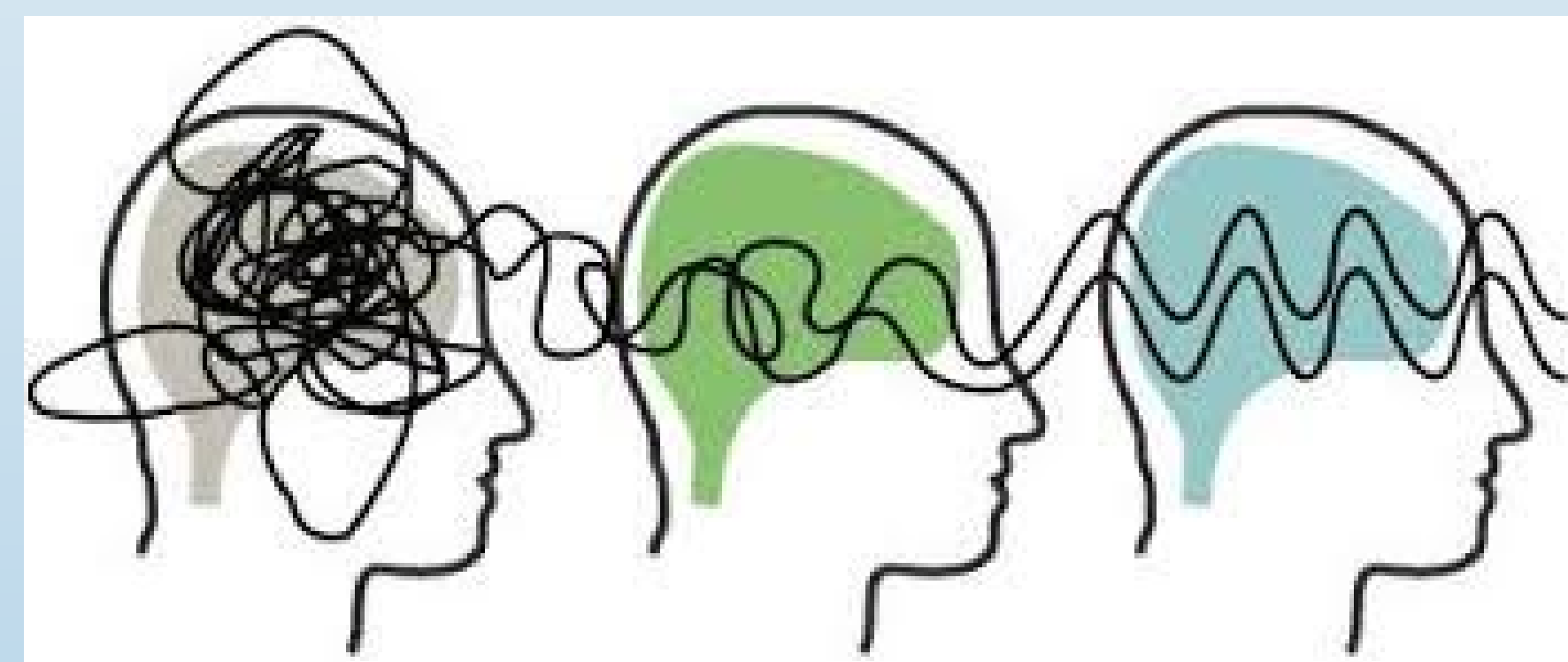


## Background & Purpose

- Previous research in adolescent and young adult (AYA) patients has suggested an association between hematopoietic stem cell transplantation (HSCT) and physical dysfunction, resulting in physiological stress impairing quality of life.
- Despite these negative health consequences, few studies have utilized mindfulness-based intervention programs to improve well-being and quality of life in AYA patients
- Our goal is to: 1) gather information that is needed to inform the development of a mindfulness based, stress reduction intervention and 2) to pilot the mindfulness-based intervention.




## Methods

- We have been conducting semi-structured, qualitative interviews in n=20 AYA patients at three timepoints: before HSCT, directly after HSCT; still in hospital, and 3 months after discharge.
- Interviews for each participant have lasted approximately 25 minutes, audio-recorded, and conducted on Zoom, an online communication platform.
- In the future, two researchers will apply qualitative thematic content analysis using Dedoose® to determine interest amongst AYA patients for a mindfulness-based intervention and treatment program and identify major themes.

### Interview Measures

- Types of stress reduction strategies used.
- Knowledge and interest in mindfulness interventions.
- Perceived benefits and barriers to physical activity.
- Current quality of life.

## Preliminary Results



Participant Outline		
Current Accrual #s	Time 3 Completed	Gift Card Dispersion
16	5	18 dispersed to 8 patients

Table 1. Enrollment and Dispersion of Compensation

- From the interviews conducted **n=5**, interim results convey a high interest of mindfulness interventions prior to, during, and after hospitalization
- A common theme discussed amongst AYA HSCT patients is their **agreement** for trying a mindfulness-based intervention to improve quality of life.
- Although most patients were **not familiar** with a “mindfulness intervention”, they find the description as an effective coping mechanism to **improve** their long-term quality of life.
- Most patients also favored an online social media platform, such as **Facebook** or **Instagram**, to meet other AYA HSCT patients in order to create a community while decreasing isolation during and after the procedure.

Time 1 Interviews	Time 2 Interviews	Time 3 Interviews
12	9	5

Table 2. Timeline of Interview Completion across 3 Interviews

## Conclusions

- The current patients interviewed through all three time points have shown considerable interest in improving quality of life through a mindfulness intervention prior to, during, and after HSCT procedure.
- From the pilot study qualitative data, it can be concluded that a mindfulness-based intervention over an online platform would be beneficial in decreasing physiological stress amongst HSCT patients.



- From individuals that were not aware of Mindfulness, there is an overall theme of interest and agreement to try throughout this time period.
- There was also a common theme discussed regarding a community platform where AYA HSCT patients can safely meet, in person or virtually, to improve quality of life during the procedure.
- From the data collected during this pilot study, future participants will be contacted to participate in either a trial or waitlist group in a developed mindfulness-based intervention program.