

Research Update: Coaching Guides Cancer Survivors to B...

<http://coachingcommons.org/featured/research-update...>



*Online Breaking News, Original Reporting and  
Reader Commentary for Professional Coaches Worldwide*

Search

[HOME](#)

[ABOUT US](#)

[NEWSLETTER](#)

[CONTACT](#)

*The Coaching Commons is a project of [The Harnisch Foundation](#)*

*Today is Monday, March 7, 2011*



**SECTIONS**

- Who We Are
- .....
- Coaching News
- .....
- Coaching History
- .....
- Coach Reporter
- .....
- Guest Articles
- .....
- Research Updates
- .....
- Podcasts
- .....
- Videos
- .....
- The Gift of Coaching
- .....
- Featured Articles
- .....

**MORE INFO**

- About
- .....
- Contact Us
- .....
- Newsletter Archive
- .....
- Write for the Coaching Commons
- .....

**NEWSLETTER**

**Get the Coaching Commons Newsletter!**

First Name:

Primary Email:

[Subscribe](#)

We hate spam too, and will never share your email address, ever.

**FEATURED ARTICLES**

**Research Update: Coaching Guides Cancer Survivors to Better Health**

by *Mark Joyella*

[Filed Under](#)

[6 Comments »](#)

Most coaches would argue passionately that coaching changes lives. But does coaching save lives?

New research suggests wellness coaching may make significant strides for recovering cancer patients, putting them on track for healthier, longer lives. "We are excited about our initial results," said Dr. Mary Lou Galantino, a professor at Stockton College and Adjunct Research Scholar at the University of Pennsylvania who was the principal investigator on the new study.



The study, published in the International Journal of Interdisciplinary Social Sciences, is among the first to test the efficacy of wellness coaching, a recent field of coaching based on the "growing science of coaching psychology which draws from 15 or more theories or evidence-based domains," according to the report.

"From a multi-disciplinary view, wellness coaching is one such modality that allows the individual to discuss issues that impact their health and well-being, regardless of the discipline. Wellness coaches can support follow through of recommendations given by doctors, nurses, social workers, dietitians, physical therapists, exercise physiologists, psychologists and other professionals."

Wellness coaches have long believed their work made profound differences, especially among some of the twelve million cancer survivors in the U.S., people who are often at risk of developing a second cancer, and are under increased risk of associated illnesses, such as hypertension. And yet recent surveys cited in the study found survivors found maintaining a healthy lifestyle challenging.

"Less than one quarter of cancer survivors were physically active on a regular basis, with more than 18% being obese, and 34% overweight. Only 5% met guidelines for a cluster of healthy behaviors, including fruit and vegetable consumption, physical activity, and cessation of smoking," the researchers found.

The researchers wanted to know if wellness coaches could help turn those statistics around, an idea that dates back to 2004, when wellness coach Pam Schmid was diagnosed with breast cancer. "Being a professional, I knew what I needed to do to be healthy and feel my best, yet so many obstacles came my way. I watched others struggle and saw no real support for them," said Schmid. "Some health behaviors can reduce risk of recurrence or dying of their cancer as much as 50%. It's critical to support survivors to do the things they can do to not only improve their risks but to improve their quality of life."

In the study, 30 cancer survivors—they included survivors of breast, prostate, and colorectal cancer—received six coaching sessions over a three-month period. The coachees were followed for a year after the intervention to evaluate the sustainability of changes. The coachees were asked about their intake of healthy food, whether they were experiencing anxiety and depression, and whether they exercised.

The results?

Coaching made lasting, positive changes in the cancer survivors' lives. "Instead of being stuck, they have a partner to start moving ahead to be their best," said Schmid. "As one survivor told me,

**TOP STORIES**

- RIP Coaching Commons
- .....
- Without the Coaching Commons, Who Will Ask the Hard Questions and Provide an Independent Forum for Discussion?
- .....
- Coaching Commons: The Road Less Traveled
- .....
- Just One Last Word: Thanks
- .....
- So Much More Than A Website
- .....

*Never Miss a Story*  
- [Subscribe here](#)

**COACHING NEWS NOW**

- Sherwood Voice: Ballard Trial Delayed Again
- .....
- North Bay Business Journal: What Stage is Your Business In?
- .....
- Business Insider: How 15 Failed Businesses Led One Founder To A Multi-Million-Dollar Success
- .....
- BIV Business Today: Super-Wealthy Soon to Get Networking Group
- .....
- New Canaan Patch: Resolved to Make That Resolution Stick?
- .....

**UPCOMING STORIES**

*Never Miss a Story*  
- [Subscribe here](#)

**BLOGROLL**

- Chronicle of Coaching Archives
- .....
- Institute of Coaching
- .....
- ReciproCoach
- .....
- The Harnisch Foundation
- .....
- Thrillionaires
- .....

**RECENT COMMENTS**

- Liz Hall commented on Without the Coaching Commons, Who Will Ask the Hard Questions and Provide an Independent Forum for Discussion?
- .....
- Christine Heinrichs commented on RIP Coaching Commons
- .....
- Kristina Hiukka commented on RIP

## About The Coaching Commons

The Coaching Commons is the online news source for executive, business and life coaches. Check this site for breaking news, original reporting, and provocative reader commentary. The Commons relies on a network of professional coaches, journalists and readers to cover and discuss what's happening in the coaching industry. In addition, you'll find stories about the history of coaching and updates on current research. The Coaching Commons is updated daily.

The Harnisch Foundation is the founding funder of the Coaching Commons and continues to support this website, along with numerous groundbreaking nonprofits dedicated to the advancement of professional coaching.



## Follow Us



## Newsletter

Enter your name...

and Email address

**Subscribe Now**