

Impacting Health Behaviors in Cancer Survivors: Translation of an Existing Intervention

Erin O'Carroll Bantum, Cheryl Albright, Jeffrey Berenberg *,
Kami White, Gabriela Layi; University of Hawaii, *Tripler Army Medical Center

Diana Laurent, Phil Ritter, Katy Plant, & Kate Lorig; Stanford University



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Social Support, Online Interventions & Cancer

- ◆ Social support and psychological adjustment have received a great deal of attention in cancer literature as being related to better health and quality of life. (Lutgendorf et al., 2012, Helgeson et al., 2004; Hoyt & Stanton, 2011).
 - ◆ Despite these findings, health behavior change interventions are rarely conducted in group settings.
- ◆ Online interventions have been gaining interest for cancer survivors (e.g., David et al., 2012, Leykin et al., 2011, Lepore et al., 2011), although interventions vary greatly in terms of design and content.
 - ◆ Often times these interventions are focused on attending to psychosocial needs.
- ◆ The Chronic Disease Self-Management Program (CDSMP) is an example of an intervention that has demonstrated efficacy within groups with many types of chronic health conditions (Lorig et al., 1993).
 - ◆ This program started as a face-to-face intervention and has been translated into an online format, as well (Lorig et al., 2006).



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Surviving Cancer & Thriving

- ◆ 7 Focus Groups conducted on Oahu to gain information on interest and desired content of intervention.
 - ◆ 3 Groups for Health Professionals ($n = 24$); Nurses, Social Workers, Physicians
 - ◆ 4 Groups for Cancer Survivors ($n = 21$)
- ◆ *Surviving Cancer & Thriving* Eligibility
 - ◆ 18 years of age or older
 - ◆ Experienced one cancer within the previous 5 years
 - ◆ Completed primary treatment
 - ◆ Open to all cancers outside of non-melanoma skin cancer and all stages of disease
- ◆ Features:
 - ◆ A secure, password-protected interactive web-based course
 - ◆ 6-week course (different topics each week), material prompted participation
 - ◆ Treatment or Wait-list control (begin 6 months after baseline)
 - ◆ 2-3 hours per week, suggested commitment
 - ◆ 20-25 participants per course
 - ◆ Peer moderators and professional mentors



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A Stanford University Self-Management Workshop
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Self Management Tool Box

In this workshop, we'll be learning a variety of self-management techniques to help break the cycle and overcome our challenges. We call these our tools for thriving.

Learn more
[Living a Healthy Life with Chronic Conditions, pages 1 to 5](#)

We can use these tools at different times, as needed, to break this cycle and manage any of these challenges. You don't use a screwdriver for everything. Sometimes you need a hammer or a drill. It's the same way with this tool box. We'll be discussing all of these tools during the workshop.

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Parts of an Action Plan

Next, we need to get started by deciding which step we are going to work on this week and exactly how we are going to do it. An Action Plan does this for us, and has the following parts:

Parts of an Action Plan

An Action Plan should be:


- **Something YOU want to do** - not what someone else thinks you should do, or that you think you should do.
- **Achievable** - something you can expect to be able to accomplish *between now and Monday*.
- **Behavior or action-specific** - For example, gaining or losing weight is not a behavior or action, but eating healthy snacks is. A change in weight is the *result* of the action.

Your Plan should answer these questions:

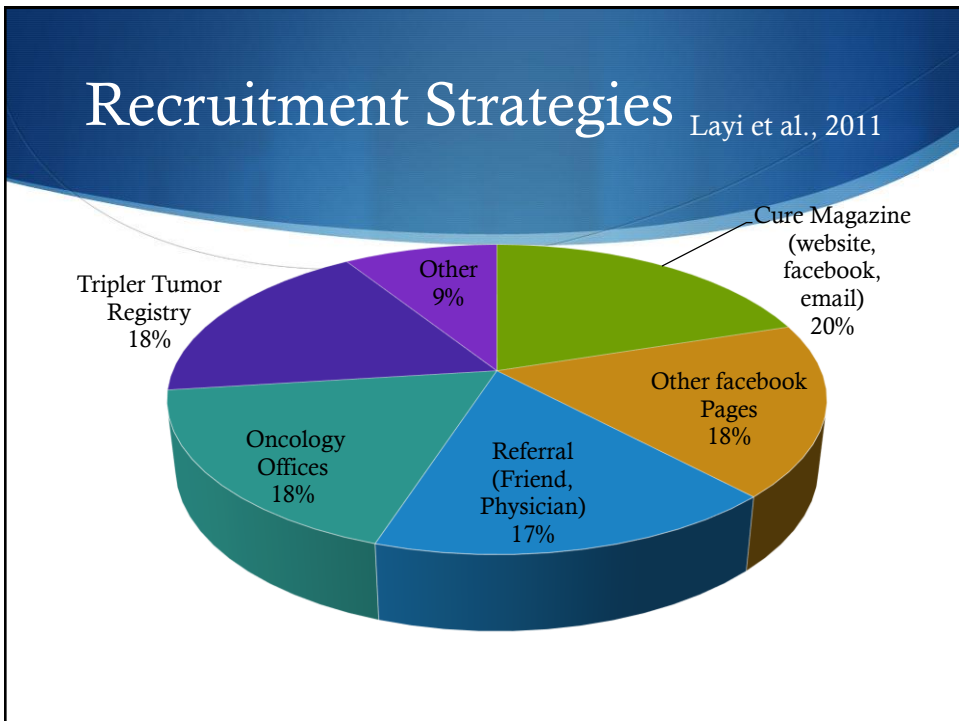
1. What are you going to do? (for example: walking)
2. How much of it are you going to do? (for example: 4 blocks)
3. When will you do it? (for example, after dinner on Monday, Wednesday, Friday)
4. How often between now and Monday will you do it? (for example: 3 times; try to avoid 'every day')
5. How sure are you that you will complete the entire action plan? Your confidence level should be 7 or more with 0=not at all sure to 10=totally sure.

How sure are you that you will complete the entire Action Plan between now and Monday?

Not at all sure 0 1 2 3 4 5 6 7 8 9 10 Totally sure



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Baseline Characteristics

Age (<i>n</i> = 352; 176 in each group)	52 yrs (SD 10.2)
Ethnicity	
Caucasian	87%
Asian	5%
Hispanic	4%
African American	2%
Native Hawaiian	2%
Time Since Diagnosis	1.8 yrs (SD 1.2)
Married	66%
Female	82%
Stage – In situ	5%
I	25%
II	31%
III	21%
IV	9%
Unknown	9%
Breast Cancer	47%
Endometrial/Uterine/Ovarian	13%
Colorectal	6%

Baseline Differences

	Control Group (<i>n</i> = 176)	Intervention Group (<i>n</i> = 176)
	\bar{X} (SD)	\bar{X} (SD)
Fatigue (BFI)	41.0 (20.1)	36.7 (18.7)
Insomnia (WHIIRS)	(4.5)	9.6 (4.6)
Exercise: Stretching; Minutes Per Week (Godin)	45 (73)	51 (74)
Exercise: Strenuous; Minutes Per week (Godin)	(90)	52 (96)
Exercise: Moderate; Minutes Per Week (Godin)	(108)	75 (104)
Exercise: Mild Minutes Per Week (Godin)	110 (142)	90 (105)
Fruit/Vegetable Intake (Block)	(12)	23 (24)
Depression (PHQ-9)	7.6 (5.7)*	6.3 (5.2)
Subject Stress (IES-R)	24.1 (14.0)	22.7 (13.3)

Outcomes

	Control Group (n = 156)	Intervention Group (n = 147)	Effect Size
	\bar{X} (SE)	\bar{X} (SE)	
Fatigue (BFI)	39.5 (1.32)	37.6 (1.3)	0.06
Insomnia (WHIIRS)	10.1 (0.3)	9.2 (0.3)*	0.14
Exercise: Stretching; Minutes Per Week (Godin)	47 (5.8)	67 (5.9)*	0.14
Exercise: Strenuous; Minutes Per week (Godin)	57 (6.5)	79 (6.7)*	0.14
Exercise: Moderate; Minutes Per Week (Godin)	85 (7.8)	90 (8)	0.03
Exercise: Mild Minutes Per Week (Godin)	103 (9.8)	130 (10)*	0.11
Fruit/Vegetable Intake (Block)	23.7(1.1)	25.1(1.1)	0.10
Depression (PHQ-9)	6.6 (0.3)	6.5 (0.3)	0.02
Subject Stress (IES-R)	21.9 (0.8)	22.8 (0.8)	0.05

*Note: Adjusted for baseline scores. When adjusting for baseline scores, age, Caucasian, married, education, years since treatment completed, breast cancer, and cancer stage no differences were found * p < .05*

Cursory Usage Data

- ◆ Mean number of sessions attended was 5.3.
- ◆ 67% attended all 6 sessions.
- ◆ For 176 treatment participants, a total of 8,016 messages were posted.
 - ◆ Average of 46 posts per participant.



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Next Steps

- ◆ Future Studies to Include Distress or Other Inclusion Criteria
 - ◆ Participants were engaging in health behaviors at rates that we might already hope for.
- ◆ Additional Analysis
 - ◆ Content Analysis of Messages
 - ◆ Emotion
 - ◆ Timing of Messages Sent
 - ◆ Social Networking Characteristics
 - ◆ Reciprocity
 - ◆ Density



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Thank you!

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