

# **SELF-EFFICACY IS ASSOCIATED WITH HIGHER DIET QUALITY AMONG MEN WITH PROSTATE CANCER**

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**Background:** Healthy diet is associated with improved quality of life and lower risk of recurrence and mortality among men with prostate cancer. Understanding barriers and facilitators to healthy eating among men with prostate cancer is needed to optimize interventions.

**Methods:** We conducted a cross-sectional analysis using baseline data from the Prostate 8-II study, a clinical trial among 202 men who were newly diagnosed with prostate cancer and elected radical prostatectomy as primary treatment. Prostate 8-II is closed to enrollment and follow up is ongoing. All data used for this analysis were collected prior to treatment. The primary exposures included social support for healthy eating (5-item scale for encouragement ranging from 5-25; 1 item for sabotage, "how often have family or friends complained about eating healthy foods?," ranging from 1 to 5), self-efficacy (confidence in one's ability to engage in activities that support healthy eating; range: 21 to 105), barriers to healthy eating (range: 17 to 85), and use of strategies to support dietary change (range: 15-75). Our primary outcome was the Alternative Healthy Eating Index (AHEI)-2010 (range: 0 to 110); higher scores indicate higher diet quality. We used multivariable linear regression adjusted for sociodemographic characteristics.

**Results:** 149 participants had complete data for analysis. The AHEI-2010 score was normally distributed, with a median of 56 and interquartile range of 52-58. The exposures were low to moderately correlated; the most correlated were perceived barriers to healthy eating and self-efficacy for healthy eating ( $r = -0.51$ ), and encouraging social support and use of change strategies ( $r = 0.52$ ). Self-efficacy and change strategies were positively associated with diet quality ( $\beta: 1.27$ ; 95% CI: 0.72, 1.83 and  $\beta: 0.10$ ; 95% CI: 0.03, 0.16, respectively) while more perceived barriers was inversely associated ( $\beta: -0.11$ ; 95% CI: -0.20, -0.02). When the exposures were modeled together, only self-efficacy remained associated with diet quality ( $\beta: 1.12$ ; 95% CI: 0.44, 1.80).

**Conclusions:** Self-efficacy for healthy eating was associated with diet quality among men with prostate cancer. Dietary interventions need to focus on increasing cancer survivors' self-efficacy through activities such as setting realistic goals, identifying role models, and reflecting on past successes.

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