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Full Reference: **Webb K**, Shaw J, Beatty L, Giunta S, Banks H, Laidsaar-Powell R. *CarersCanADAPT Authorship Group, Carer Conquer Fear Authorship Group. How can we address carer-specific concerns? Tailoring psychological interventions to meet the needs of cancer carers*
Conference/Meeting Name: Clinical Oncology Society of Australia (COSA) and International Psycho-Oncology Society (IPOS) Joint Congress
Location: Adelaide, South Australia, Australia
Dates: 11 – 14th November 2025
Presentation Type: Oral presentation as part of a symposium





In November I attended the 2025 COSA-IPOS joint conference held in Adelaide, South Australia. This meeting brought together more than 1200 delegates, including researchers, clinicians and consumer representatives from both cancer care and psycho-oncology. It was a unique event as this was only the second time a joint meeting between COSA and IPOS has been held, the last occasion being 2012.

This year's conference theme was *'Optimising care, optimising outcomes. Partnering to improve outcomes for all.'* There was something for everyone with a packed program covering care optimisation, supportive care, global health, models of care, clinical updates, caring for carers and so much more. The conference included speakers from Australia and around the world, bringing together valuable global insights in the context of cancer care and psycho-oncology.

I presented as part of a symposium titled *'Driving better outcomes: integrating cancer carer needs into healthcare reform.'* My presentation detailed the development of two carer-focused interventions, an online cancer-specific anxiety and depression Cognitive Behavioural Therapy Program (CarersCanADAPT iCBT) and an online fear of cancer recurrence program (Carer Conquer Fear). In our symposium colleagues from Australia presented findings from a nationwide survey

conducted to assess psychological distress and carer
burden, co-design of an interactive website for people affected by upper gastrointestinal cancers and the evaluation of an online distress screening and stepped care model for cancer carers. International colleagues presented findings exploring the extent to which demographic and biopsychosocial factors were associated with healthcare services use and substance use, and qualitative work examining patient, carer and healthcare professional's experiences and needs during consultations announcing treatment changes. It was highly valuable to meet with these colleagues for the first time in person, providing the opportunity to discuss synergies between our work.

I had the opportunity to attend a pre-conference workshop which focused on caring for carers of people with cancer. This session provided important recommendations and practical insights into supporting people that provide care and included rich discussions amongst the group of attendees. It was a highly valuable networking opportunity for me and provided the chance to hear diverse perspectives from various healthcare professionals and researchers.

Other standout sessions for me included the Plenary *'Myths and misunderstandings'* featuring presentations debunking common misconceptions in survivorship care and psycho-oncology, finishing with a powerful talk from guest presenter Dr Ben Bravery. I also enjoyed the Plenary *'Transforming cancer care'* which included some very thought-provoking presentations and discussions about current models of care and where to next.

Across the conference week I found it particularly interesting to hear about intervention implementation and sustainability, models of care and the adaptation and use of digital interventions. The multi-disciplinary nature of these sessions really highlighted the importance of partnership and provided some exciting ideas moving forward.

Thank you to Sydney Cancer Partners for supporting my travel to the joint COSA-IPOS 2025 meeting. It was a great experience to attend this conference, hear about the amazing work happening in this space and meet with new people to share research ideas.