Quality of life perception and physical activity in post-treatment cancer survivors participating in the LIVESTRONG® at the Y program

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ABSTRACT

Purpose: This study examined the association between change in quality of life (QOL) perception and changes in overall physical activity (PA) in cancer survivors participating in the LIVESTRONG® at the Y program. We hypothesized that increases in perceived QOL would be related to increases in PA.

Methods: Eleven cancer survivors (5 male and 6 female; 51.8 ± 9.2 yr., body mass index = 36.6 ± 4.1) agreed to participate in this study as part of the 12-week LIVESTRONG® at the Y program. PA data were collected through accelerometer wearables (Bodymedia®) which were continuously worn on the non-dominant upper arm (except for bathing) for the entire week. Armbands were distributed and collected at the same time of day at weeks 1 and 6 of the assessment. Ambient wear time was classified as sedentary (SED; <3.0 MET) or moderate to vigorous (MVPA; ≥3.0 MET). QOL measures were obtained at the end of weeks 1 and 6 via self-report using the 28-item Functional Assessment of Cancer Therapy-General (FACT-G) questionnaire. Composite FACT-G scores (0-108) were calculated by summing sub-scores from each section within the FACT-G assessment.

Results: Available research suggests that engaging in PA can have increased perceived QOL would be related to increased PA.

Discussion: These results merit further research on the associations between PA and QOL perception in cancer survivors.

Limitations: The sample size was small and included participants from a variety of cancer types and treatment backgrounds. In light of current PA guidelines, PA during week 1 was high for most participants. The follow-up period may be too short to detect changes in QOL perception and changes in PA.

References