IBTN Conference Abstract

Title: A Protocol for A Multi-Stage Behavioural Intervention to Improve Long-Term Follow-Up Care Among Survivors of Childhood Cancer.

Authors & Author Titles: *Rachelle Drummond[1] MPP MSc, Fiona Schulte[1,2] PhD, Tavis Campbell[1,2] PhD.

Affiliations:

1. Department of Psychology, University of Calgary, Calgary Alberta, Canada
2. Department of Oncology, University of Calgary- Cumming School of Medicine, Calgary Alberta, Canada

Background: Lifelong, cancer-specific long-term follow-up (LTFU) care is the most effective strategy for preventing and managing late effects among survivors of childhood cancer (SCC). Late effects are chronic health conditions that emerge months or years after treatment, and nearly all SCC are expected to develop at least one late effect during their lifetime. Despite this risk, fewer than 50% of survivors adhere to recommended LTFU care, which may result in delayed detection of late effects and underuse of specialized survivorship services.

Objectives: This protocol describes two studies within a multi-phase project guided by the ORBIT model of behavioural intervention development. Phase I examines LTFU experiences of non-adherent young adult SCC and identifies barriers to re-engagement. Phase II evaluates intervention feasibility, acceptability, and usability.

Methods: Phase I involves semi-structured interviews with Canadian young adult SCC (n = 10), analyzed using Interpretive Phenomenological Analysis. Findings will inform intervention development. Phase II assesses feasibility, acceptability, and preliminary efficacy using quantitative measures collected at baseline and post-intervention, including healthcare behaviours, intention to attend LTFU care, and psychosocial outcomes. Feasibility (i.e., recruitment, retention) and acceptability (i.e., usability scales, qualitative interviews) will be assessed using descriptive statistics and reflexive thematic analysis.

Conclusion: Phase I recruitment is underway and will conclude in August 2026. Findings will inform intervention development and a future Phase III efficacy trial aimed at improving adherence to LTFU care among childhood cancer survivors.

Corresponding author: Rachelle Drummond, MPP MSc (rachelle.drummond@ucalgary.ca)

Trial registry: A Multi-Stage Behavioural Intervention to Improve Long-Term Follow-Up Care Among Survivors of Childhood Cancer (Clinicaltrials.gov). (Unique Protocol ID: HREBA.CC-20-0248)