



CD-ROM Intervention for Prostate Cancer Screening

Project Information Sheet

Project Overview

An interactive CD-ROM was developed to aid men in making informed decisions about prostate cancer screening. The CD-ROM includes information about anatomy, risk of prostate cancer, screening options, treatment for prostate cancer and its side effects, video segments in which men tell their stories about why they have decided to be screened or not be screened, and a series of questions for men to consider when making their decisions. The CD-ROM was tested for its effectiveness at reducing decisional conflict related to the screening decision. Two populations were studied: a random sample of 6000 men throughout the state of Colorado and a random sample of 3000 men who are members of Kaiser Permanente. Within each sample, men were randomly assigned to be mailed the CD-ROM or to a control group. A telephone interview, approximately 6 months after mailing of the CD-ROM, was used to assess use of the CD-ROM and outcomes.

Results of the study showed the following: Of 1314 men randomized to receive the CD-ROM, 39% reported receiving the CD-ROM, and 13% used it in a computer. Users of the CD-ROM had higher education, higher income, higher levels of computer usage, and were more likely to have had a PSA test compared to non-users. Comparing those who did and did not use the CD-ROM using multiple regression analysis and controlling for age, race, education, income, insurance status, previous prostate cancer screening, and computer usage, use of the CD-ROM was significantly associated with higher prostate cancer related knowledge, lower decisional conflict, and more realistic expectations about risk of dying from prostate cancer (all $p < 0.001$). Among African American study participants, use of the CD-ROM was significantly related to knowledge, marginally related to realistic expectations, and not related to decisional conflict. Among MCO members, CD-ROM use was significantly related to all three outcomes, with effect sizes about 25% stronger than in the overall population and all p values for CD-ROM use $< .001$.

Benefits of the Project

Prostate cancer screening has not been proven to reduce morbidity or mortality from prostate cancer, and in fact, because treatment for prostate cancer carries significant side effects of impotency and incontinence, the treatment can in some cases be worse than the disease. Therefore, most national organizations recommend that men make informed decisions about whether screening is the best option for them. The goal of the CD-ROM is to increase informed decision-making, not to increase screening. The CD-ROM can be reproduced and disseminated at a relatively low cost, and therefore can be used to reach large numbers of men.

Time line

This project was officially completed in April, 2005. Current efforts are related to dissemination and manuscript preparation.

Funding

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Study Team

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