

Feasibility and Acceptability of an mHealth Psychoeducational Intervention for Support of Nigerian Women with Breast Cancer Receiving Chemotherapy

Oluwadamilare AKINGBADE^{1,2}, Oluwabukola Sharon AYO³, Adetutu Sefinat ALADE³, Moshood Akinwumi LAWAL³, Olamide SADO², Ka Ming CHOW¹

¹The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong, Hong Kong SAR, China

²Institute of Nursing Research Osogbo, Osun State, Nigeria

³Department of Nursing, Lagos State University Teaching Hospital, Ikeja, Lagos State, Nigeria

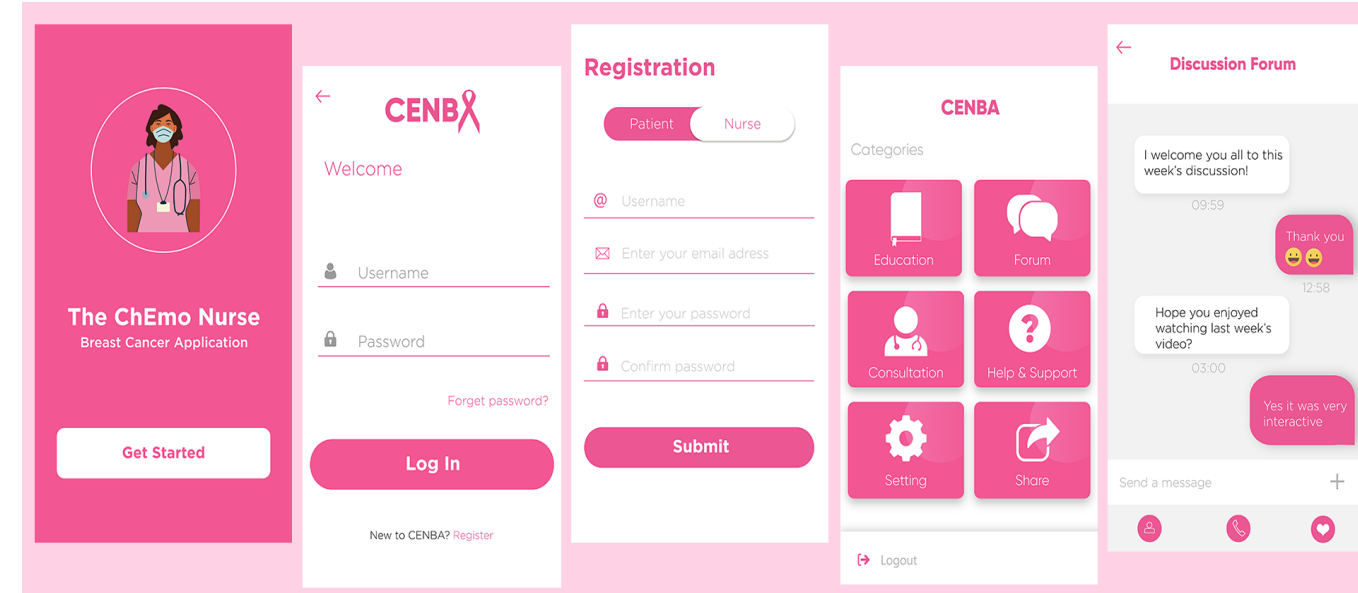
Introduction

- Breast cancer (BC) is the most common malignancy globally, and Nigeria has the highest mortality of BC in Africa [1].
- Chemotherapy, one of the major treatment modalities widely used for BC, is accompanied by psycho-educational needs.
- mHealth psychoeducational intervention (mPEI) has been suggested to address the psychoeducational needs of women with BC receiving chemotherapy, but the evidence is limited.

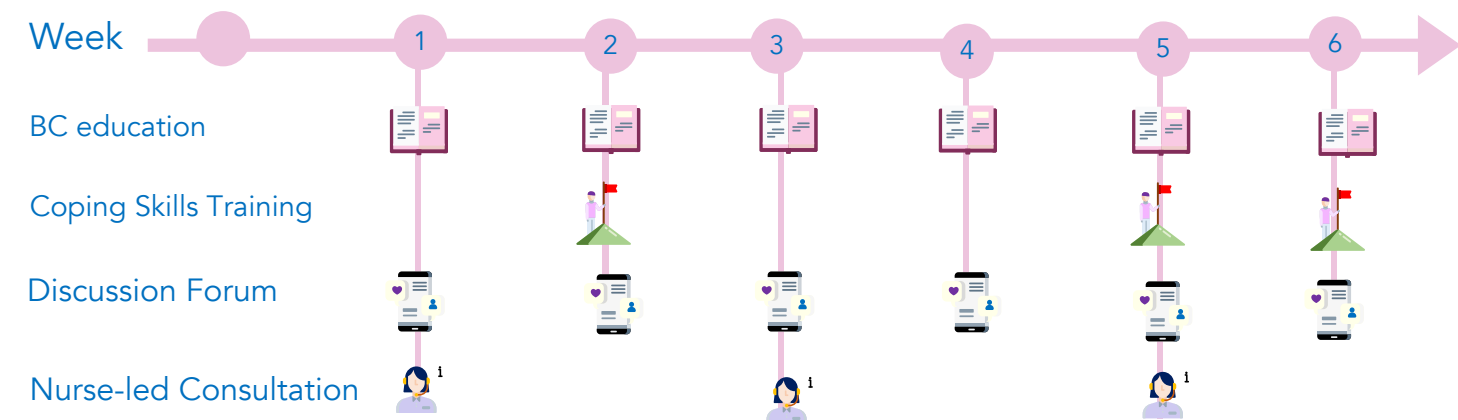
Aim

- This study aimed to test the feasibility and acceptability of a newly developed mPEI, called the **ChEmo-Nurse Breast cancer App (CENBA) programme** to provide psychoeducational support for Nigerian women receiving chemotherapy for BC.
- The programme was designed according to the findings of a systematic review and an exploratory qualitative study conducted by the research team [2,3].

CENBA Programme



Intervention Schedule



Method

Pilot Randomised Controlled Trial (RCT)

- Research design:** Prospective, two-arm assessor-blinded pilot RCT.
- Study setting:** Lagos State University Teaching Hospital (LASUTH) and Lagos University Teaching Hospital (LUTH), Nigeria.
- Participants:** 30 Nigerian women diagnosed with BC receiving chemotherapy.
- Intervention group:** 6-week CENBA programme
- Control group:** Standard care (15-minute health talk during the clinic).
- Data Analysis:** Mann-Whitney-U test to compare the outcome variables between the intervention group and the control group from pre- to post-intervention.

Method

Semi-Structured Interviews

Thematic Analysis

Acceptability

All the participants unanimously agreed that they found the programme easy to use and that they had not encountered any difficulties while using the app.

The intervention group had a statistically significant **higher self-efficacy** ($p=.002$), **problem-focused** ($p=.000$), and **emotion-focused coping** ($p=0.003$) and **social well-being domain of quality of life** ($p=0.013$). No significant effects were found for anxiety, depression, symptom distress, symptom interference and quality of life.

Preliminary Effectiveness

Recommendations from participants

Participants recommended that reminders to join the discussion sessions should be given through phone calls or text messages. They also stressed the need for financial support for internet subscription.

Conclusion

- This study suggests that the CENBA programme is feasible and acceptable for effectively providing psychoeducational support in a **low and middle-income country**.
- Recommendations from this study should be considered when designing an RCT with a larger sample size with modifications of the intervention according to the pilot RCT results.

References

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Feasibility

The participants found the programme useful in improving their knowledge, providing psychological support, group interaction and an opportunity to clarify misconceptions.

- Individual in-depth interviews.
- 14 women** who completed the intervention were interviewed.

Results

