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Determinants of physical activity commitment in adolescents and young adult with cancer

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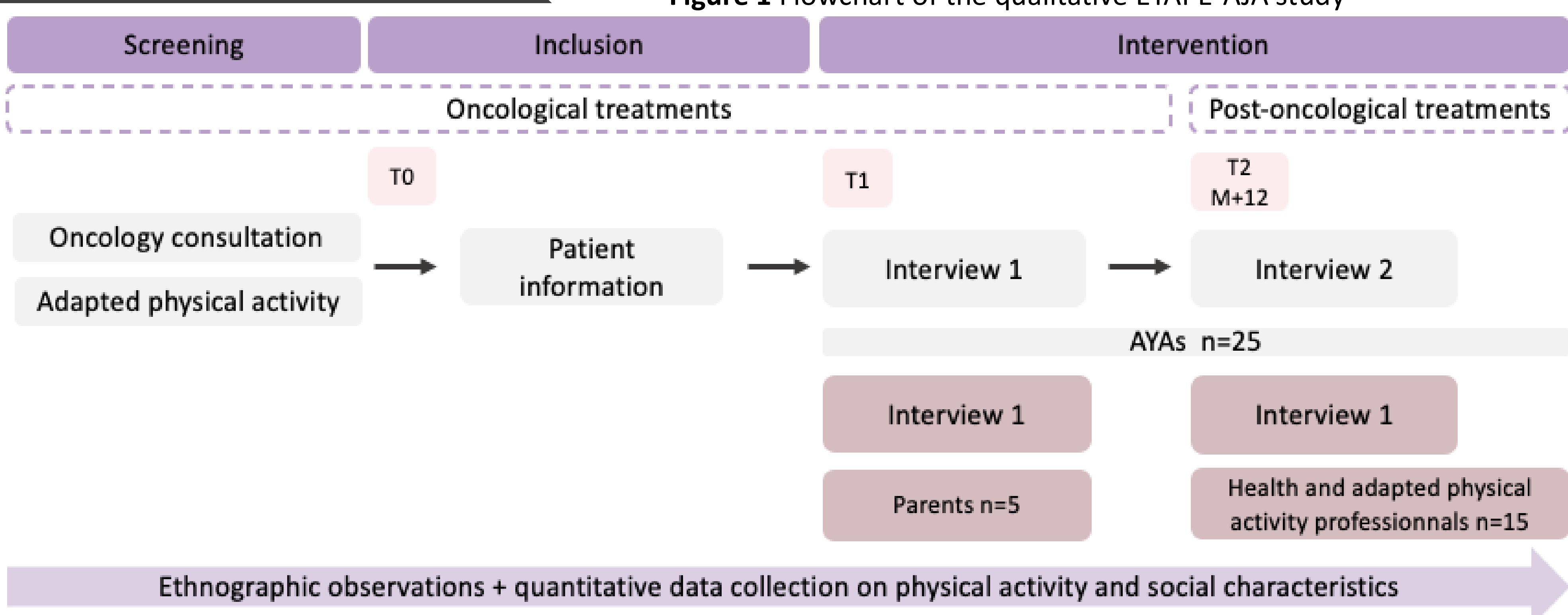
INTRODUCTION

- Adolescents and Young Adults (AYA) are six time more likely to develop a second primary cancer than their peers
- Adapted Physical Activity (APA) plays a part in risk prevention of developing a second cancer in adulthood
- Fatigue and psychological factors are the main barriers to APA practice identified in the scientific literature

No existing qualitative data on the mechanisms in place that facilitate or hinder AYAs' with cancer commitment in physical activity

STUDY DESIGN

Figure 1 Flowchart of the qualitative ETAPE-AJA study⁵



RESULTS

Table 1 Patients characteristics (n=25)

Characteristics	N	% of total
Sex		
Female	9	36.0 %
Male	16	64.0 %
Age		
15-18	14	56.0 %
19-21	7	28.0 %
22-25	4	16.0 %
Residence		
Rural	10	40.0 %
Semi-urban	3	12.0 %
Urban	12	48.0 %
Social category		
Popular	3	12.0 %
Average intermediate	6	24.0 %
Average privileged	10	40.0 %
Privileged	6	24.0 %
Level of education		
Middle school	2	8.0 %
High school	10	40.0 %
NVQ level 1,2	5	20.0 %
Post-secondary education	8	32.0 %
Current situation		
Middle school student	2	8.0 %
High school student	10	40.0 %
Student	6	24.0 %
Employed	5	20.0 %
Unemployed	2	8.0 %

Figure 2 Participation in APA program by social category

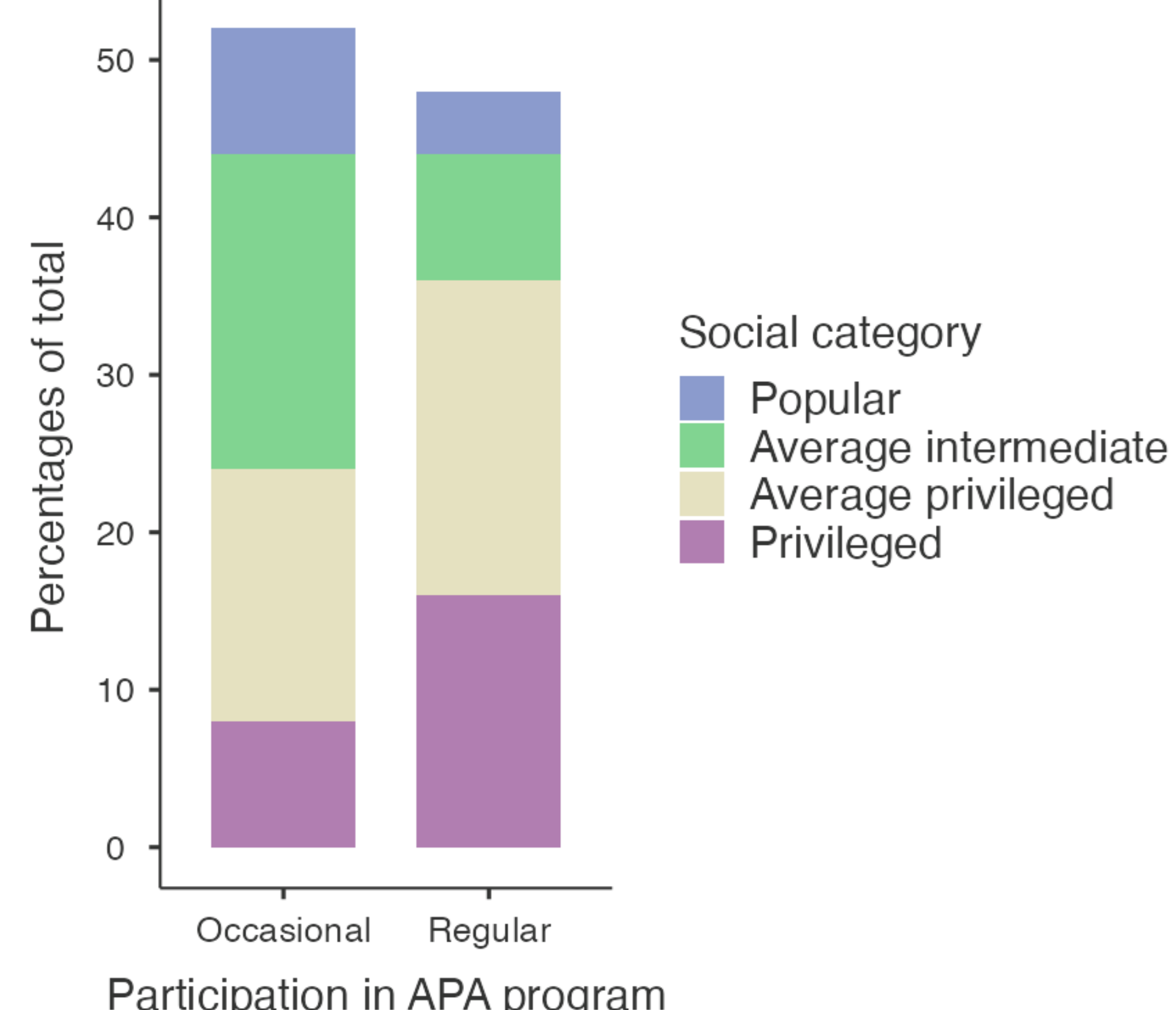
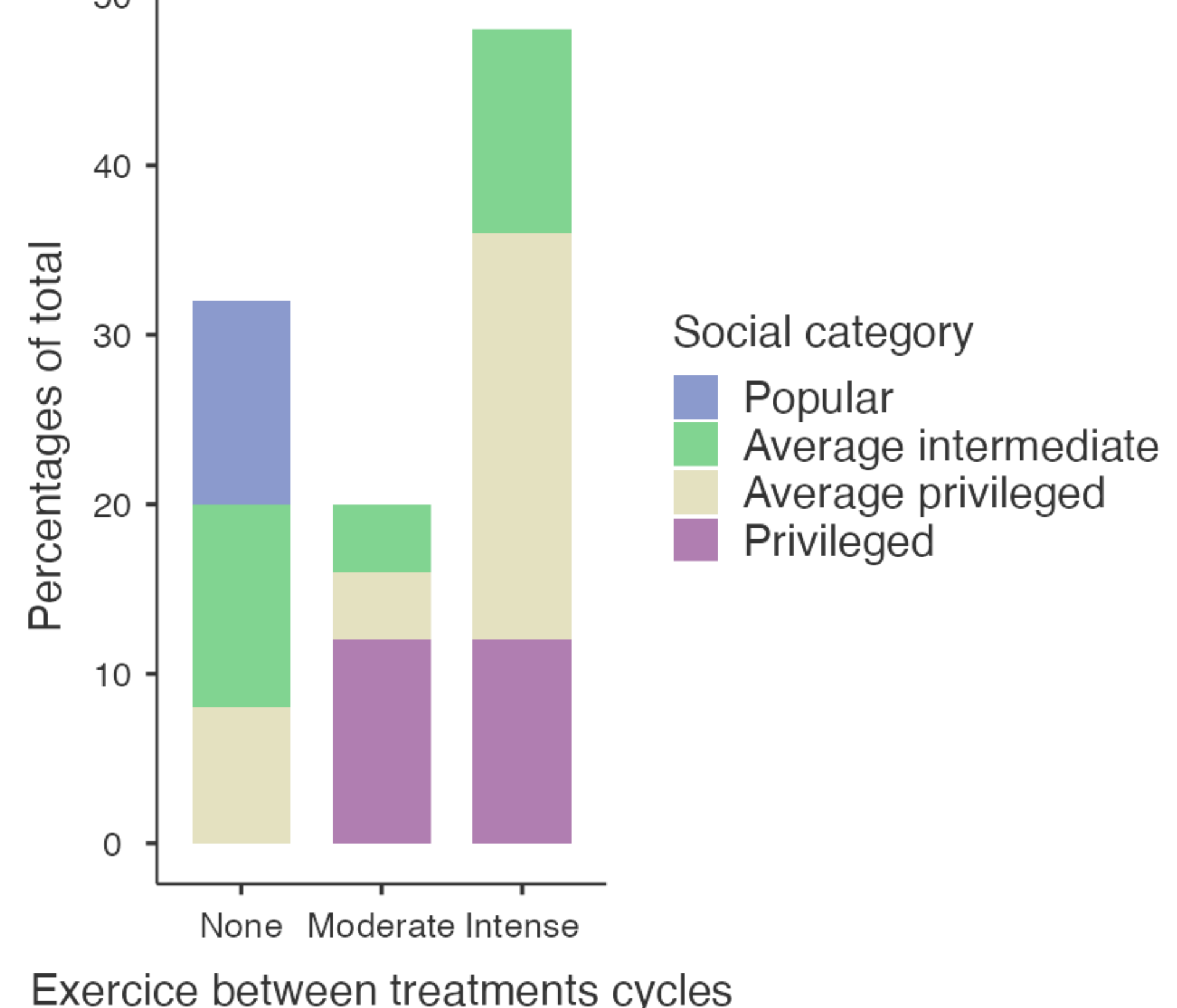


Figure 3 Exercise between treatments cycles by social category



OBJECTIVES

Identify the evolution of AYA with cancer knowledges (medical, experiential) and powers (power to act, to express oneself) over life and cancer care, and their role in commitment in APA during and after oncological treatments, to develop strategies to increase their participation

PATIENTS AS PARTNERS

ETAPE-AJA study relies on ALLIANCE collective to involve AYA with cancer from the outset of the project

- ALLIANCE members:
- 7 AYA with cancer
 - 1 health professional
 - 2 APA teachers
 - 3 researchers



- ALLIANCE members have received specific training for the project and are therefore involved as co-researchers
- Meetings have been organized throughout the project to enable the co-researchers to participate in drawing up interviews guides, interpreting and disseminating the results
- However, they weren't involved in data collection



AYA participation in APA during oncological treatments is influenced by

Social dispositions⁶

- Economic capital** - purchase of sports equipment and favorable spatial environment
- Sports capital** - sporting family and experiential knowledge (taste for sports practice, sensations, physical limits, etc.)

→ Empowering AYAs for their health by mobilizing their ill body

Differentiated trajectory of illness⁷

Trajectory focused on successful treatment

- Health assessed by physical ability
- Distancing from illness
- Resting the weakened body during hospitalization
- Physically active at home to promote a return to "normal life" (moderate and intense activities)

→ Enable a return to a "normal life" and **no room for APA program**

Trajectory focused on well-being

- Health assessed by bio-psycho-social balance
- Positive experience of illness, a "warrior figure"
- Physically active at hospital for good health, "Bad treatment fatigue and good sports fatigue"

→ Commitment in APA program

REFERENCES

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CONCLUSION AND PERSPECTIVES

★ Propose appropriate strategies to encourage APA practice in AYAs with cancer and reduce social inequalities in health

- Creating favourable environments to facilitate practice at home
- Helping AYAs identify beneficial from harmful fatigue during treatment
- Raising awareness of APA during cancer treatment