**Dr Gemma Cherry (University of Liverpool/Royal Liverpool University Hospital, 0151 7955364) and Dr Angela Byrne (University of Liverpool/Royal Liverpool University Hospital, 0151 7063126)**

**Translating metacognitive therapy to physical health: theoretical and practical implications**

A substantial proportion of cancer survivors experience persistent and clinically significant emotional distress. Metacognitive therapy (MCT), a transdiagnostic therapy based on the self-regulatory executive function model, is an effective treatment for depression and anxiety in adult mental health settings, and demonstrates potential applicability to adolescent and young adult cancer survivors. In this presentation, we will discuss a programme of ongoing collaborative work between the University of Liverpool and the Clinical Health Psychology Service at the Royal Liverpool University Hospital investigating the potential effectiveness for MCT in alleviating emotional distress in adult cancer survivors. Specifically, we will discuss the findings of a case series (*n* = 4) and an open trial with 6-month follow-up (*n* = 20), both of which demonstrate that individual MCT is a highly effective and tolerable intervention. We will reflect on the challenges associated with delivering MCT to adult cancer survivors, and present preliminary data from ongoing research investigating whether MCT can be successfully delivered to cancer survivors in a group format. Finally, we will outline plans for future research, including controlled evaluations of MCT, and reflect on the theoretical and practical implications of these data for clinicians working with this patient group.

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