



An Adaptive Physical Activity Maintenance Intervention for Cancer Survivors

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PHYSICAL ACTIVITY FOR TREATMENT AND PREVENTION LABORATORY

BACKGROUND

- Structured moderate to vigorous physical activity (MVPA) improves many physical and psychosocial health outcomes for cancer survivors. However, less than half of cancer survivors are meeting MVPA guidelines.
- Supervised, theory-based behavior change interventions and programs are effective for increasing MVPA among cancer survivors; however, following an intervention, many survivors return to previously inactive, or insufficiently active lifestyles

Study Objective

To develop a tailored approach to enhance physical activity maintenance in cancer survivors

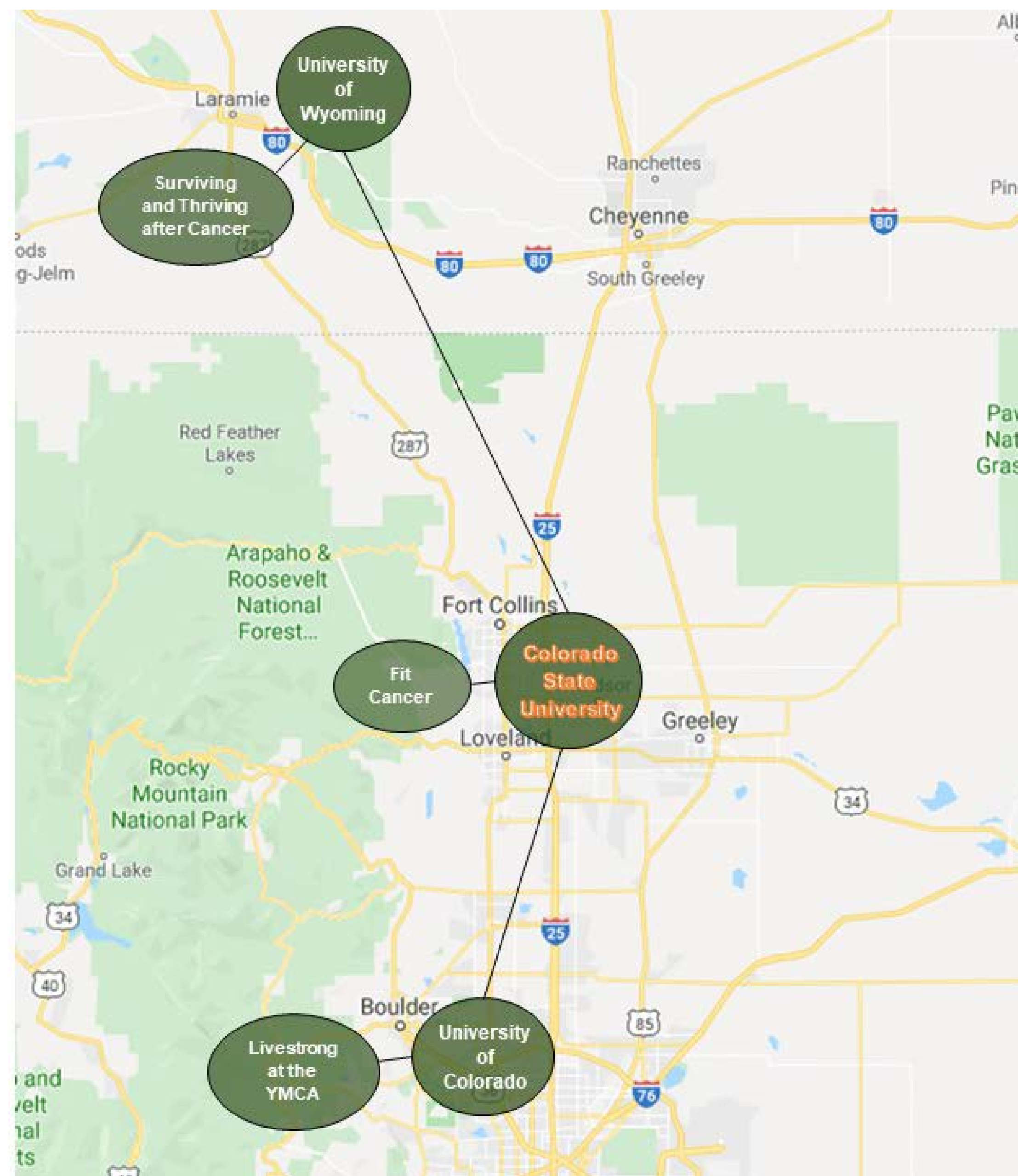
SETTING & POPULATION

Who:

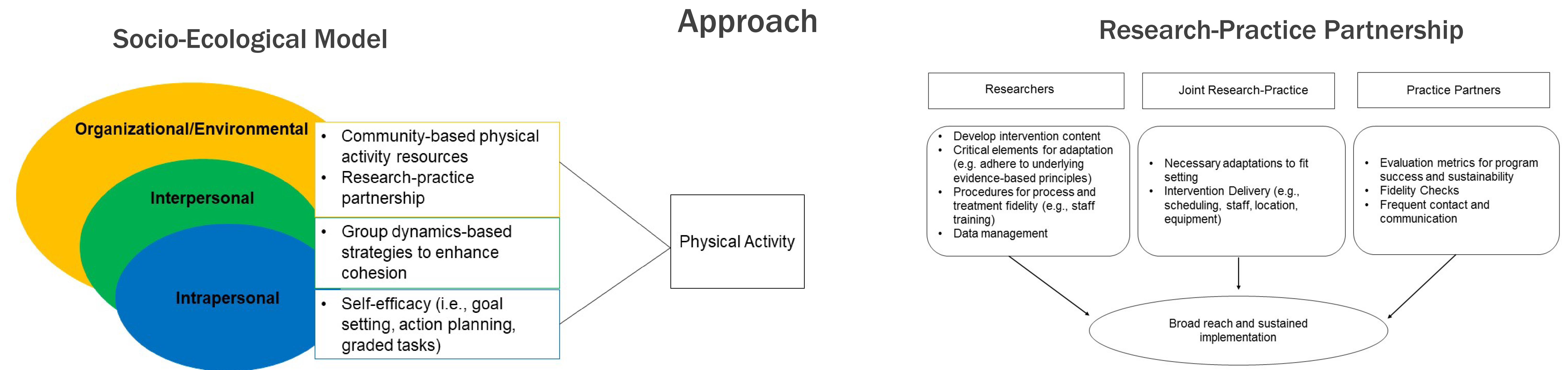
Adult cancer survivors who have completed active treatment within the past five years

Where:

Three community-based exercise oncology programs in Colorado and Wyoming

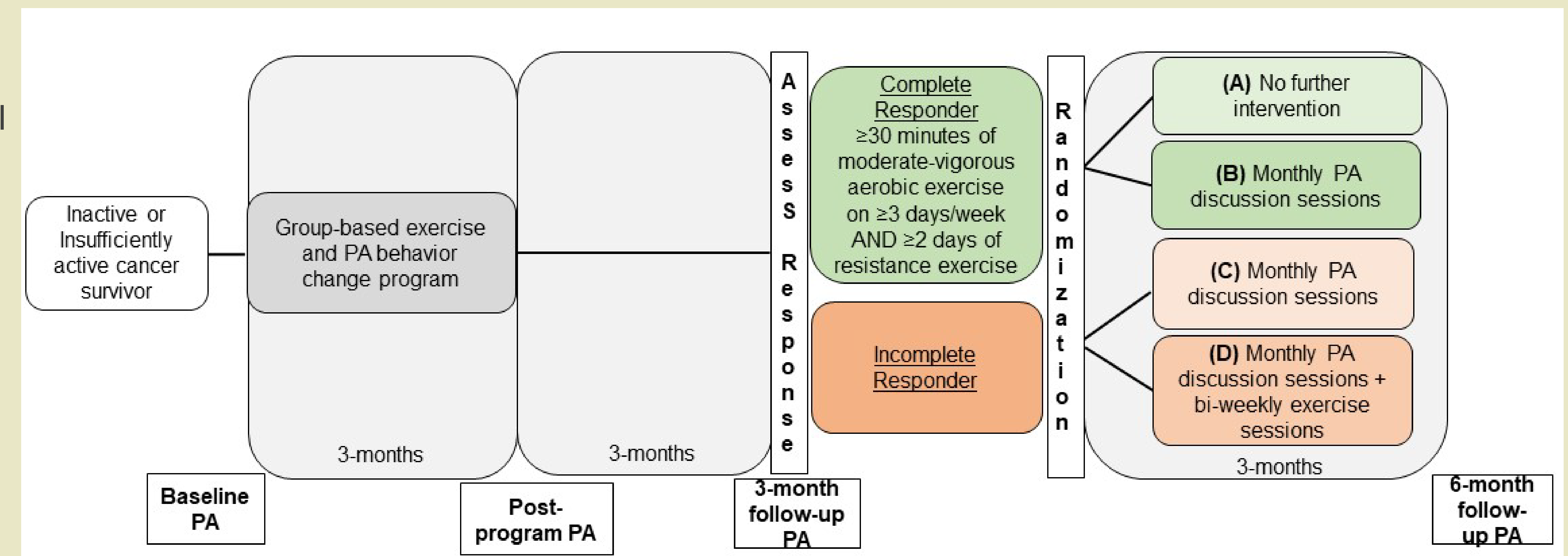


METHODS



Study Design

- Sequential Multiple Assignment Randomized Trial (SMART).
- Fisher's Exact Tests will compare proportion of participants meeting MVPA guidelines at 6-month time-point.



CONCLUSIONS

- This project aims to develop a tailored approach to enhancing PA maintenance, by identifying non-responders and providing them with the additional support necessary to engage in MVPA long-term.
- Findings from this study will prepare our team to test our PA maintenance intervention in a full-scale adaptive trial, powered for efficacy

Funding

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