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Perspectives and needs of cancer survivors and stakeholders on the development of a combined lifestyle intervention for cancer survivors: a qualitative study

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Purpose: To explore the perspectives and needs of cancer survivors and stakeholders on the development of a Combined Lifestyle Intervention (CLI) for cancer survivors, e.g., goals, target population, form, and content. In a CLI, various lifestyle components are included, such as physical activity, nutrition, energy balance, and sleep.

Methods: This qualitative study comprised ten focus groups, including four with cancer survivors (n=16. persons) and six with stakeholders working in oncology (after) care, e.g., founders of lifestyle interventions/organizations, dietitians, physical therapists, lifestyle coaches, oncologists, and oncology nurses (n=31). Reflexive thematic analysis was performed on the transcripts of the focus groups. This study was part of GLINK research project, which has the aim of developing and evaluating a combined lifestyle intervention for cancer survivors.

Results: Five overarching themes were generated: 1. All cancer survivors should be offered lifestyle support, 2. Personalization is essential due to various needs, 3. Communication and collaboration in cancer care needs to improve, 4. Lifestyle support should be offered as soon as possible and ideally never stop, and 5. Lifestyle support for cancer survivors should be organized nationally.

Conclusion: These findings highlight key considerations for the development of a CLI for cancer survivors; balancing accessibility with personalized support, all within the constraints of the current healthcare system and financial sustainability. These insights guided the design of a CLI for cancer survivors, which effectiveness is currently under evaluation in the GLINK trial.

Keywords

Cancer survivors, lifestyle, combined lifestyle intervention, intervention development

Conflict of Interest & Ethical Approval

yes

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