

Digital Yoga Intervention in Cancer Rehabilitation (DigiYoga CaRe): Experiences of At-Home Participation

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Introduction

Breast cancer is the most diagnosed cancer in women¹. Many survivors experience long-term symptoms, such as cancer-related fatigue, which can significantly reduce quality of life². Yoga has become a popular, safe, and cost-effective rehabilitation method for managing these symptoms³. However, the use of digitally distributed yoga interventions in breast cancer rehabilitation remains underexplored.

Characteristics	Value
Age in years, mean (range)	56 (37-80)
Type of surgery, n (%) Lumpectomy Mastectomy	11 (55) 9 (45)
Live-streamed yoga participation rate, n (%) All (12) Most (6-11) A few (1-5)	3 (15) 17 (85) 0 (0)
Pre-recorded video participating rate*, n (%) All (12) Most (6-11) A few (1-5) No, it didn´t happen (0)	9 (47) 8 (42) 1 (5) 1 (5)

* Self-rated, data missing for one interviewee

Material and methods

Qualitative study, inductive approach. Twenty women who had undergone breast cancer surgery were interviewed about their experiences with home-based yoga, as part of the intervention group in the randomized controlled multicenter trial *Digital Yoga Intervention in Cancer Rehabilitation (DigiYoga CaRe)*⁴.



Digital yoga session. Image © Shutterstock.

The 12-week intervention included two weekly home-based yoga sessions, delivered via livestream and pre-recorded videos. Semi-structured interviews were conducted and analyzed using content analysis.

Conclusions

Digitally distributed yoga was perceived as a safe and accessible rehabilitation method, promoting active engagement in recovery after breast cancer surgery. It demonstrates potential as a viable option for improving breast cancer rehabilitation.

Scan to watch a 6-minute video about the project:



Aim of the study

To explore women’s experiences participating in a home-based, digitally distributed yoga intervention as part of breast cancer rehabilitation.

Results

Managing digital tools and technical challenges "I kind of thought, “I’ll never be able to do this,” but it went really well, there were no problems, I followed what was written to the letter and it works, it works every time."	Feeling safe and supported in the digital environment "I haven’t had to worry about it being difficult or anything, the classes have been designed in such a way that I think I’ve felt relaxed the whole time. No pressure to perform."
A safe and user-friendly rehabilitation option	
Sense of community and individual focus "It’s nice to know that there are many others who are affected. Then there’s knowing that there is a fragility that is hard to describe to someone who hasn’t experienced it. Just that in itself I think is reassuring, it’s like no one needs to explain themselves or someone who says “I can’t manage much today” or something like that, it’s nothing strange, it’s an accepting atmosphere, so to say."	Promoting accessibility and facilitating participation "I think yes, but the thing about it being online, because when you’re on chemotherapy, when you’re this tired, you can’t manage to go anywhere, it’s not possible and then it’s really, really nice to be able to do it at home, it is."

References
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