,920

reduce objective stress, subjective stress, anxiety, depression

188

00:12:01,080 --> 00:12:03,840

while enhancing perceived relaxation,

189

00:12:04,000 --> 00:12:06,440

mindfulness and psychological well-being.

190

00:12:07,080 --> 00:12:11,480

The more the practice, the greater the benefits.

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00:12:11,480 --> 00:12:15,160

A tagline that you could apply to mindfulness would be,

192

00:12:15,160 --> 00:12:20,080

“Make today the best because today is the best foundation for the future”.

193

00:12:20,080 --> 00:12:27,080

Thank you, Prof Yobas for sharing with us your insights on mindfulness and how it could help cancer survivors.

194

00:12:27,840 --> 00:12:32,560

You've been listening to a podcast on ""Digital-Mindfulness for cancer survivors",

195

00:12:32,560 --> 00:12:35,320

part of the NUS Nursing Research Podcasts series.

196

00:12:35,640 --> 00:12:40,120

With us in the studio was Dr Piyanee Yobas,  
a tenured Associate Professor

197

00:12:40,120 --> 00:12:44,720

at the Alice Lee Centre for Nursing Studies, National University of Singapore.

198

00:12:44,720 --> 00:12:48,160

I am Dr Jocelyn Chew, thank you for joining us in this episode

199

00:12:48,160 --> 00:12:50,880

and stay tuned for our next podcast.

200

00:19:35,560 --> 00:19:37,840

So yeah.

201

00:19:37,840 --> 00:19:40,440

I actually didn't see it.

202

00:19:40,440 --> 00:19:42,520

Yeah. Yeah, I think I thought too.

203

00:19:42,520 --> 00:20:03,800

Yeah.

204

00:20:03,800 --> 00:20:08,000  
And as Associate Professor  
at Monash and left of Center

205  
00:20:08,000 --> 00:20:25,680  
for Nursing Study, my name is

206  
00:20:26,600 --> 00:20:44,240  
so I forgot my name.

207  
00:20:44,240 --> 00:20:48,000  
Hospital and I conduct research  
to test the initial effects.

208  
00:20:48,360 --> 00:20:50,320  
Yeah I think I yes.

209  
00:20:50,320 --> 00:21:05,680  
Got that.

210  
00:21:05,680 --> 00:21:09,800  
So please  
I picked up a place there for a please.

211  
00:21:10,240 --> 00:21:11,080  
Yes. That's decent.

212  
00:21:11,080 --> 00:21:13,880  
It's just about done.  
Yes. That's the one that

213  
00:21:28,600 --> 00:21:30,560  
into intern

214  
00:21:48,960 --> 00:21:50,200  
feedback.

215

00:21:51,480 --> 00:21:52,960

Was getting good.

216

00:21:52,960 --> 00:21:54,160

Yeah.

217

00:21:54,160 --> 00:21:55,200

I blame the

218

00:22:17,760 --> 00:22:53,920

before I.

219

00:22:53,920 --> 00:22:54,920

Oh yeah.

220

00:22:55,960 --> 00:22:58,400

I just, I just follow the register.

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00:22:58,720 --> 00:22:59,280

Yeah.

222

00:22:59,560 --> 00:23:02,160

So don't remember. Thank you from  
thank you.

223

00:23:02,160 --> 00:23:04,160

Oh okay. Okay. Okay, right. Okay.