Q uality of life (QOL) during post-treatment breast cancer survivorship is a relatively new, emerging, and promising area of investigation. Numerous multidisciplinary studies conducted since the 1980s have documented QOL in several domains, including physical function, psychological distress, social and family concerns, and spiritual issues, among breast cancer survivors. Behavioral interventions to ameliorate QOL problems include a wide variety of methods such as psychoeducational support, individual and group counseling, expressive therapy, and cognitive behavioral therapy (Institute of Medicine & National Research Council, 2004). The preponderance of behavioral interventions has been delivered primarily during active cancer treatment. A small but growing number of multidisciplinary studies have reported interventions designed for the transition from cancer treatment to cancer survivorship.

The primary purpose of this article is to report the results of the effects of the Breast Cancer Education Intervention (BCEI) Study, a QOL survivorship intervention delivered using psychoeducational support and targeting women with early-stage breast cancer in the first year of post-treatment survivorship. The aims of this article are consistent with the Key Points . . .

- Few randomized controlled trials have been conducted addressing the transition from treatment to survivorship among patients with cancer.
- Psychoeducational support interventions are demonstrated to be effective.
- The Breast Cancer Education Intervention, a psychoeducational support intervention designed for breast cancer survivors, can improve quality of life.

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