

Canadian Doctoral Nursing Network Conference 2022 Abstract Submission

Title: Feasibility, acceptability, and preliminary efficacy of the Lymfit intervention to foster motivation towards physical activity among young adult lymphoma survivors: A pilot randomized controlled trial

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Stage in Program: Doctoral candidate; active in data collection

Abstract

Background: Lymphoma is one of the most commonly diagnosed cancers in young adults (YA) aged 18 to 39. Most types of lymphoma are often treated with curative therapies. Unfortunately, treatment side effects and sedentary lifestyles can substantially affect the quality of life among YA cancer survivors. Grounded in self-determination theory, the Lymfit intervention (an individualized exercise program with kinesiotherapist and activity tracker support) can foster autonomous motivation towards physical activities (PA).

Purpose: The purpose of this two-phase study is to evaluate the feasibility, acceptability, and preliminary effects of Lymfit on YA lymphoma survivors' motivation to engage in PA.

Methods: In the phase I proof-of-concept study, the research team tested the technological and logistical challenges of the intervention. In the phase II pilot randomized controlled trial (RCT), 28 YA lymphoma survivors will be randomly allocated to receive either the 12-week Lymfit intervention or be on a wait-list. Feasibility and acceptability of Lymfit will be assessed using predetermined feasibility progression criteria and an acceptability questionnaire. Preliminary efficacy will be assessed using self-report questionnaires at baseline and post-intervention on four study outcomes: psychological need satisfaction, exercise motivation, PA level, and quality of life.

Results: Twenty YA lymphoma survivors participated as patient-partners in phase I. Eighteen participants had completed the intervention and the post-intervention follow-up. The results demonstrated the research team's capability to deliver the exercise program virtually and to capture Fitbit data through a secured server. Recruitment of the phase II pilot RCT is currently underway.

Implications: The results of this study are expected to help in mapping out the optimal design of an effective exercise program for improving cancer outcomes and quality of life in YA lymphoma survivors. If Lymfit shows desired effects, it can offer an innovative care option to enhance the quality of post-treatment YA cancer survivorship care.

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