**Appendix I**

**Psychosocial Support Program for People with Colorectal Cancer:**

**Recruitment for a Clinical Trial of Mindfulness and Baduanjin**

**Details of the Clinical Trial**

1. **Target Population**
2. Adults aged 18 or above
3. A diagnosis of non-terminal, and non-recurrence colorectal cancer
4. **Details of the Group Program**

|  |  |
| --- | --- |
| **Registration Date:** | Starting from now till September, 2017 |
| **Fee：** | Free of charge＃ |
| **Group Assignment：** | All eligible participants will be randomly assigned to either the Mindfulness or Baduanjin program. |
| **Program Structure：** | 8 weekly sessions, 2 hours eachThe program will run on all weekday and Saturday, either morning or afternoon session (The Research Team will contact eligible participants for group arrangements) |
| **Venue:** | Centre on Behavioral Health2/F., The Hong Kong Jockey Club Building for Interdisciplinary Research, 5 Sassoon Road, Pokfulam, Hong Kong |
| **Instructors：** | Mindfulness GroupMr. Adrian H.Y. WanRegistered Social WorkerMindful Self-Compassion (Teacher-in-Training)Baduanjin GroupThe Team from Tai Chi Yuan Well Being Club |

＃To enroll into the program, participants are invited to take part in a questionnaire survey and a body check (including blood pressure, heart rates, body mass index, and salivary cortisol) at the following time points: (a) baseline, (b) 4-week, (c) 8-week, and (d) 6-week post-intervention

1. **Registration**
2. Visit the following website: http:// cbh.hku.hk\bms-colorectal.html
3. Scan the QR Code using your smart phone, or electronic devices:

****

1. Registration form: Return the completed the application form by email, fax (2816 6710), or in person to Centre on Behavioral Health, The University of Hong Kong (2/F., The Hong Kong Jockey Club Building for Interdisciplinary Research, 5 Sassoon Road, Pokfulam, Hong Kong). The registration form could be available from offices or newsletter of Cancer Link, Mutual Aid Association, The Hong Kong Stoma Association, and Cheong Hong Club.
2. Phone-in registration: Please call Centre on Behavioral Health, The University of Hong Kong (Phone: 2831 5158) during office hours.
3. **Enquiries**

Centre on Behavioral Health, The University of Hong Kong

Phone: 2831 5158

Email: bhealth@hku.hk