

Protocol versus practice: Instructor fidelity in a co-created yoga program for adults diagnosed with gynecologic cancer

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Background

- Yearly, in Canada, **>12,000 adults** will be diagnosed with a gynecologic cancer.
- In 2022, a research team partnered and worked *with end-users* (10 adults diagnosed with a gynecologic cancer and 15 yoga instructors) to co-create a yoga program to improve physical and psychosocial outcomes.
- 2 programs** (morning and evening) were **delivered** at a regional cancer care organization (02/2023-04/2023)
 - Participants were **20 women** ($M_{\text{age}}=62 \pm 12$, 34-80) diagnosed 8 (± 5 , 3-22) years before program enrollment.
- The **instructor** (woman, middle-aged) received a 4-hr in-person training, a co-created instruction manual, and bi-weekly team meetings to support program delivery.

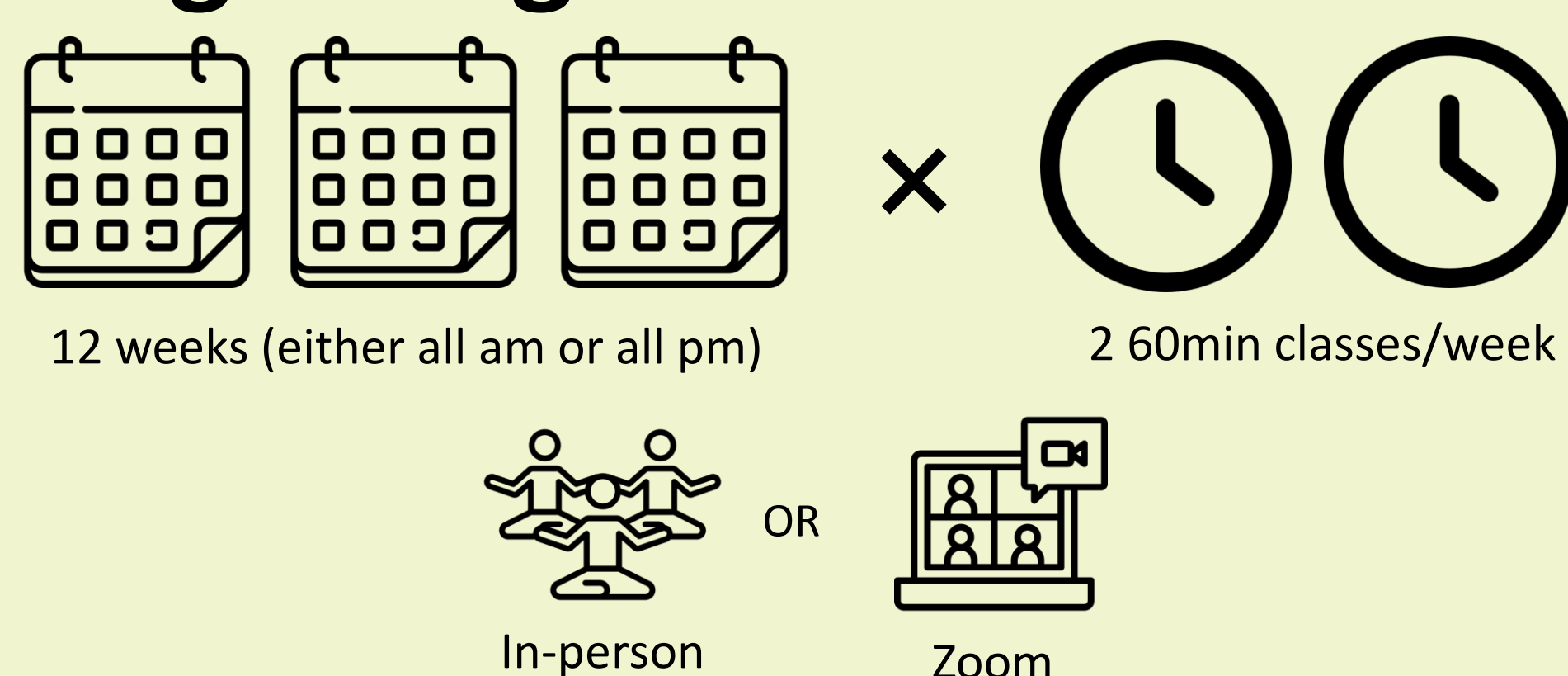
Study Aim

Evaluate the instructor's implementation of the program and identify changes to enable future delivery with fidelity.

Data Collection and Analysis

- All yoga classes (n=48) were recorded and analyzed using a frequency and duration coding scheme.
- The instructor was interviewed post-program, and the transcribed verbatim interview was analyzed using thematic analysis.

Yoga Program

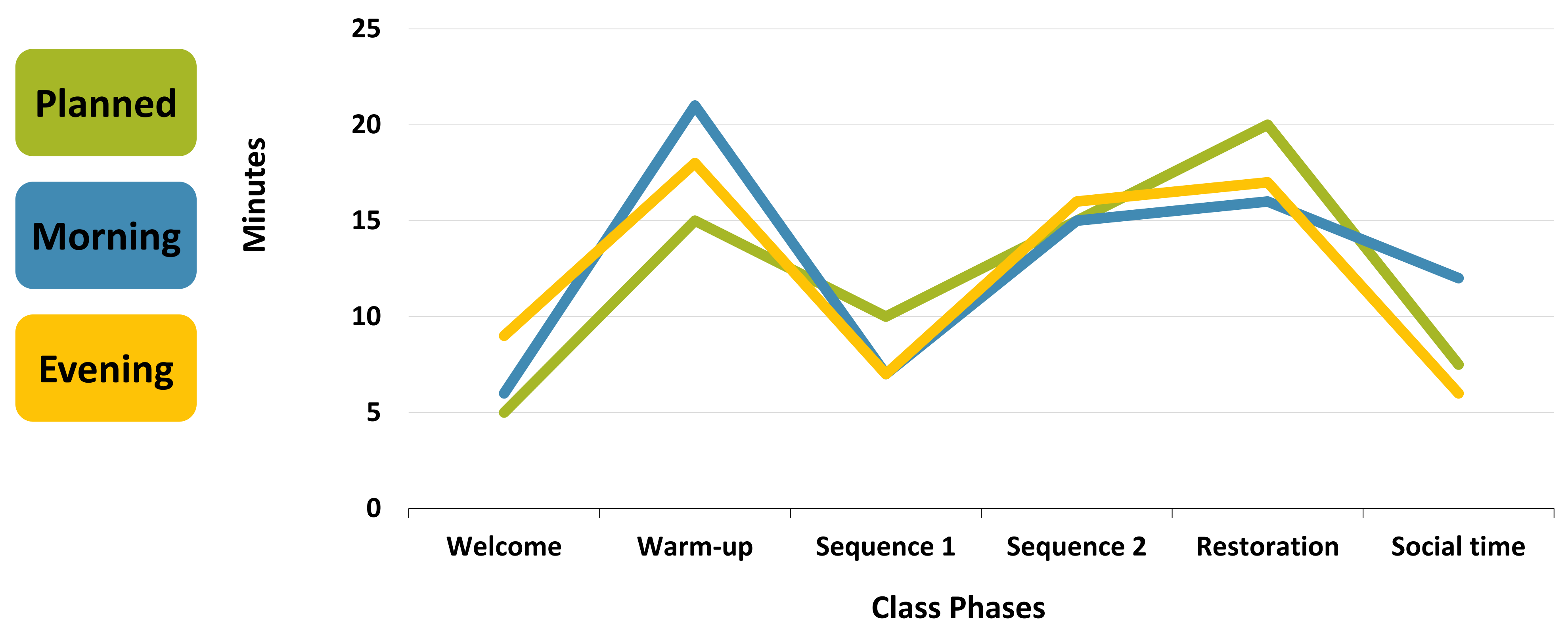


Conclusions

- Moderate fidelity suggests more support is needed to deliver the program as intended and regular re-assessment of instructors and program fidelity.
- Deviations were often due to tailoring the program to participant needs.
- Future training could focus on developing tailoring ability while ensuring they remain committed to program fidelity.

Results

Class Section Timings – Overall Fidelity = 61.3%



Teaching Behaviours – Overall Fidelity = 44.6%



Instructor Feedback

