

NUTRITION AND EXERCISE KNOWLEDGE, ATTITUDE AND PRACTICE (NE-KAP): A SYSTEMATIC SCOPING REVIEW OF ASSESSMENT TOOLS IN CANCER SURVIVORSHIP

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BACKGROUND

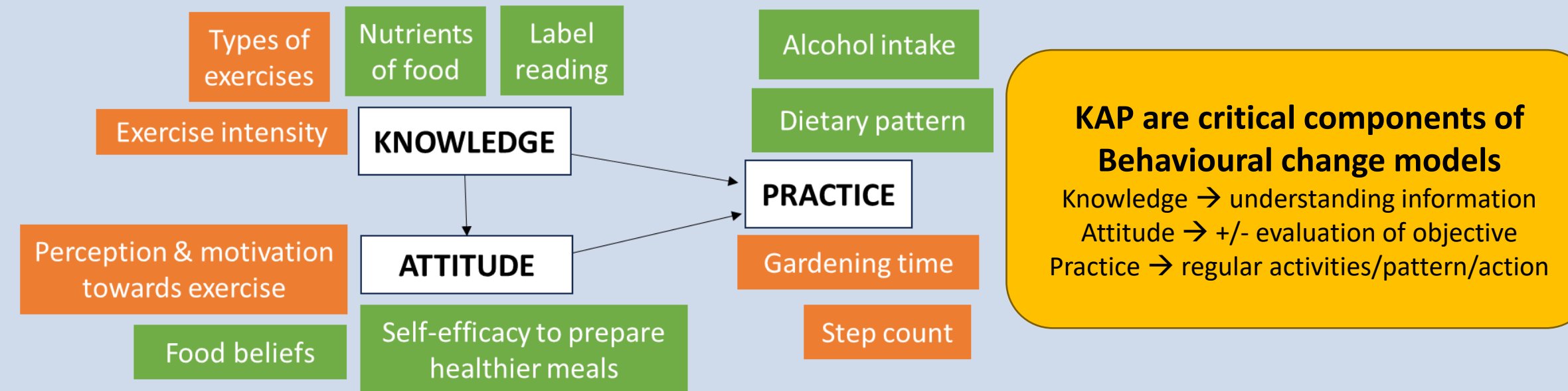


Figure 1. Conceptual diagram and relationship of NE-KAP adapted from the convention KAP model¹

AIM

To identify NE-KAP assessment tools for cancer survivors and the associated outcomes (2019-23)

METHODS

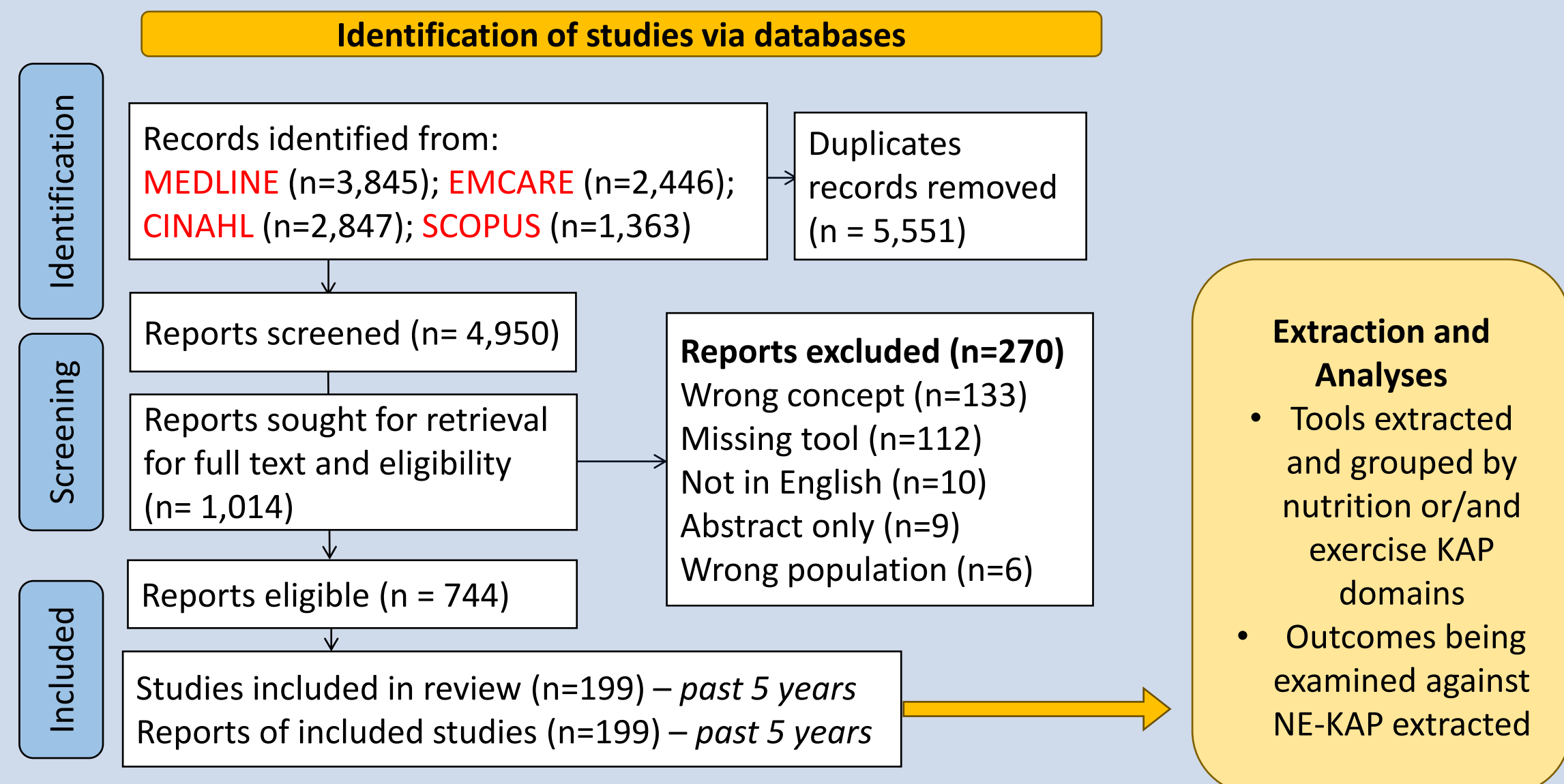


Figure 2. PRISMA Scoping Review Flowchart

RESULTS

Table 1. Most used NE-KAP assessment tools in research involving cancer survivors, description and associated outcomes (2019-2023)

	Assessment Tool – out of 131 unique assessment tools	No. of studies	Brief description and outcomes associated with results of assessment tools in cancer survivorship
NUTRITION	Study Specific Food Frequency Questionnaire (FFQ)	21	FFQ used for ≤1 study, can be validated/not-validated. <i>Outcomes: Bowel function, Cancer recurrence, Quality of Life (QoL), depression, anxiety, fatigue</i>
	National Cancer Institute Questionnaires – Dietary screener questionnaire (DSQ), fruits & vegetables/fat/ multifactor screener, food and attitude survey	9	FFQ consists of 80-120 food and beverages, validated. <i>Interviewer or self-administered</i> <i>Outcomes: Sleep quality</i>
	Block Questionnaires – 2005 FFQ, fat/sugar/fruit/vegetable screeners	4	110 food item, self- or interviewer-administered . Has a Spanish version. <i>Outcomes: QoL, depression, optimism, side effects, social support, crisis in family systems</i>
	Behavioural Risk Factor Surveillance System – Frequency of food groups, salt intake, eating out.	4	National level telephone survey, validated. Total of 10-12 questions on food and nutrition. <i>Outcomes: QoL, Stress, Social support</i>
EXERCISE	Godlin-Shepard Leisure Time physical activity questionnaire – original and modified	41	Self-administered measuring leisure time physical activity, uses metabolic equivalent (MET) values, validated. <i>Outcomes: QoL, Environmental factors, stress, memory, cognition, fatigue, Risk of cardiac death/myocardial infarction, physical activity knowledge, self-efficacy</i>
	International Physical Activity Questionnaire – short and long forms, Spanish, Korean, Japanese	21	Self-administered, validated, long form had 31 questions and short form has 9 questions. <i>Outcomes: QoL, physical fitness, depression, lifestyle quality</i>
	Global Physical Activity Questionnaire – original, Korean	11	Self-administered, validated. <i>Outcomes: All-cause and cancer-specific mortality</i>
	Short Questionnaire to Assess Health-enhancing physical activity	7	Self-administered, validated. Contains 11 questions assessing activity in 4 domains. <i>Outcomes: Cancer recurrence</i>

CONCLUSIONS

A multitude NE-KAP assessment tools are used in research involving cancer survivors. Most emphasis is placed on assessing nutrition and exercise practice, with limited attention towards knowledge (e.g., food label reading, exercise intensity) and attitude (e.g., attitude towards fruits and vegetables, Intention to be physically active) domains.

¹World Health Organization. A guide to developing knowledge, attitude and practice surveys. Switzerland: WHO Library Cataloguing-in-Publication Data. 2008.