

A mobile health intervention to promote adherence to survivorship care among young adult cancer survivors



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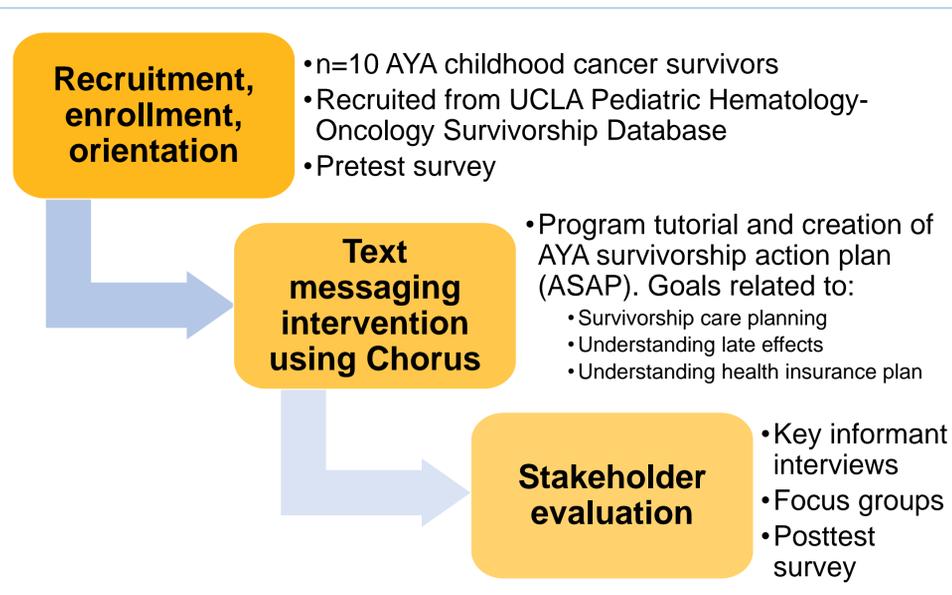
Background

- > 2/3 of adolescent and young adult (AYA) childhood cancer survivors face chronic or late effect(s) secondary to their cancer treatment ≤ 30 years of their initial diagnosis [1-6]
- Existing AYA cancer survivorship standards of care by Children's Oncology Group (COG) inadequately address AYA-specific concerns; better resources are needed [4, 6]
- Mobile technology interventions are feasible and align with AYA survivor information delivery preferences, but more data is needed to support their efficacy [7-10]

Study Aims

1. Improve COG survivorship guideline adherence by adapting an existing mobile health intervention to an expanded two-way multi-media text messaging platform ("Chorus")
2. Test acceptability and feasibility to improve messaging and strategies for survivorship care

Methods



Adapting Messaging Platform

- Chorus was used for mobile webapp and text messaging
- Chorus's automated messages are engaging and personalized to empower survivors
- Internal trial runs were done to test out intervention and example adjustments are shown in Figures 1a-d

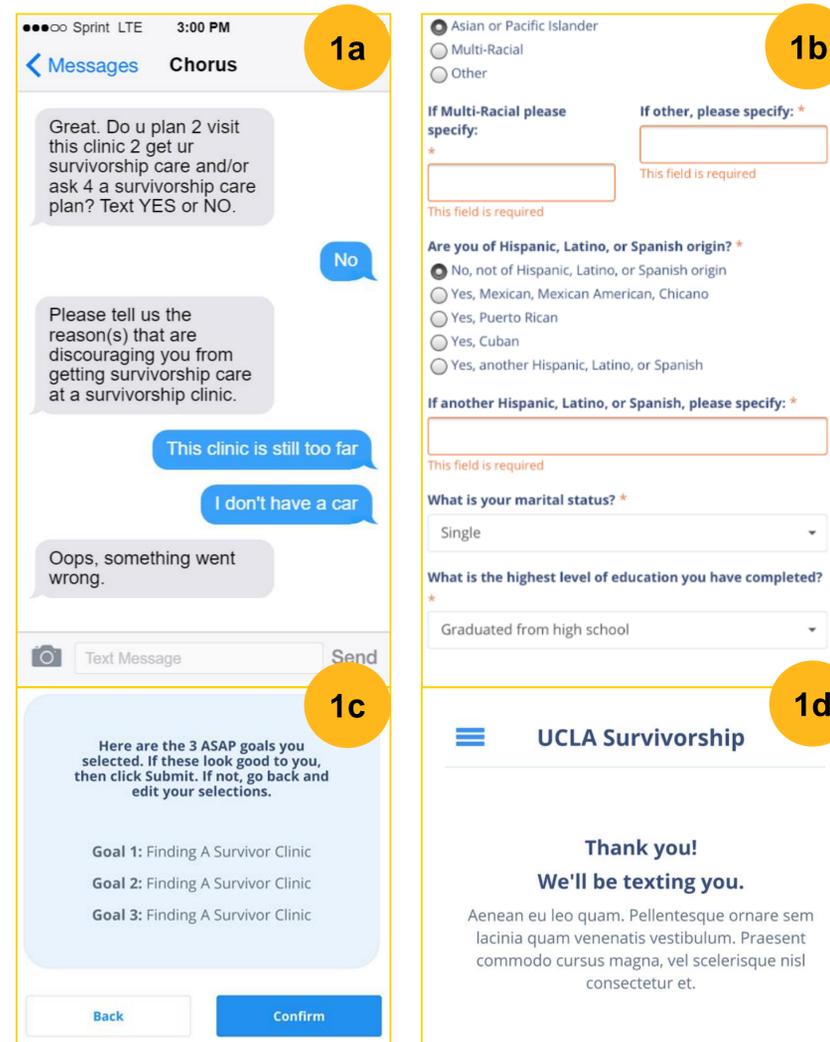


Figure 1a. Error message ended text conversation
Figure 1b. All fields in pretest survey were required, even when unapplicable
Figure 1c. ASAP goal confirmation displayed Goal 1 three times
Figure 1d. Final confirmation page displayed filler text

Qualitative Analysis

- Focus group and key informant interviews will be audio-recorded and transcribed
- Transcript data will be reviewed by 2 independent coders, and codes will be categorized and refined via a constant comparative method, from which themes will be identified
- Systematic coding and text management will be via NVivo

Significance & Future Directions

- We aim to assess the acceptability and feasibility of a new mobile health intervention in AYA survivorship care
- Based on acceptability and feasibility data obtained from this study, this mobile health intervention can be expanded to a randomized control trial to improve rates of survivorship care adherence for AYA survivors
- This work aims to improve overall long-term outcomes for AYA survivors through promoting early screening for late effects and encouraging health promotion behaviors
- Expanding automation of text messaging to include other languages can help address existing healthcare disparities

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