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Using Mixed Methods to Develop a Theory-driven Narrative Intervention Strategy to Promote Resistance Exercise Among Black Breast Cancer Survivors

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Purpose: Resistance exercise provides independent health benefits for breast cancer survivors, yet just 10.3% of Black survivors meet recommended guidelines (≥ 2 sessions/week). Theory-driven and culturally adapted narratives may enhance intervention uptake. This study aimed to refine six narratives featuring a Black breast cancer main character navigating cultural and cancer-related barriers and facilitators to resistance exercise for a future intervention. **Methods:** Utilizing a mixed methods design, a virtual community engagement studio was conducted with Black breast cancer survivors or patient advocates ($N=8$; $Mage=45.5$, $SD=13.1$), providing feedback on cultural relevancy and sensitivity. The session was audio recorded, transcribed, and analyzed with directed content analysis, reaching thematic saturation at $n=8$. Narratives were revised based on this input, then evaluated by a new sample of Black breast cancer survivors ($N=16$; $Mage=56.3$, $SD=8.5$; 50.0% graduate degree; 68.6% employed; 42.8% Stage I diagnosis) using questionnaires to assess representativeness, interest, and usefulness. **Results:** Virtual community engagement studio participants rated the narratives as culturally relevant and sensitive, suggesting details (character names, geographic location) to enhance authenticity. Questionnaire participants ($n=15$, 93.8% response rate) rated all narratives as representative ($Mscore=3.5$ out of 5, $SD=1.4$), interesting ($Mscore=4.1$ out of 5, $SD=0.9$), and useful ($Mscore=4.2$ out of 5, $SD=0.9$) with additional suggestions for preferred character name spellings. **Discussion:** Findings demonstrate the importance of collaborating with the priority population and a systematic approach to narrative refinement. The refined narratives will be integrated into group discussions, with future research evaluating their effectiveness for facilitating resistance exercise adherence among Black breast cancer survivors.

Keywords

resistance exercise, breast cancer, culturally adapted, community engagement

Conflict of Interest & Ethical Approval

yes

Abstract submitters declaration

yes

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