

Feasibility & acceptability of physical activity behavior counseling for young adults diagnosed with cancer:

A pilot randomized controlled trial

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Survival rates for cancer are increasing worldwide [1].



Physical activity (PA) improves quality & length of life [2].



PA levels in young adult cancer survivors (18-39 years) are low [3].



1:1 behavioral support may help; issues remain with large-scale feasibility & access.

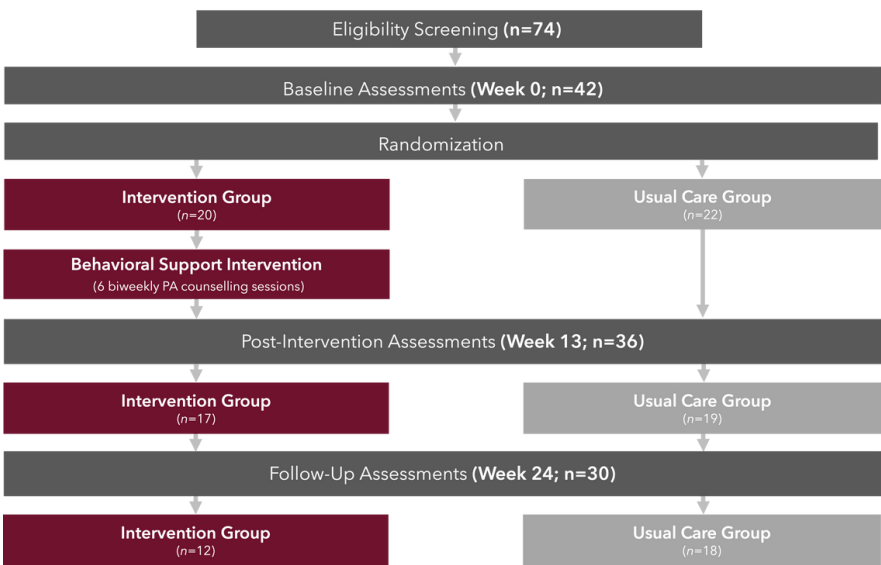


PA counseling delivered via videoconferencing may be a solution.



We delivered a novel, theoretically-informed **12-week online behavioral support intervention** to promote PA in **young adults after cancer treatment** & assess if the intervention & its evaluative methods are **feasible & acceptable**.

Adapted CONSORT Diagram



Feasibility

Feasibility Outcomes	Target	Results	Target Met?
# Months to reach target sample size	<20 months	18 months	Yes
# Assessed for eligibility	2-3 per month	~4 per month (range: 0-17)	Yes
# Consented	≥70% of eligible consent	42/47 = 89.4%	Yes
# Randomized	≥70% of consenting are randomized	42/42 = 100%	Yes
# Intervention sessions attended	≥75% complete all 6 sessions	105/108 = 97.2%	Yes
# Participants who did not receive the intervention or discontinued	≤10%	2/20 = 10%	Yes
# Adverse events related to the intervention and/or trial procedures	None	None	Yes
# Participants lost to follow-up (i.e., did not complete post-intervention & follow-up assessments)	≤25% lost to follow-up at each timepoint	6/42 = 14.3% pre-to-post intervention; 12/42 = 28.6% pre-intervention to follow-up	Yes
% Participants interviewed	≥75%	83%	Yes
# Available for analysis of primary outcome (PA behavior) at primary endpoint (post-intervention)	≥22 (≥11 per arm)	24 (n = 12 per arm)	Yes
Missing data for PA behavior	≤10%, excluding those who left the trial	8/42 = 19% at baseline 12/42 = 28.6% at post-intervention 11/36 = 30.6% at follow-up	No

Acceptability

Negatives

- Generic intervention structure & content

Positives

- Experienced **benefits**
- **Appropriate** structure
- **Valuable** intervention content & delivery agents

Future Recommendations

- Using a more **tailored** approach
- Providing **aesthetic accelerometers**
- Employing **shorter & simpler data collection methods**

Interested?
Contact Us and/or Scan!

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*References available upon request.

Findings support proceeding with a **large, full-scale efficacy trial**; recommendations can help **enhance the intervention & trial methods**.

