INTRODUCTION

AYA cancer survivors and their partners lack evidence-based interventions to address their SRH needs after cancer. The objectives of this study include:

Aim 1: Systematically adapt an empirically supported couple-based skills training intervention to help young breast/gynecologic cancer survivors and their partners cope with SRH concerns after cancer.
Aim 2: Evaluate efficacy by conducting a randomized controlled trial comparing two interventions: the original intervention focused only on coping with cancer, and the adapted intervention focused on coping with cancer and SRH concerns.

METHODS

We are utilizing the ADAPT-ITT framework to systematically adapt the intervention:

Assessment and Decision:
• Assess community need and establish approach to meet need.
• Conducted interviews with 25 couples; results revealed need for dyadic intervention that addressed SRH needs preferably in an online format.

Administration:
• Consult with intended audience, experts, and stakeholders to on decide and review intervention materials to be adapted.
• Conducted interviews with 11 couples; consulting with community advisors, stakeholders, and experts in social work, clinical psychology, oncology, etc.

Production:
• Adapt original program to align needs of intended audience with a focus on SRH needs.
• Integration of feedback from administration phase into adapted program (see results for more details).

Topic Experts and Integration:
• Produce new draft of intervention based on feedback from intended audience, experts and stakeholders.
• Integration of feedback from administration phase into adapted program (see results for more details).

Training:
• Train the program interventionist. In progress

Testing:
• Evaluate efficacy of program.
• Randomized control trial to begin Summer 2021.

RESULTS

Young adult cancer survivors and their partners often experience sexual and reproductive (SRH) health challenges after cancer, but there are limited resources to address these issues.

We've adapted an intervention to help build coping and communication skills for couples' sexual and reproductive health after cancer.

Scan below to find out more information on the program and if you're eligible to participate!

NEXT STEPS

Next steps for this study based on the ADAPT-ITT framework include:

• Currently in the process of conducting follow-up interviews with 3 couples to receive feedback on SRH adaptations made to program.
• Integration of any additional feedback and confirm final materials for RCT.
• Determine interventionist and complete training
• Summer of 2021 evaluate the efficacy of the intervention via an RCT. We hypothesize that a SRH-focused program will reduce sexual and reproductive distress to a greater degree than the control program.