

Dr Belinda Thewes

Publications

Mirosevic S, **Thewes B**, van Herpen C, Kaanders J, Merkx T, Humphris G, Baatenburg de Jong RJ, Langendijk JA, Leemans CR, Terhaard CHJ, Verdonck-de Leeuw IM, Takes R, Prins J; NET-QUBIC Consortium [Prevalence and clinical and psychological correlates of high fear of cancer recurrence in patients newly diagnosed with head and neck cancer.](#) Head Neck. 2019 Sep;41(9):3187-3200. doi: 10.1002/hed.25812. Epub 2019 Jun 7.

Westmaas JL, **Thewes B**, Séguin Leclair C, Lebel S. [Smoking versus quitting and fear of cancer recurrence 9 years after diagnosis in the American Cancer Society's Longitudinal Study of Cancer Survivors-I \(SCS-I\).](#) Cancer. 2019 Aug 7. doi: 10.1002/cncr.32431. [Epub ahead of print]

Sharpe L, Turner J, Fardell JE, **Thewes B**, Smith AB, Gilchrist J, Beith J, Girgis A, Tesson S, Day S, Grunewald K, Butow P; ConquerFear Authorship group.

[Psychological intervention \(ConquerFear\) for treating fear of cancer recurrence: mediators and moderators of treatment efficacy.](#) J Cancer Surviv. 2019 Jul 25. doi: 10.1007/s11764-019-00788-4. [Epub ahead of print]

Burm R, **Thewes B**, Rodwell L, Kievit W, Speckens A, van de Wal M, Prins J. [Long-term efficacy and cost-effectiveness of blended cognitive behavior therapy for high fear of recurrence in breast, prostate and colorectal Cancer survivors: follow-up of the SWORD randomized controlled trial.](#) BMC Cancer. 2019 May 16;19(1):462. doi: 10.1186/s12885-019-5615-3.

Shih ST, Butow P, Bowe SJ, **Thewes B**, Turner J, Gilchrist J, Mihalopoulos C; ConquerFear research group. [Cost-effectiveness of an intervention to reduce fear of cancer recurrence: The ConquerFear randomized controlled trial.](#) Psychooncology. 2019 May;28(5):1071-1079. doi: 10.1002/pon.5056. Epub 2019 Apr 2.

van de Wal M, Servaes P, Berry R, **Thewes B**, Prins J. [Cognitive Behavior Therapy for Fear of Cancer Recurrence: A Case Study.](#) J Clin Psychol Med Settings. 2018 Dec;25(4):390-407. doi: 10.1007/s10880-018-9545-z.

Custers JAE, Kwakkenbos L, van de Wal M, Prins JB, **Thewes B**. [Re-validation and screening capacity of the 6-item version of the Cancer Worry Scale.](#) Psychooncology. 2018 Nov;27(11):2609-2615. doi: 10.1002/pon.4782. Epub 2018 Jun 14.

Butow P, Williams D, **Thewes B**, Tesson S, Sharpe L, Smith A', Fardell JE, Turner J, Gilchrist J, Girgis A, Beith J; Conquer Fear Authorship Group. [A psychological intervention \(ConquerFear\) for treating fear of cancer recurrence: Views of study](#)

[therapists regarding sustainability](#). Psychooncology. 2019 Mar;28(3):533-539. doi: 10.1002/pon.4971. Epub 2019 Jan 15.

[Leermakers L, Döking S, Thewes B, Braamse AMJ, Gielissen MFM, de Wilt JHW, Collette EH, Dekker J, Prins JB](#). Study protocol of the CORRECT multicenter trial: the efficacy of blended cognitive behavioral therapy for reducing psychological distress in colorectal cancer survivors. [BMC Cancer](#). 2018 Jul 18;18(1):748. doi: 10.1186/s12885-018-4645-6.

Sharpe L, Curran L, Butow P, **Thewes B**. [Fear of cancer recurrence and death anxiety](#). Psychooncology. 2018 Nov;27(11):2559-2565. doi: 10.1002/pon.4783. Epub 2018 Jun 21. Review.

Smith, A., Sharpe, L., Thewes, B., Turner, J., Gilchrist, J., Fardell, J., Gigris, A., Tesson, S., Descallar, J., Bell, M., Beith, J., Butow, P. (2018). Medical, demographic and psychological correlates of fear of cancer recurrence (FCR) morbidity in breast, colorectal and melanoma cancer survivors with probable clinically significant FCR seeking psychological treatment through the ConquerFear study. *Supportive Care in Cancer*. Epub ahead of print 7 June doi:10.1007/s00520-018-4294-y

van de Wal M, [Servaes P, Berry R, Thewes B, Prins J](#). Cognitive Behavior Therapy for Fear of Cancer Recurrence: A Case Study. *J Clin Psychol Med Settings*. 2018 Feb 21. doi: 10.1007/s10880-018-9545-z. [Epub ahead of print]

Butow P, Sharpe L, **Thewes B**, Turner J, Gilchrist J, Beith J. [Fear of Cancer Recurrence: A Practical Guide for Clinicians](#). *Oncology* (Williston Park). 2018 Jan 15;32(1):32-8. (Review).

Butow, P. N., Turner, J., Gilchrist, J., Sharpe, L., Smith, A. B., Fardell, J. E., Tesson, S., O'Connell, R., Gigris, A., Gebski, V. J., Asher, R., Mihalopoulos, C., Bell, M. L., Zola, K. G., Beith, J., and **Thewes, B**. (2017) Randomized Trial of ConquerFear: A Novel, Theoretically Based Psychosocial Intervention for Fear of Cancer Recurrence. *J Clin Oncol*, 2017 Dec 20; 35(36):4066-4077. doi: 10.1200/JCO.2017.73.1257. Web of Science, 5 yr Impact factor 18.021, Oncology 6/213, Q1

Sharpe L, **Thewes B**, Butow P Current directions in research and treatment of fear of cancer recurrence (2017) *Current Opinion in Supportive and Palliative Care* Sep;11(3):191-196. DOI:10.1097/SPC.0000000000000288

Fardell J. E., Jones, G., Smith A. B., Lebel S., **Thewes B**., Costa, D Tiller K, Simard S, [Feldstain A](#), Beattie S, McCallum M; Conquer Fear authorship group, Butow P.

Butow, P. (2017). Exploring the screening capacity of the Fear of Cancer Recurrence Inventory - Short Form for clinical levels of fear of cancer recurrence. *Psycho-Oncology*. J Cancer Surviv. 2016 Aug;10(4):663-73. doi: 10.1007/s11764-015-0512-5

Thewes B, Kaal SEJ, Custers JAE, Manten-Horst E, Jansen R, Servaes P, van der Graaf WTA, Prins JB, Husson O. [Prevalence and correlates of high fear of cancer recurrence](#)

[in late adolescents and young adults consulting a specialist adolescent and young adult \(AYA\) cancer service.](#) Support Care Cancer. 2017 Nov 22. doi: 10.1007/s00520-017-3975-2.

Thewes B, Husson O, Poort H, Custers J.A.E, Butow P.N, McLachlan S.A, Prins J.B Fear of cancer recurrence in an era of personalized medicine (Commentary). *Journal of Clinical Oncology*, 2017 Oct 10;35(29):3275-3278 Web of Science, 5 yr Impact factor 18.021, Oncology 6/213, Q1

van de Wal M, **Thewes B**, Gielissen MFM, Speckens AE, Prins JB. Efficacy of Blended Cognitive Behavior Therapy for High Fear of Recurrence in Breast, Prostate and Colorectal Cancer Survivors; the SWORD-study, A Randomized Controlled Trial. *Journal of Clinical Oncology* 2017 5(19) 2173-2183. doi: 10.1200/JCO.2016.70.5301, Web of Science, 5 yr Impact factor 18.021, Oncology 6/213, Q1

van de Wal M, Langenberg S, Gielissen M, **Thewes B**, van Oort I, Prins J. Fear of Cancer Recurrence: a Significant Concern Among Partners of Prostate Cancer Survivors. *Psycho-Oncology*. 2017 Mar 20. (12) doi: 10.1002/pon.4423. 26Web of Science 2015, 5 yr Impact factor 3.786, Psychology 16/76, Q1

Thewes B, Prins J, Friedlander M, Response to: Cardoso F, van't Veer LJ, Bogaerts J, et al. Comments on "70-Gene Signature as an Aid to Treatment Decisions in Early-Stage Breast Cancer." *New England Journal of Medicine*. 2016 Dec 1;375(22):2199-2200. doi: 10.1056/NEJMc1612048. 5 yr Impact factor 56.17, Medicine 1/154, Q1

Schellekens MP, **Thewes B**, Speckens AE [Comments on 'Psychological intervention targeting distress for cancer patients: a meta-analytic study investigating uptake and adherence' by Brebach and colleagues \(2016\).](#) *Psycho-Oncology*. 2016 Aug;25(8):997. doi: 10.1002/pon.4178.

Thewes B, McCafferey K, Davis E, Garvey G, Insufficient evidence on health literacy amongst Indigenous people with cancer; a systematic literature review. *Health Promot Int*. 2018 Apr 1;33(2):195-218. doi: 10.1093/heapro/daw066. Review.

Thewes B, Davis E, Gigris A, Valery PC, Giamp K, Hocking A, Jackson J, He VY, Yip D, Garvey G. Routine screening of Indigenous cancer patients' unmet support needs: a qualitative study of patient and clinician attitudes. *Int J Equity Health*. 2016 Jun 10;15:90. doi: 10.1186/s12939-016-0380-2.

Lebel S., Ozakinc G., Humphris G., Mutsaers B; **Thewes B**; Prins J; Dinkel A; Butow P. (2016) 'From normal response to clinical problem: Definition and clinical features of fear of cancer recurrence. *Supportive Care in Cancer* 2016 Aug;24(8):3265-8. doi: 10.1007/s00520-016-3272-5. Epub 2016 May 12.

van de Wal M, van Oort I, Schouten J, **Thewes B**, Gielissen M, Prins J. Fear of cancer recurrence in prostate cancer survivors. *Acta Oncol.* 2016 Jul;55(7):821-7. doi:0.3109/0284186X.2016.1150607. Epub 2016 Mar 3.

Fardell JE, **Thewes B**, Turner J, Gilchrist J, Sharpe L, Smith AB, Girgis A, Butow P. Fear of cancer recurrence: A theoretical review and novel cognitive processing formulation, *Journal of Cancer Survivorship, J Cancer Surviv.* 2016 Jan 19. [Epub ahead of print] doi: 10.1007/s11764-015-0512-5

Thewes, B., van de Wal, M., & Prins, J. (2016). Comments on 'Brief screening of patients with distressing fear of recurrence in breast cancer survivors' by Akechi et al., *Breast Cancer Res Treat*, 2015, 153(2): pp. 475-476. *Breast Cancer Research and Treatment*, 156(1), 203-204. doi: 10.1007/s10549-016-3730-2

Lebel, S., Ozakinci, G., Humphris, G., **Thewes, B.**, Prins, J., Dinkel, A., & Butow, P. (2016). Current state and future prospects of research on fear of cancer recurrence. *Psycho-Oncology*. [Feb 18 Epub ahead of print] doi: 10.1002/pon.4103

Thewes B, Lebel S, Seguine-Leclaire C., Butow P. A qualitative exploration of coping techniques and most feared aspects of FCR amongst Australian and Canadian young breast cancer survivors, *Support Care Cancer* 2016 May; 24(5):2269-76. doi: 10.1007/s00520-015-3025-x

Garvey G, **Thewes B**, He VF, Davis E, Girgis A, Valery PC, Giam K, Hocking A, Jackson J, Jones V, Yip D and the Members of the SCNAT-IP Implementation Group; Indigenous cancer patient and staff attitudes towards unmet needs screening using the SCNAT-IP. *Support Care Cancer*. 2016 Jan; 24(1):215-23. doi: 10.1007/s00520-015-2770-1.

Cancer Institute NSW (**Thewes B** as Writing Committee Member): *Cancer treatment side effects: a guide for Aboriginal Health Workers*. 2015. Cancer Institute of NSW, Alexandria NSW.

Smith A, **Thewes B**, Turner J, Gilchrist J, Fardell J, Sharpe L, Bell ML, Girgis A, Grier M, Byrne D, Clutton S, Butow P. Pilot of a theoretically grounded psychologist-delivered intervention for fear of cancer recurrence (Conquer Fear). *Psycho-Oncology*. 2015 Aug;24(8):967-70. doi: 10.1002/pon.3775.

Sharpe L, **Thewes B**, Butow P. Attentional biases in cancer survivors: directions for future research. *Psycho-Oncology*. 2015 Apr;24(4):496. doi: 10.1002/pon.3789.

Thewes B, Zachariae R, Christensen S, Nielsen T, Butow P. The Concerns About Recurrence Questionnaire: Validation of a brief measure of Fear of Cancer Recurrence Amongst Danish and Australian Breast Cancer Survivors, *Journal of Cancer Survivorship*. 2015 Mar;9(1):68-79. doi: 10.1007/s11764-014-0383-1.

Butow, P., Kelly, S., **Thewes, B.**, Hruby, G., Sharpe, L., & Beith, J. (2015). Attentional bias and metacognitions in cancer survivors with high fear of cancer recurrence. *Psychooncology*, 24(4), 416-423. doi: 10.1002/pon.3659

Thewes B., Butow P., Davis E., Turner J. Mason C., Psychologist's views of interdisciplinary psychosocial communication within the cancer care team, *Journal of Supportive Care in Cancer*. 2014 Dec;22(12):3193-200. doi: 10.1007/s00520-014-2299-8. Epub 2014 Jun 28.

Davis E, **Thewes B**, Butow P, Mason C A qualitative study of consumer attitudes to sharing psychosocial information within the multidisciplinary cancer care team *Psycho-Oncology* 2014 Apr;22(4):869-70. doi: 10.1007/s00520-013-2115-x. Epub 2014 Jan 12.

Thewes B, R. Brebach, M. Dzidowska, P. Rhodes, L. Sharpe, P. Butow, Current approaches to managing fear of cancer recurrence; a descriptive survey of psychosocial and clinical health professionals, *Psycho-Oncology*, 2014 Apr;23(4):390-6. doi: 10.1002/pon.3423. Epub 2013 Nov 1. DOI: 10.1002/pon.3423

Simard S, **Thewes B**, Humphris G, Dixon M, Hayden C, Mireskandari S, Ozakinci G. [Fear of cancer recurrence in adult cancer survivors: a systematic review of quantitative studies](#). *J Cancer Surviv*. 2013 Volume: 7 Issue: 3 Pages: 300-322 DOI: 10.1007/s11764-013-0272-z

Thewes B., Bell M. L., Butow P., Beith J., Boyle F., Friedlander M. And McLachlan S. A, the Members of the FCR Study Advisory Committee Psychological morbidity and stress but not social factors influence level of fear of cancer recurrence in young women with early breast cancer: results of a cross-sectional study, *Psycho-Oncology*, Published online: 23 AUG 2013 | DOI: 10.1002/pon.3348

Butow PN, Bell ML, Smith AB, Fardell JE, **Thewes B**, Turner J, Gilchrist J, Beith J, Girgis A, Sharpe L, Shih S, Mihalopoulos C. [Conquer fear: protocol of a randomised controlled trial of a psychological intervention to reduce fear of cancer recurrence](#). *BMC Cancer*. 2013 Apr 23;13(1):201. DOI: 10.1186/1471-2407-13-201

Thewes B, Bell ML, Butow P. [Fear of cancer recurrence in young early-stage breast cancer survivors: the role of metacognitive style and disease-related factors.](#) *Psycho-Oncology*. 2013 Volume: 22 Issue: 9 Pages: 2059-2063 DOI: 10.1002/pon.3252

Peate M, Meiser B, Cheah BC, Saunders C, Butoe P, **Thewes B**, Hart R, Phillips K-A, Hickey M*, and Friedlander M* (*equal co-senior author). Making hard choices easier: a prospective, multicentre study to assess the efficacy of a fertility-related decision aid in young women with early-stage breast cancer. *British Journal of Cancer* (2012) 106: 1053–1061.

Thewes B, Butow P, Bell M, Beith J, Stuart-Harris R, Grossi M, Capp A, Dalley D, Fear of cancer recurrence in young women with a history of early-stage breast cancer; A cross-sectional study of prevalence and association with health behaviours. *Journal of Supportive Care in Cancer*, 2012 Nov;20(11):2651-9.

Peate, M., Saunders, C., Gregson, J., **Thewes, B.**, D'Abrew, N., Meiser, B., White, K. and Hickey, M. (2012), Development and Evaluation of an Information Booklet about Breast Cancer and Early Menopause. *The Breast Journal*, 18: 95–96.

Thewes, B., Butow, P., Zachariae, R., Christensen, S., Simard, S. and Gotay, C. (2011), Fear of cancer recurrence: a systematic literature review of self-report measures. *Psycho-Oncology*. 2012 Jun;21(6):571-87.

Kaur, A, Butow P, **Thewes B**, (2011) Do Metacognitions Predict Attentional Bias in Health Anxiety? *Cognitive Therapy and Research*. 35(6):575-580

Patel D, **Thewes B**, Sharpe L, Bell M, Using the Distress Thermometer and Hospital Anxiety and Depression Scale for Predicting Clinical Disorder in Patients Diagnosed with Colorectal Cancer. (2011) *Journal of Affective Disorders* 2011 Jun;131(1-3):412-6.

Patel D, Sharpe L, **Thewes B**, Rickard J, Schnieden V, Lewis C, Feasibility of Using Risk Factors to Screen for Psychological Disorder During Routine Breast Care Nurse Consultations, *Cancer Nursing* 2010 Jan-Feb;33(1):19-27.

Thewes B, Butow P, Stuart-Harris R and the Greater Southern Area Health Service Screening Collaborative Group. Does Routine Psychological Screening of Newly Diagnosed Rural Cancer Patients Lead to Better Patient Outcomes? Results of a Pilot Study. (2009) *Australian Journal of Rural Health* Dec;17(6):298-304.

Kazutaka N, Liu P, Detry M, Schover LR, Milbourne A, Neumann J, Rondon G, **Thewes B**, Champlin RE, Ueno NT, Receiving Information on Fertility- and Menopause-Related Treatment Effects among Women Who Undergo Hematopoietic Stem Cell Transplantation: Changes in Perceived Importance Over Time, *Biology of Blood and Marrow Transplantation*, 2009, 15(11) 1465-1474

Mireskandari S, Sangster J, Meiser B, **Thewes B**, Groombridge C, Spigelman A, Andrews L. Psychosocial impact of familial adenomatous polyposis (FAP) on young adults: A qualitative study. *Journal of Genetic Counseling*, 2009, 18(5), 409-417.

National Breast and Ovarian Cancer Centre (**Thewes B** as Writing Committee Member) *Breast cancer and early menopause: A guide for younger women*. 2008. National Breast and Ovarian Cancer Centre, 2008, Surry Hills, NSW Australia.

Andrews L, Mireskandari S, Jessen J, **Thewes B**, Solomon M, Macrae F, Meiser B. Impact of familial adenomatous polyposis on young adults: quality of life outcomes. *Diseases of the Colon & Rectum*. 2007, 50(9): 1306-15

Andrews L, Mireskandari S, Jessen J, **Thewes B**, Solomon M, Macrae F, Meiser B. Impact of familial adenomatous polyposis on young adults: attitudes toward genetic testing, support, and information needs. *Genetics in Medicine*, 2006, 8(11): 697-703

Shepherd LM, Goldstein D, Whitford H, **Thewes B**, Brummel V, Hicks M, The utility of videoconferencing to provide innovative delivery of psychological treatment for rural cancer patients; Results of a pilot study. *Journal of Pain & Symptom Management*, 2006, 32(5):453-61

Mireskandari S, Meiser B, **Thewes B**, Evaluation of a support workshop for partners of breast cancer patients: A pilot study. *Cancer Forum*, 2006, 30(3) 207-212 V

Thewes B, White K, Psychosocial aspects of sexuality and fertility after a diagnosis of breast cancer. *Cancer Forum*, 2006, 30 (1) 6-10

Thewes B, Meiser B., Duric V.M., Stockler M.R., Taylor A., Stuart-Harris R., Links M., Wilcken N., McLachlan S.A., Phillips K.A., Beith J., Boyle F., Friedlander M. L. 'What survival benefits do patients with premenopausal early breast cancer need to make endocrine therapy worthwhile?' *Lancet Oncology*, 2005, 6(8); 537-632

Thewes B, Meiser B., Taylor A., Phillips K.A, Pendlebury S., Capp A., Dalley D., Goldstein D., Baber R., Friedlander M. L. 'The Fertility- and Menopause-Related Information Needs of Younger Women with a Diagnosis of Early Breast Cancer'. *Journal of Clinical Oncology*, 2005. 23(22), 5155-5164.

Gunn H, Meiser B, **Thewes B**, Cairns D. An evaluation of support groups for young women early breast cancer. *Cancer Forum*. 2005. 29(1): 20-25

Thewes, B, Butow, P, Grgis A, Pendlebury P. The assessment of unmet needs of younger women with breast cancer. *Journal of Psychosocial-Oncology*. 2004. 22 (1): 51-73.

National Breast Cancer Centre (**Thewes B** as Writing Committee Member) *Clinical Practice Guidelines for the management and support of younger women with breast cancer*. 2004. National Breast Cancer Centre, Camperdown, NSW Australia.

Thewes B, Meiser B, Tucker K, Schnieden V. Screening for vulnerability to psychological morbidity in women with a family history of breast cancer; A review of the literature. *Psychology, Health & Medicine* 2003; 8 (3): 289-304

Friedlander, M. & **Thewes, B**. Counting the costs of treatment: the reproductive and gynaecological consequences of adjuvant therapy in young women with breast cancer. *Internal Medicine Journal*. 2003. 33: 372-379.

Thewes B, Meiser B, Tucker M, Tucker K. The unmet support needs of women with a family history of breast cancer: A descriptive study. *Journal of Genetic Counseling* 2003. 12(1): 61-76

Thewes, B, Butow, P, Grgis A, Pendlebury P. The psychosocial needs of breast cancer survivors; A qualitative study of the shared and unique needs of younger versus older breast cancer survivors, *Psycho-Oncology*. 2003. 12: 1-3

Thewes B, Meiser B, Rickard J, Friedlander M. Fertility- and menopause-related information needs of younger women with breast cancer; A qualitative study. *Psycho-Oncology* 2002. 11: 1-12.

Goldstein D, **Thewes B**, Butow PN. Communicating in a multicultural society II: Greek community attitudes towards cancer in Australia. *Internal Medicine Journal*. 2002. 32: 289-296

Tiller K, Meiser B, Butow PN, Clifton M, **Thewes B**, Friedlander M, Tucker K. Psychological impact of prophylactic oophorectomy in women at risk of developing ovarian cancer. *Gynecological Oncology*. 2002. 86:212-219.

Thewes B, Meiser B, Hickie I. Psychometric properties of the impact of event scale amongst women at increased risk for hereditary breast cancer. *Psycho-Oncology* 2001;10(6):459-468.

Meiser B, Butow P, Barratt A, Gattas M, Gaff C, Haan E, Gleeson M, Dudding T, Tucker K, and the Psychological Impact Collaborative Group (**Thewes B**. Collaborative Group member). Risk perceptions and knowledge of breast cancer genetics in women at increased risk of developing hereditary breast cancer. *Psychology and Health* 2001; 16(3): 297-311.

Meiser B, Butow P, Barratt A, Gattas M, Gaff C, Haan E, Gleeson M, Dudding T, Tucker K, and the Psychological Impact Collaborative Group (**Thewes B**. Collaborative Group member). Long-term outcomes of genetic counselling in women at increased risk of developing hereditary breast cancer. *Patient Education and Counseling* 2001; 44: 215-225.

Last Updated August 15, 2019