

SHAPED - Service development of a Healthy behAviours ProgrammE for childRen and young people post cancer treatment

1. Background

- Interventions to support physical activity (PA) and nutrition in children and young people (C&YP) can positively influence physical and mental health⁽¹⁾
- Nevertheless, some C&YP and their families report insufficient support post treatment, have poor dietary habits, and increased health anxiety⁽²⁾
- With the aim of co-designing a new support programme, the research project will consist of five interrelated work packages (WPs)
- The WPs will be underpinned by the Behaviour Change Wheel (Fig. 1), a framework for designing interventions to change behaviour⁽⁴⁾.

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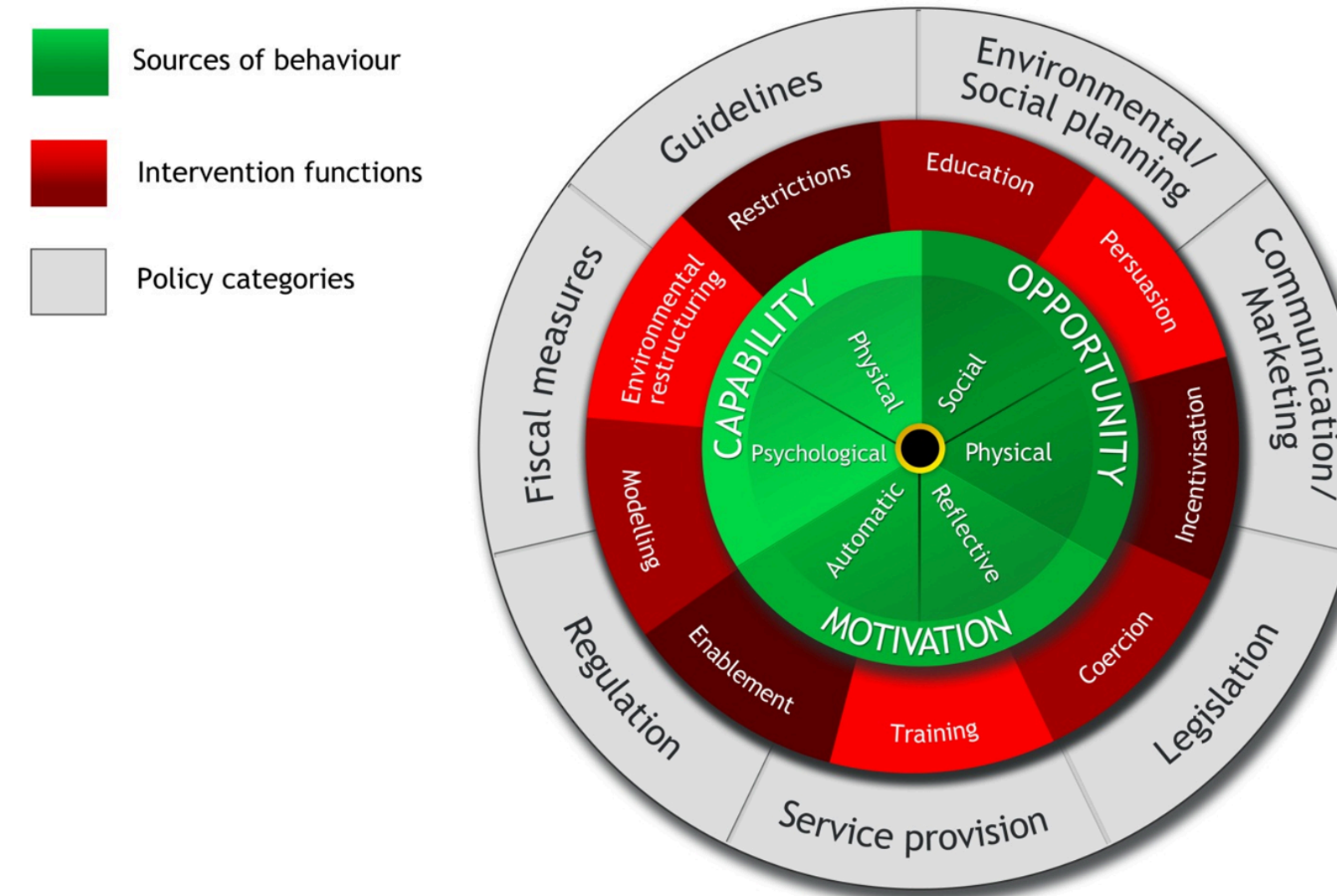


Fig 1. The Behaviour Change Wheel

2. Aim

To co-design a multi-modal healthy behaviours programme for C&YP aged 0-19 years, inclusive of any cancer diagnosis, who have completed their cancer treatment.

3. Methods

WP1 - Rapid Scoping Review

Health behaviour interventions to support C&YP post-cancer treatment: A rapid scoping review
(See Esther Carter's poster)



Paper
under
review

WP2 - Healthcare Professionals

Aims to explore current support healthcare professionals (HCPs) are providing, understand what is missing, and the barriers and facilitators HCPs face in providing support.

Methods:

- Online survey (n=79)
- Semi-structured interviews (n=15)

Participants:

- HCPs that provide cancer care to C&YP



Report
write-up

WP3 - Children & Young People

Aims to explore C&YP's experiences of support post-treatment & what support they would like in the future.

Methods:

- Ideas Kits (n=45) - creative tasks are posted to participants, and they are asked to draw, paint, write, and use stickers to complete the tasks (see Fig. 2).
- Semi-structured Interviews (n=25)
- Parent & Carer online survey (n=50)

Participants:

- C&YP aged <19 that have completed cancer treatment

Data
collection

WP4 - Community Stakeholders

Aims to explore current support community stakeholders provide to C&YP and to understand the barriers and facilitators they face in supporting C&YP post-treatment.

Methods:

- Semi-structured interviews (n=10)

Participants:

- Members of the community who provide support for C&YP post-cancer treatment, for example, teachers, sports coaches, cancer charities.



Data
analysis

WP5 - Co-design Workshops

The results from WP's 1-4 will inform three co-design workshops which will include different stakeholders (C&YP, their families, HCPs & community stakeholders).

The aim of the workshops will be to develop a new support programme and understand how this could be best delivered to ensure it is appropriate and useful for C&YP post-cancer treatment

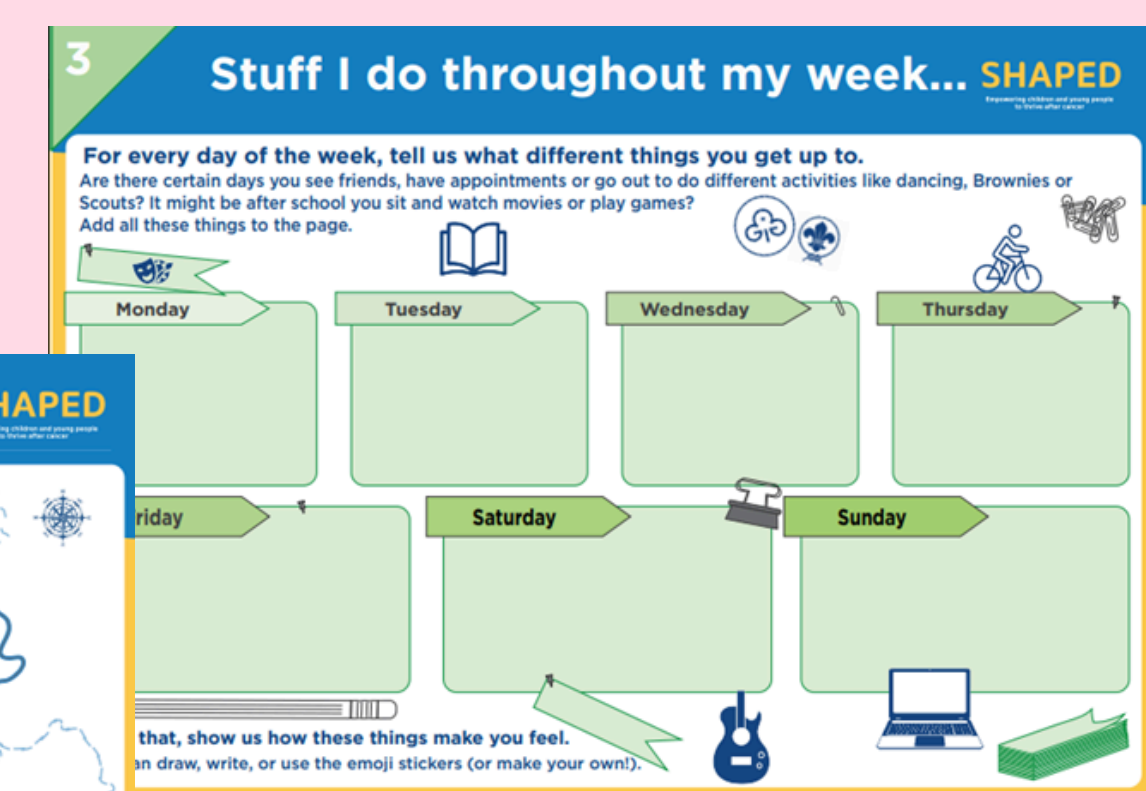
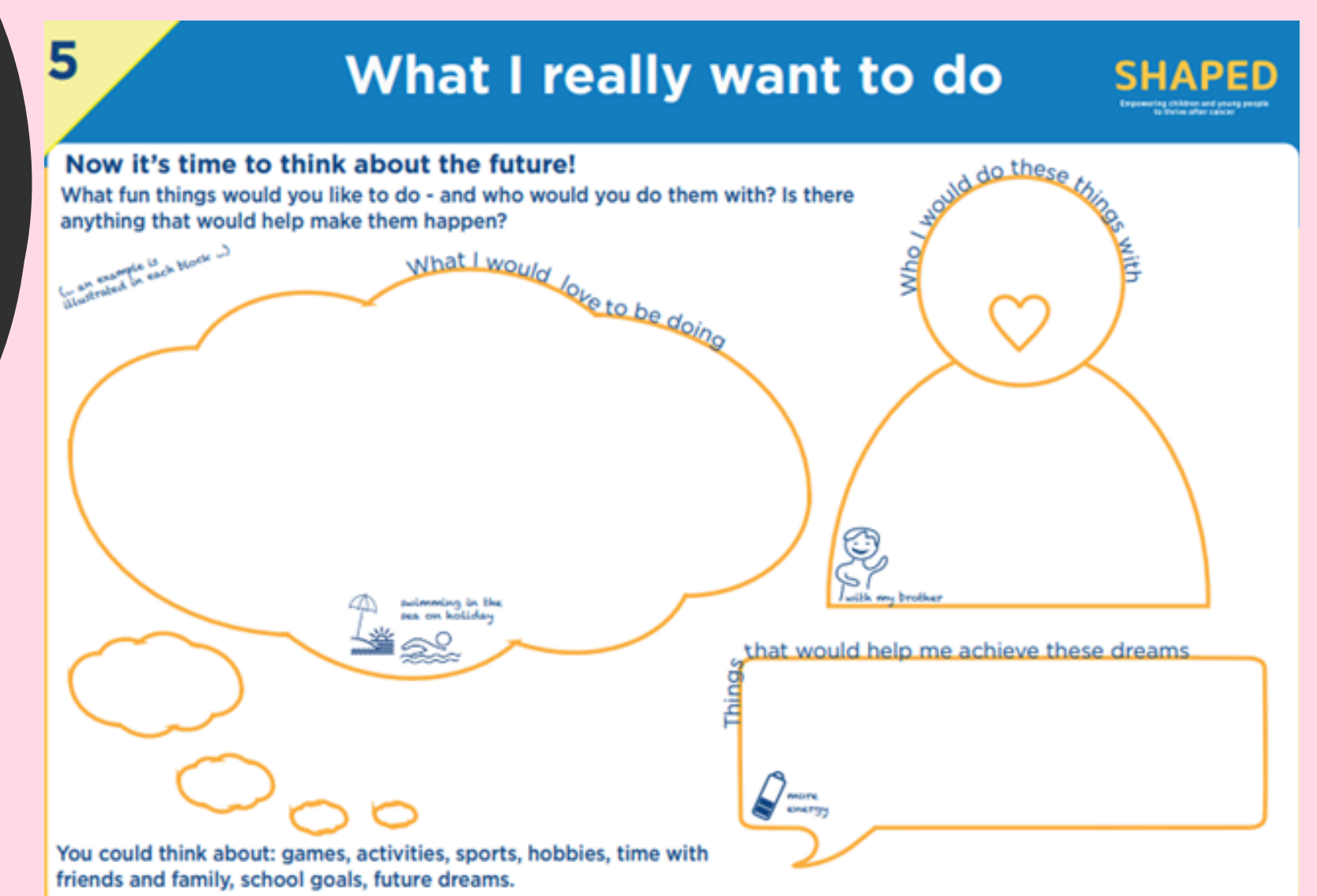


Fig 2. Example activities from the Ideas Kit



4. Next Steps

- WP's 1 and 2 are complete, with WP's 3 and 4 due to be completed in the coming months.
- WP1 has identified that current interventions primarily focus upon PA and that there is a need for a future support programme to be co-designed.
- WP2 has identified that HCPs feel there is a lack of mental well-being support, that C&YP develop negative health behaviours during treatment, and HCPs lack training to be able to support C&YP to engage in health behaviours post-treatment.
- Following completion of WP5, a logic model will be developed outlining how a new support programme should be designed to support C&YP to engage in health behaviours post-treatment.

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Scan the QR code to learn more about the project

