

# METASTATIC BREAST CANCER PATIENTS' PREFERENCES FOR EXERCISE PROGRAMS: A LATENT CLASS ANALYSIS USING DATA FROM A SURVEY IN FIVE EUROPEAN COUNTRIES.

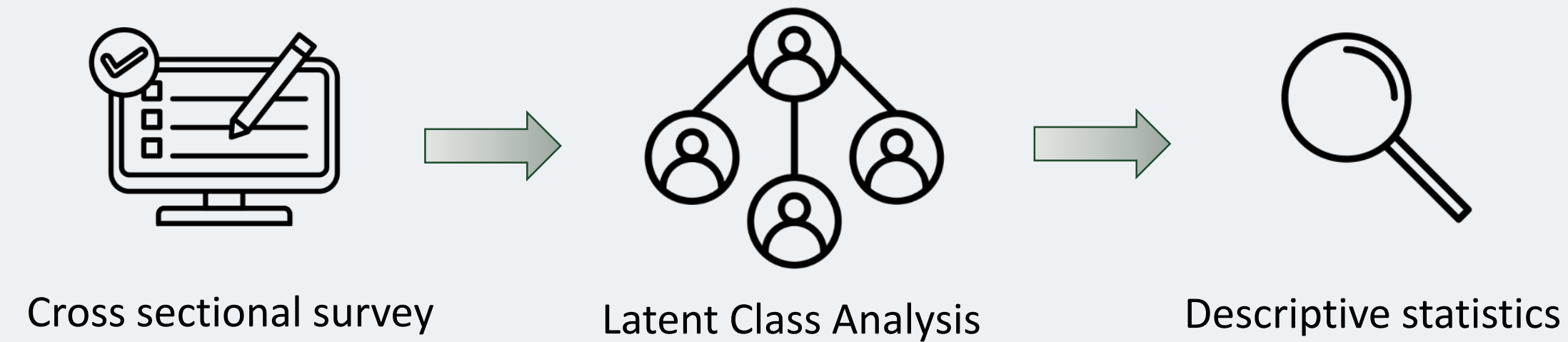
Maike G Sweegers<sup>1,2</sup>, Johanna Depenbusch<sup>3</sup>, Neil K Aaronson<sup>2</sup>, Anouk E Hiensch<sup>4</sup>, Yvonne Wengström<sup>5</sup>, Malin Backman<sup>5</sup>, Nadira Gunasekara<sup>6</sup>, Dorothea Clauss<sup>6</sup>, Jon Belloso<sup>7</sup>, Milena Lachowicz<sup>8</sup>, Anne M May<sup>4</sup>, Karen Steindorf<sup>3</sup>, Martijn M Stuiver<sup>1,2</sup>

<sup>1</sup> Center for Quality of Life, Netherlands Cancer Institute/Antoni van Leeuwenhoek Hospital, Amsterdam, The Netherlands, <sup>2</sup> Department of Psychosocial Research and Epidemiology, Netherlands Cancer Institute/Antoni van Leeuwenhoek Hospital, Amsterdam, The Netherlands, <sup>3</sup> Division of Physical Activity, Prevention and Cancer, German Cancer Research Center (DKFZ) and National Center for Tumor Diseases (NCT), Heidelberg, Germany, <sup>4</sup> Julius Center for Health Sciences and Primary Care, University Medical Center Utrecht, Utrecht University, Utrecht, The Netherlands, <sup>5</sup> Division of Nursing, Department of Neurobiology, Care Sciences, and Society, Karolinska Institute, and Karolinska Comprehensive Cancer Center, Karolinska University Hospital Stockholm, Sweden, <sup>6</sup> Department for Molecular and Cellular Sports Medicine, German Sport University Cologne, Cologne, Germany, <sup>7</sup> Gipuzkoa Cancer Unit, OSID-Onkologikoa, BioGipuzkoa, Osakidetza, San Sebastian, Spain, <sup>8</sup> Department of Oncology and Radiotherapy, Medical University of Gdańsk, Gdańsk, Poland

## INTRODUCTION

- Exercise for people with metastatic breast cancer is safe and effective in reducing fatigue and quality of life.
- Insight into patients' perspectives on exercise programs will facilitate implementation.

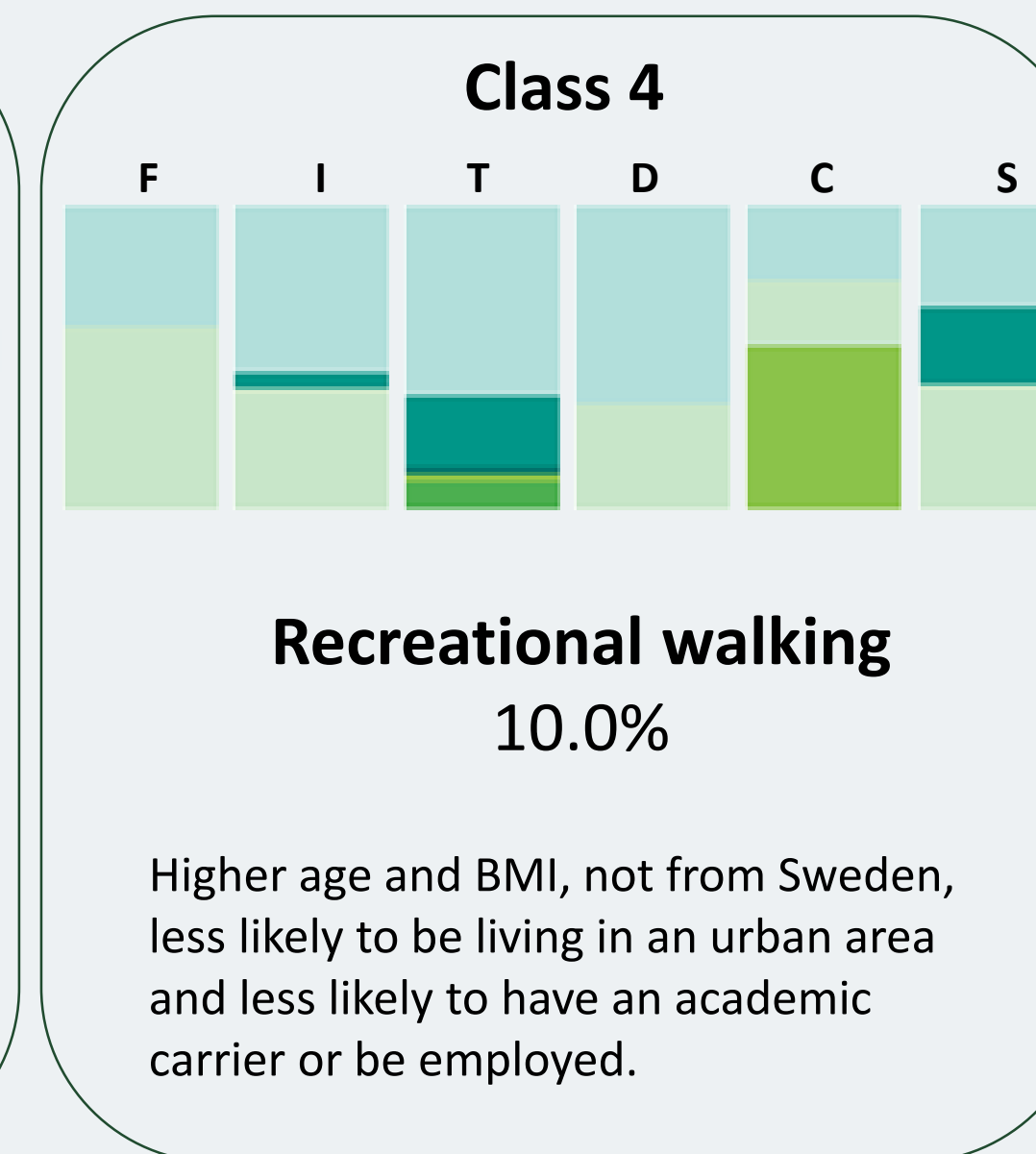
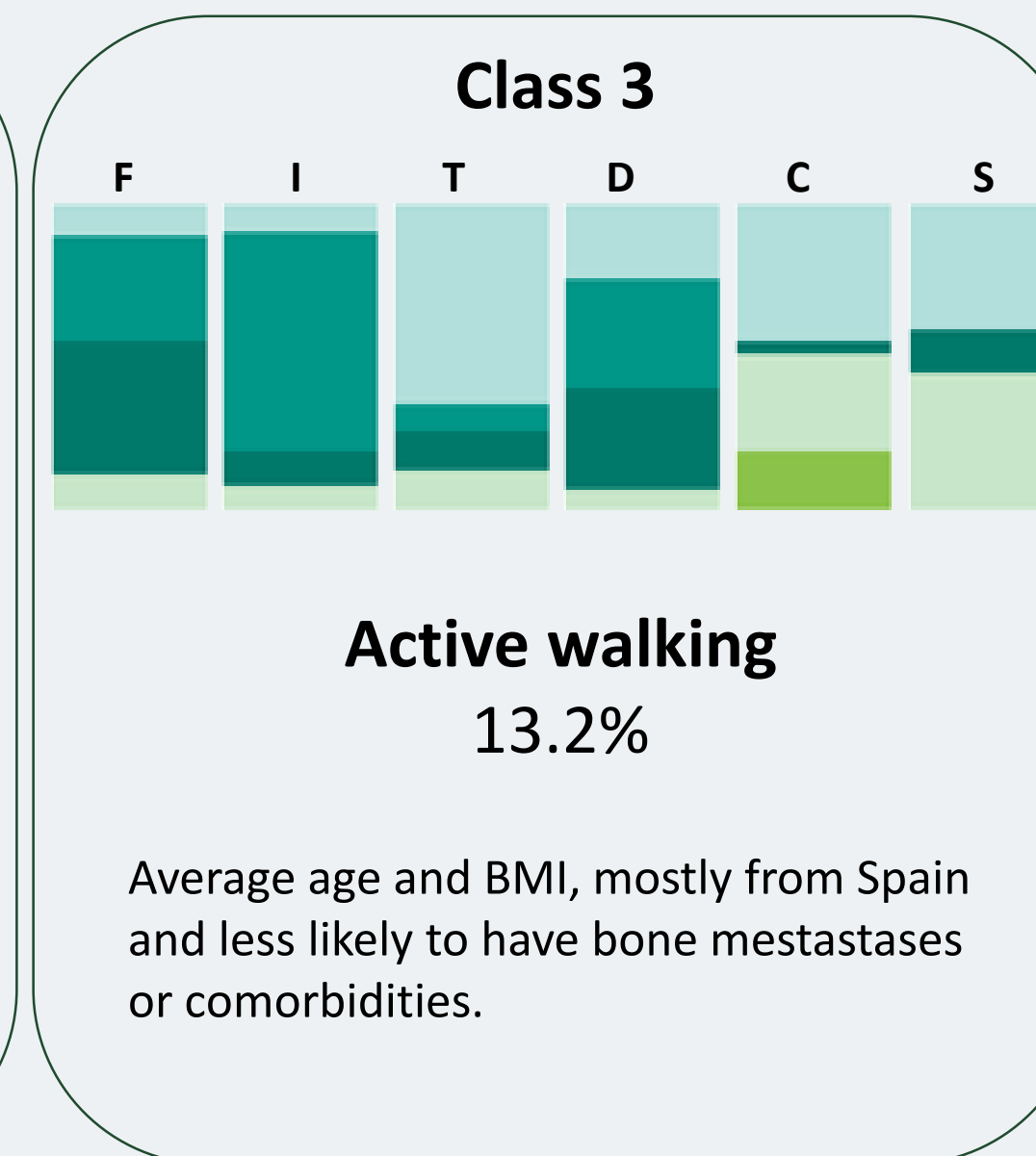
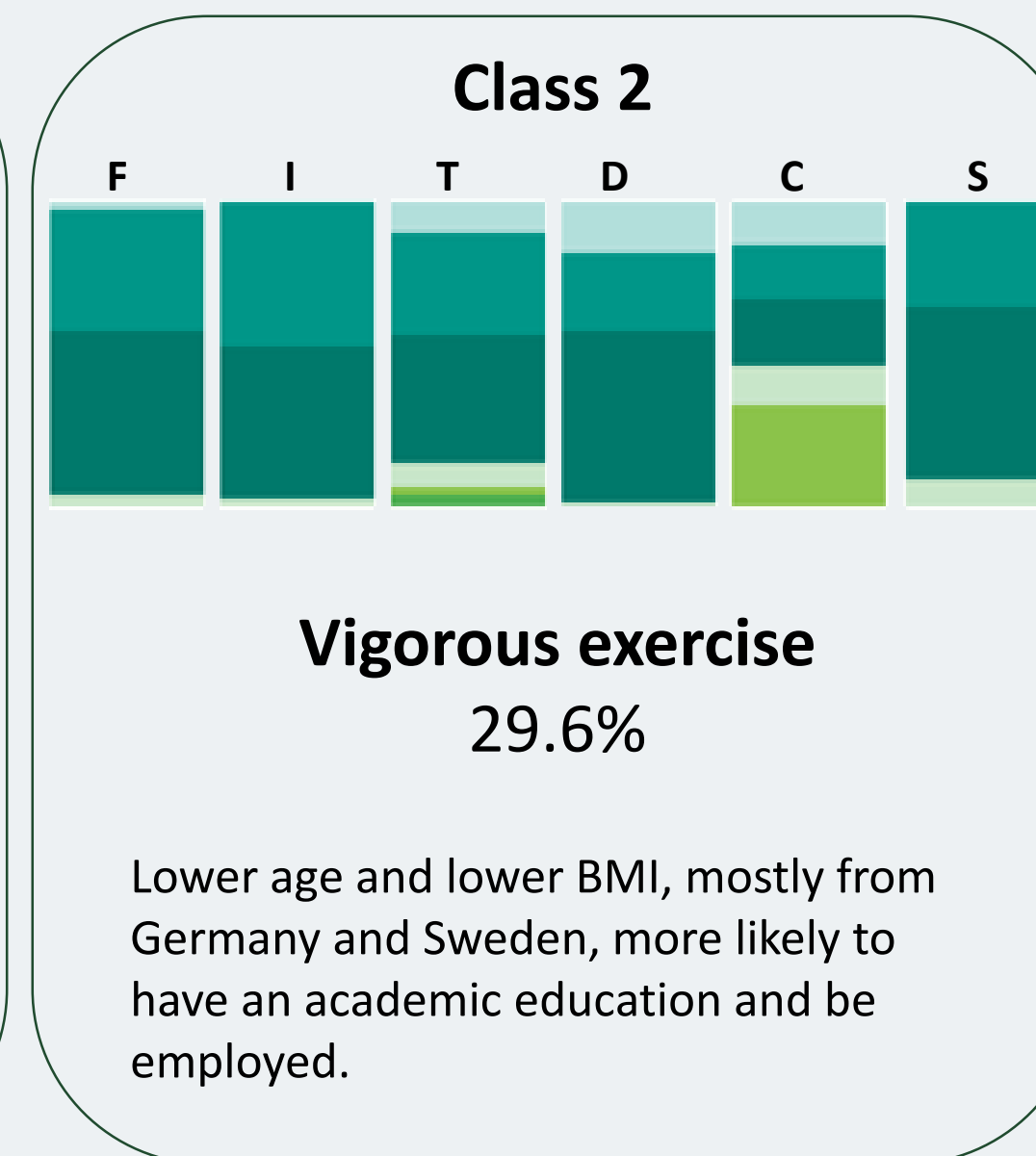
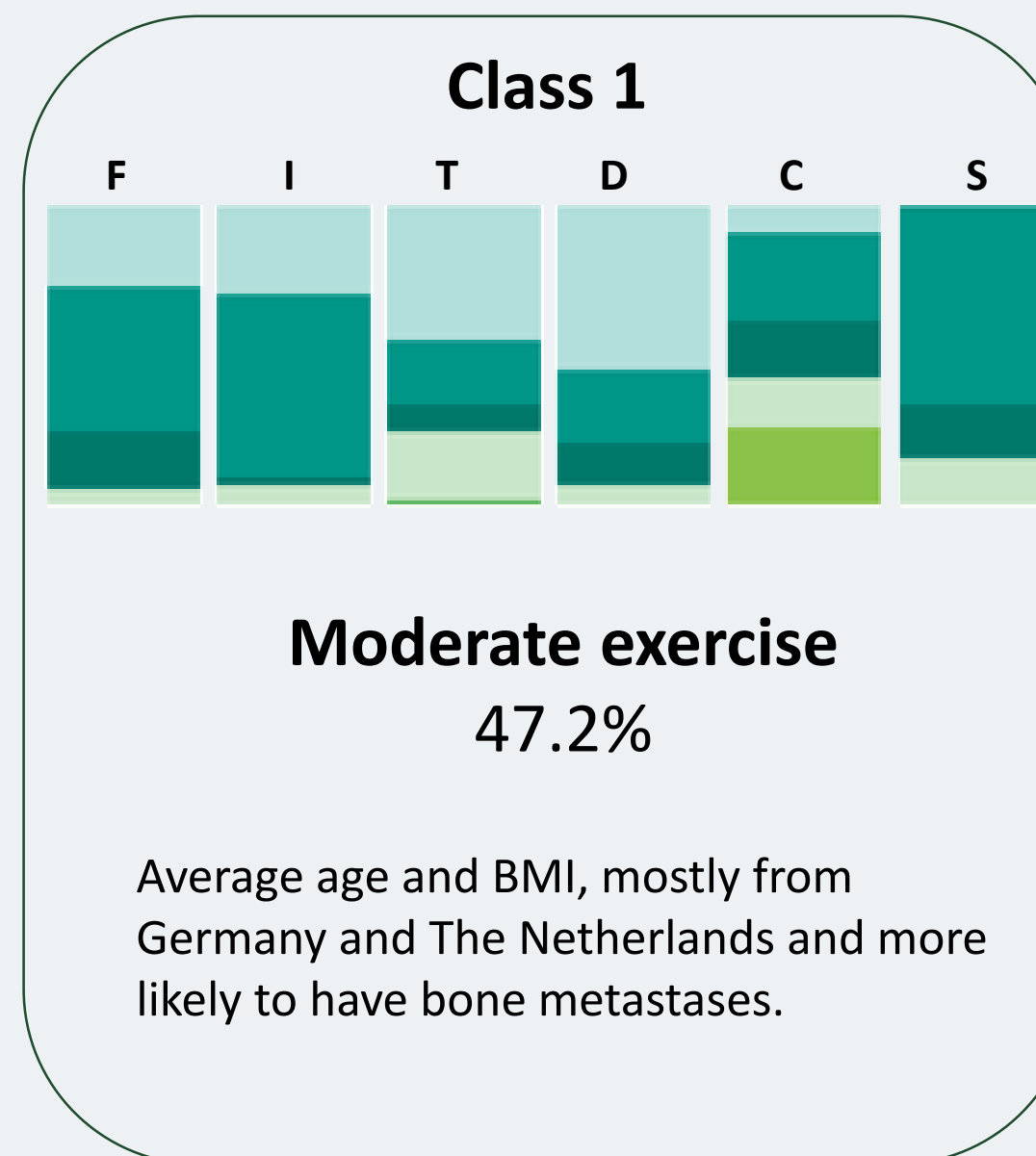
## METHOD



## RESULTS

### LEGEND

Frequency	Intensity	Type	Duration	Company	Supervision
≤1x/wk	Light	Walking	≤ 30 min	No one	None
2x/wk	Moderate	Other aerobic	>30-45 min	Cancer patients	Supervision within health care
≥3x/wk	Vigorous	Resistance	>45 min	General public	Supervision outside health care
No preference	No preference	Relaxation	No preference	Family or friends	No preference
		Team sport		No preference	
		Other			



## DISCUSSION

- We identified four classes of patients with varying preferences for exercise programs.
- Exercise preferences generally meet the current guideline recommendations.
- Targeted education will benefit implementation of exercise programs, in particular to align patients' preferences and behaviour with the amount of exercise that is necessary to gain health benefits.
- Specific attention should be given to patients' limited preference and skills regarding resistance exercise.



Dr. Maike Sweegers (m.sweegers@nki.nl)



The study is funded by the European Commission Research & Innovation Horizon 2020 program under grant agreement No. 825677.

The authors declare no conflict of interest.

