



# Implementing physical activity behavior change counseling sessions in an existing exercise program for cancer survivors

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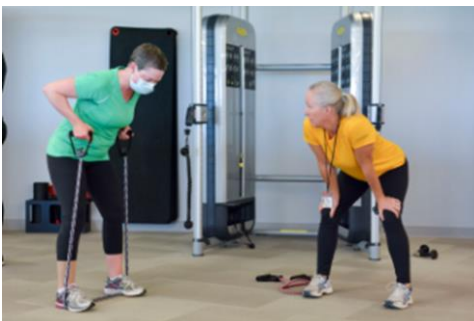
## INTRODUCTION

- Supervised exercise Interventions that include physical activity behavior change counseling can help cancer survivors increase and maintain physical activity .
- However, translating these interventions to programs in real world settings is a challenge.

## STUDY PURPOSE

- Examine the feasibility and acceptability of implementing physical activity behavior change counseling (PABCC) sessions in a clinically implemented exercise program for cancer survivors

## SETTING/PARTICIPANTS



**Participants in the study attended and enjoyed the physical activity behavior change counseling (PABCC) sessions, and were representative of BfitBwell. A barrier to implementation may be the time burden for participants to attend the face-to-face PABCC sessions.**



## METHODS

- Participants were randomized to receive (1) the standard BfitBwell program, or (2) BfitBwell plus six PABCC sessions adapted from a previously tested efficacy trial.

## OUTCOMES

### FEASIBILITY

- Of the  $N=93$  who enrolled in BfitBwell,  $N=33$  (35.5%) enrolled in the study. Of the  $N=33$  who consented to the study,  $N=13$  completed the study.
- Study participants were mostly female (63.6%), diagnosed with breast cancer (39.3%), and an average age of  $54.3 \pm 12.37$  years. These characteristics were not different from BfitBwell program participants.
- Primary study costs included one research assistant to deliver the intervention, and study workbooks @ \$21.75 each.
- Based on fidelity checks, the intervention was delivered as intended.

### ACCEPTABILITY

- Attendance at PABCC sessions was  $M= 5.33 \pm 0.52$  (89% adherence).
- 100% of participants enjoyed PABCC, most (80%) thought attending PABCC sessions will improve their ability to continue to exercise after BfitBwell, and 83.3% felt PABCC was added time burden.
- Reason for declining study
  - Not interested ( $n=8$ ), unable to make class time ( $n=12$ ), unable to guarantee attendance ( $n=15$ ), other ( $n= 25$ )