Cancer post-experience treatment group intervention and effects on cancer-related wellbeing, self-efficacy, diet and activity

Brown, L. & Allan, J.: University of Aberdeen
Anthony Cuthbert, Jo Harrison, Jo Wilkinson, Rhys Evans, Lisa Hwaidy, Maggie's www.maggiescentres.org

Background

With more people living with and beyond cancer, innovative, person-[illegible] required. *'Where* [illegible] is a seven-week course designed to meet these holistic needs.

Maggie's multidisciplinary model of cancer care combines oncology expertise and information with evidence-based psychological support within unique purpose-built buildings aimed at maximising opportunity for social support.

'Where Now?' courses are delivered at Maggie's Centres by a range of health professionals and expert facilitators, aimed at helping people to improve their quality of life post- [illegible] Previous evaluation has evidenced that [illegible] about the future. Some individuals also reported that [illegible] changes to their lifestyle.

Nearly a decade since introducing *'Where* [illegible] to the [illegible] Maggie's programme of cancer care [illegible] participation produces measurable changes in wellbeing, cancer worry, self-efficacy, physical activity and/or diet for individuals who have completed cancer treatment.

Methodology

In a pre-post design, two questionnaires were used to assess changes in health behaviours; the International Physical Activity Questionnaire (iPAQ) and Healthy Eating Vital Signs Questionnaire (HEVS), with additional self-efficacy items. The General Self-Efficacy Scale (GSE), Cancer Worry Scale (CWS) and the World Health Organisation Quality of Life Questionnaire (WHOQOL) assessed wellbeing and self-efficacy.

All participants were invited to consent to being contacted for an interview after the course ended.

Results

Across three Maggie's Centres, 25 females and 2 males (mean age 51.7 years) completed pre- and post-[illegible] -structured [illegible] *'Where Now?'*.

Experiences of 'Where Now?' - Key themes

Social support

[illegible] could speak to openly and they wouldn't have a [illegible] they're aware everyone's different"