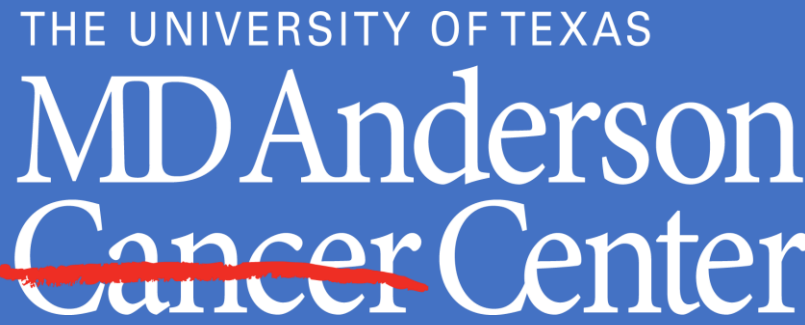# The Development of a Mobile Application-Based Yoga Program for Patients with a Thoracic Cancer and their Family Caregivers

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Background

- We recently completed the efficacy testing of an instructor-led yoga program for patients undergoing thoracic radiotherapy and their family caregivers.
- A mobile application-based delivery may facilitate the implementation of this yoga program into routine oncology clinical care.

Current Goal: to develop a prototype app-based yoga program with a user centric approach.

Methods

- Sample: thoracic cancer patient-family caregiver dyads (total n=20).
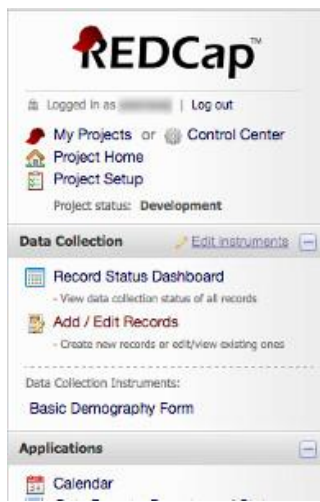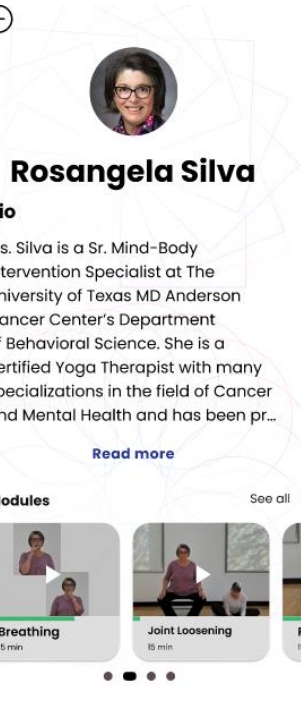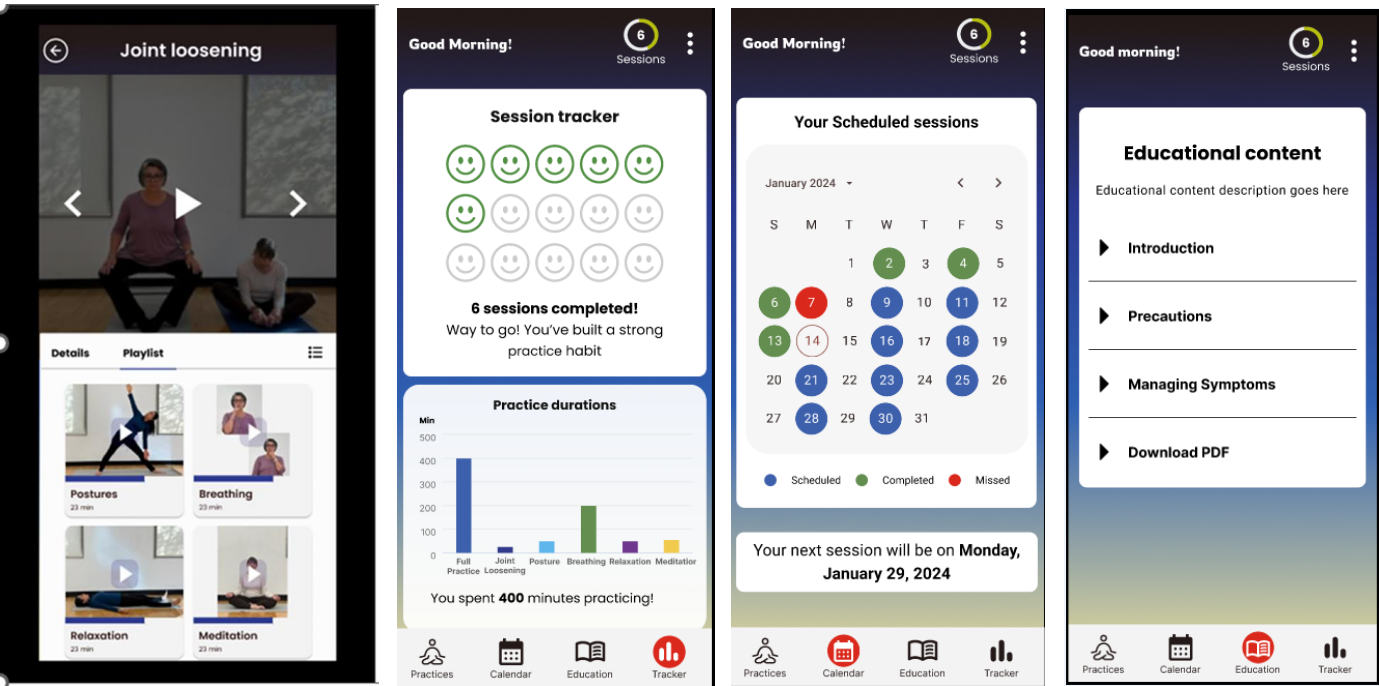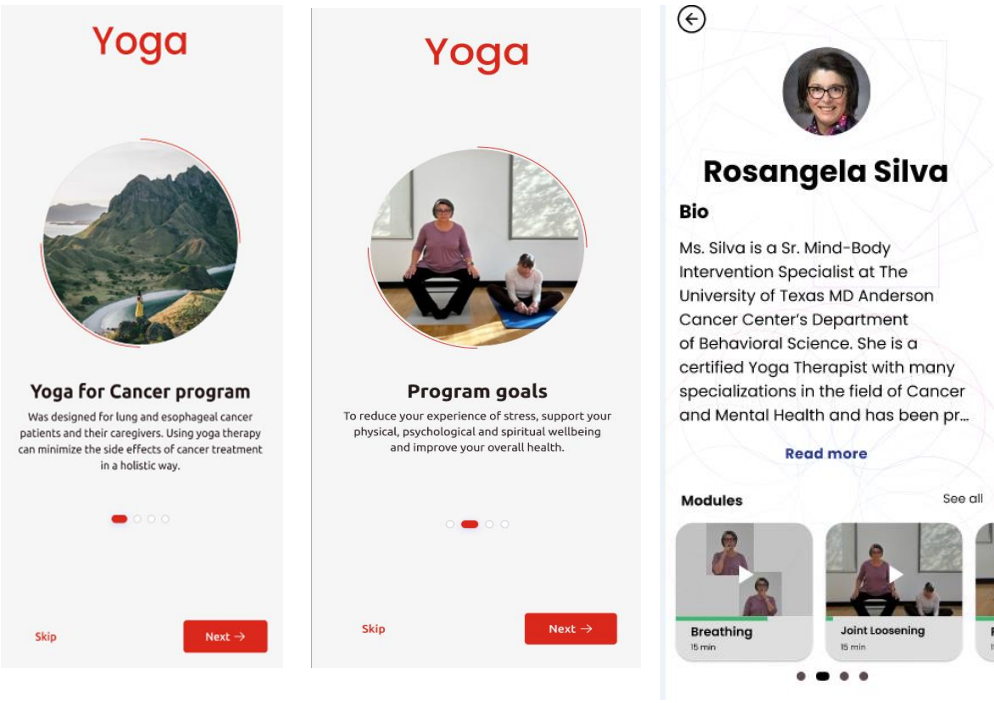
Results

- Patients: 60% male, 70% NHW, age = 62 yrs, 90% stage III, 60% NSCLC
- Caregivers: 80% female, 50% NHW, age = 61 yrs
- Both patients and caregivers with and without prior yoga experience indicated that developing an app-based program is *important* and *useful*.

1. Contact

- 95% stated that an initial orientation with a yoga interventionist is important.
- 95% desired the yoga instructor's contact information.
- 90% desired at least one check-in with 65% desiring a weekly check-in.

2. Instruction

- 100% indicated the importance of including practices of various lengths, the length of the video to be included in its description and incorporate practice segments (e.g., asanas, pranayama, meditation)
- 45% preferred one video of different instructors showing practice modifications; 45% desired separate videos for each practice level
- 45% preferred direct cuing, 35% voice over and 20% had no preference.

3. Instructor

- 30% thought that the instructor's gender; 80% thought age; 60% thought race/ethnicity; and 50% thought that body type of the instructor is important
- 55% preferred a variety of instructors rather than just one

4. Features

- 95% desired scheduling sessions on a calendar
- 95% desired monitoring session attendance
- 95% wanted to receive practice reminders
- 90% content on symptom management education
- 85% desired daily inspirations

Conclusions

- Patients and caregivers deemed an app-based yoga program as useful.
- Almost all participants desire at least some contact with a live yoga instructor.
- Scheduling and progress monitoring and varying practice lengths are important features.

Current and Future Directions

- We are currently finishing "think-out-loud" sessions to test the prototype.
- Next steps will include the field testing of this yoga app to ensure feasibility and acceptability with a single-arm trial design (NCT06919874).

Prototype