

**Title:** The physical activity Counselling for young adult cancer SurvivorS (ACCESS) trial: a protocol for a parallel, two-arm pilot randomized controlled trial

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**Background:** Physical activity (PA) holds promise as a behavioural intervention to mitigate persistent side effects and improve quality of life following cancer treatment; yet, few young adults are active enough to incur these benefits. We developed a novel and theoretically-informed behaviour support intervention to promote PA via videoconference in young adults following cancer treatment, and are undertaking a parallel, two-arm pilot randomized controlled trial (RCT) to gather evidence to inform the design of a large, full-scale RCT.

**Objectives:** We aim to: (1) assess intervention and trial feasibility and acceptability, and (2) generate data on PA behaviour. We present the study protocol herein.

**Methods:** Young adults (18–39 years) who have completed cancer treatment are being recruited from across Canada. Recruits are randomized to the intervention group (i.e., a 12-week behaviour support intervention delivered via videoconferencing by trained PA counsellors) or usual care (i.e., no intervention). Several feasibility outcomes covering enrollment, allocation, follow-up, and analysis are tracked by study staff. Acceptability is assessed through interviews. PA is measured using accelerometers. Assessments occur pre-randomization, post-intervention period, and 24 weeks post-baseline.

**Conclusion:** Feasibility and acceptability data will help to determine which refinements, if any, are required to the intervention, implementation approach, and proposed evaluation methods prior to advancing to a large, full-scale RCT. PA behaviour data collected will inform the sample size calculation for a large, full-scale RCT.

**Trial registration:** The trial was registered with the ClinicalTrials.gov database (ID: NCT04163042).