

BACKGROUND

- Young adults with cancer face unique and complex challenges that are often overlooked in the broader cancer care landscape. Young adults (YAs) encounter significant disruptions in areas such as education, employment, relationships, and fertility.
- Despite these distinct needs, there is a notable gap in resources tailored specifically for YAs, leading to unmet psychosocial and informational needs at all stages of the cancer experience.

AIMS

- This study analyzes the impact of the Cancer Transitions: Moving Beyond Treatment® for Young Adults program (CTYA) and its efficacy in providing relevant and beneficial psychosocial education and support for YAs transitioning into post-treatment survivorship.

METHODS

- Eighteen young adults in the U.S., aged 18-35 and within 3 years of completing treatment, participated in the 4-week pilot program. Program participants completed surveys before the first session, after each session, and at the program's conclusion. Participants answered questions regarding:
 - General Feedback and Relevance and Benefit** of overall program and each session's content and activities
 - Psychosocial well-being:** PROMIS 4-item Managing Emotions and Managing Social Interactions subscales
 - Coping Self Efficacy:** 6-item Problem-focused coping subscale
 - Net Promoter Score:** likelihood of recommending to others
- Frequencies were calculated and within-groups (repeated measures) and between-groups analyses (*t*-tests) were conducted

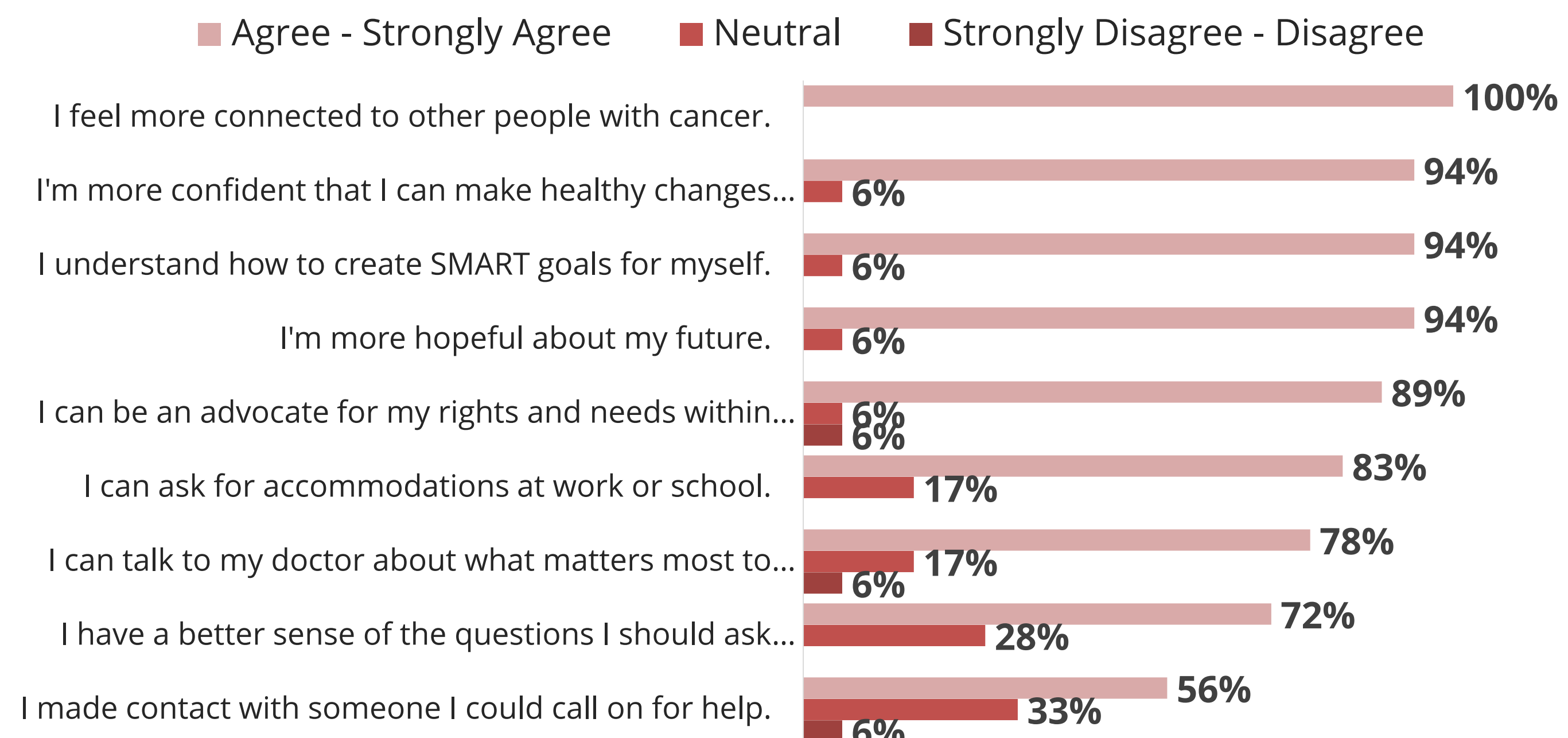
PARTICIPANTS

(N = 18)	Mean/ n	SD/ %
Age (years), range (23-39)	M=30.9	SD=4
Gender		
Woman	16	89%
Man	1	5%
Genderqueer/Non-binary	1	6%
Race & Ethnicity		
Non-Hispanic White	15	83%
Non-Hispanic other / Multiple Races	1	6%
Hispanic or Latino	2	11%
Cancer Diagnosis		
Breast cancer	3	16%
Brain or Spinal Cord Tumor	5	28%
Blood cancers (ALL, AML)	3	16%
Gynecological cancers	3	16%
Other cancers [†]	4	22%
Employment Status		
Employed	14	78%
Unemployed	3	16%
Prefer not to share	1	6%
Relationship Status		
Married	7	39%
Not married, in a serious relationship	2	17%
Divorced, separated, or marriage annulled	1	5%
Single	7	39%

[†] Other cancers reported include sarcoma, melanoma, and thyroid, among others.
Note: Percentages may not = 100% due to missing data or "prefer not to share" response.

RESULTS

Participant Post-Assessment Survey Responses: General Feedback on Overall CTYA Program



Participants Perceived Relevance and Benefit of Session Content and Activities

Top 3 Relevant Activities

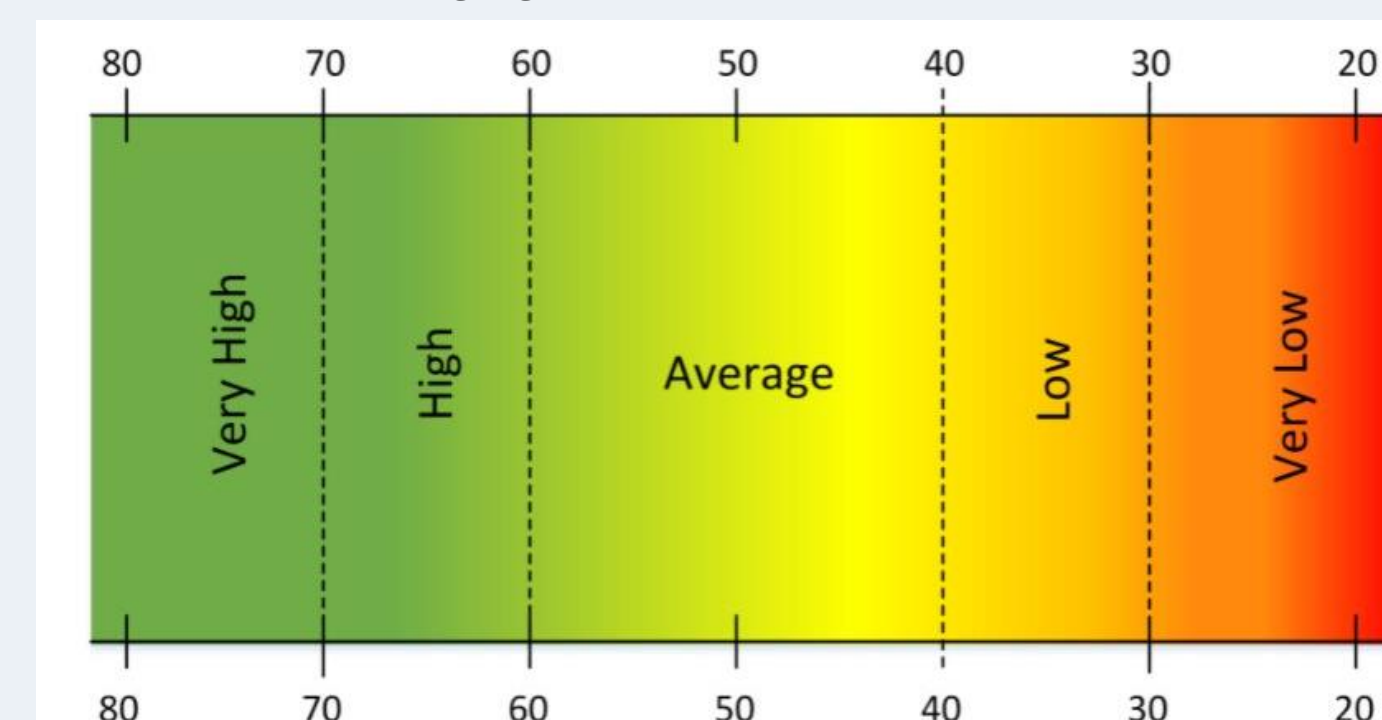
- Your "New Normal"
- Major Life Moments
- Chemo Brain

Top 3 Beneficial Activities

- Cultivating Purpose
- Finding Community
- Survivorship as a YA

PROMIS Self-efficacy for managing Chronic Conditions Scale

Included two of the 4-item scales related to self-efficacy: **Managing Emotions** and **Managing Social Interactions**



	Mean
Social Interactions	
Pre-assessment	43.8
Post-assessment	49.8
Managing Emotions	
Pre-assessment	42.1
Post-assessment	47.6

Significant increase*, with a clinically meaningful magnitude (≥3), in both managing social interactions and managing emotions from pre-assessment to post-assessment

*Paired-samples t-tests: Social interactions: $t(17)=4.879, p<.001; d=1.15$; Managing emotions: $t(17)=3.515, p<.001; d=0.82$

Coping Self Efficacy (CSE) Problem-focused Coping Scale

6-items answered on a 0 (Cannot do at all) to 10 (Certain can do) scale in response to this stem:

When things aren't going well for you, or when you're having problems, how confident or certain are you that you can do the following:

- Break an upsetting problem down into smaller parts
- Sort out what can be changed, and what cannot be changed
- Make a plan of action and follow it when confronted with a problem
- Leave options open when things get stressful
- Think about one part of the problem at a time
- Find solutions to your most difficult problems

Pre-Assessment ($\alpha = .91$)

Mean Total = 34.8

Post-Assessment ($\alpha = .92$)

Mean Total = 43.8



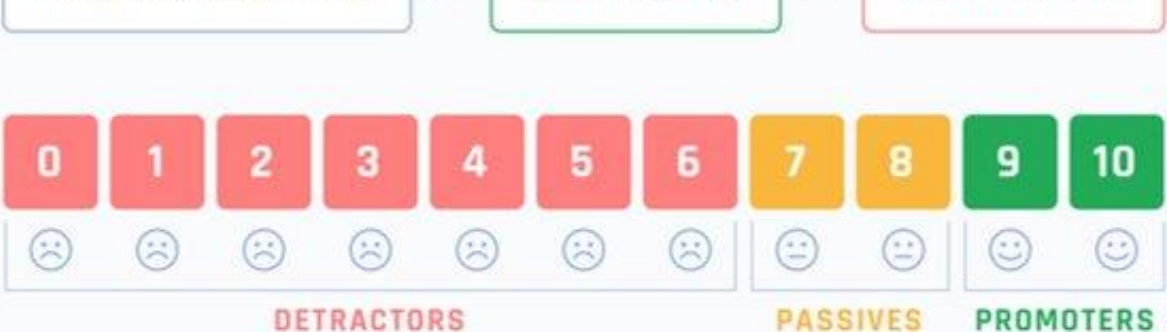
Significant increase* in problem focused coping from pre-assessment to post-assessment

CSE scores correlated with results of program ($r=.57, p<.05$), such that higher CSE scores relate to more strongly endorsed program results.

α = Cronbach's alpha reliability; *Paired-samples t-tests: $t(17)=3.704, p<.001; d=0.87$

Net Promoter Score Results for Program Participants and Facilitators

NET PROMOTER SCORE = % PROMOTERS - % DETRACTORS



Both program participants and facilitators were asked: **How likely are you to recommend this program to other young adult cancer survivors?**

Participants' NPS = 61

6% (n=1) Detractors
28% (n=5) Passives
67% (n=13) Promoters

Facilitators NPS = 100

100% Promoters

CONCLUSIONS AND IMPLICATIONS

- The Cancer Transitions: Moving Beyond Treatment® for Young Adults (CTYA) program, piloted in early 2024, was highly successful in mitigating common issues that arise for YAs as they navigate the transition to post-treatment survivorship.
- Participants experienced a significant increase in problem-focused coping and self-efficacy, as it relates to social interactions and managing emotions.
- Results underscore a continued need to provide accessible psychosocial support, education, and resources to YAs transitioning to post-treatment survivorship. CSC will develop educational resources on topics identified as most relevant and beneficial from the CTYA curriculum to ensure ongoing comprehensive support for YAs.

ACKNOWLEDGMENTS

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