

Social determinants of health, including **health and health care**, **economic stability**, and **social and community context** were salient themes when participants were asked what is most stressful.

Background

- Adolescent and young adult (AYA) cancer survivors have an increased risk of chronic diseases and low physical activity levels and poor adherence to dietary guidelines



- AYA cancer survivors also experience age-dependent stressors, including independent living challenges, that may influence health behaviors.

Purpose

To understand experiences and unmet needs regarding stress, coping, and health behaviors in AYA cancer survivors aged 18-39 years to inform behavioral intervention development

Methods

SAMPLE

- 23 AYA cancer survivors
- 12 aged 18-29 years
- 11 aged 30-39 years
- 43% racial/ethnic minority

DATA COLLECTION

- Semi-structured interviews

DATA ANALYSIS

- Coding reliability approach to thematic analysis

Results

STRESSORS



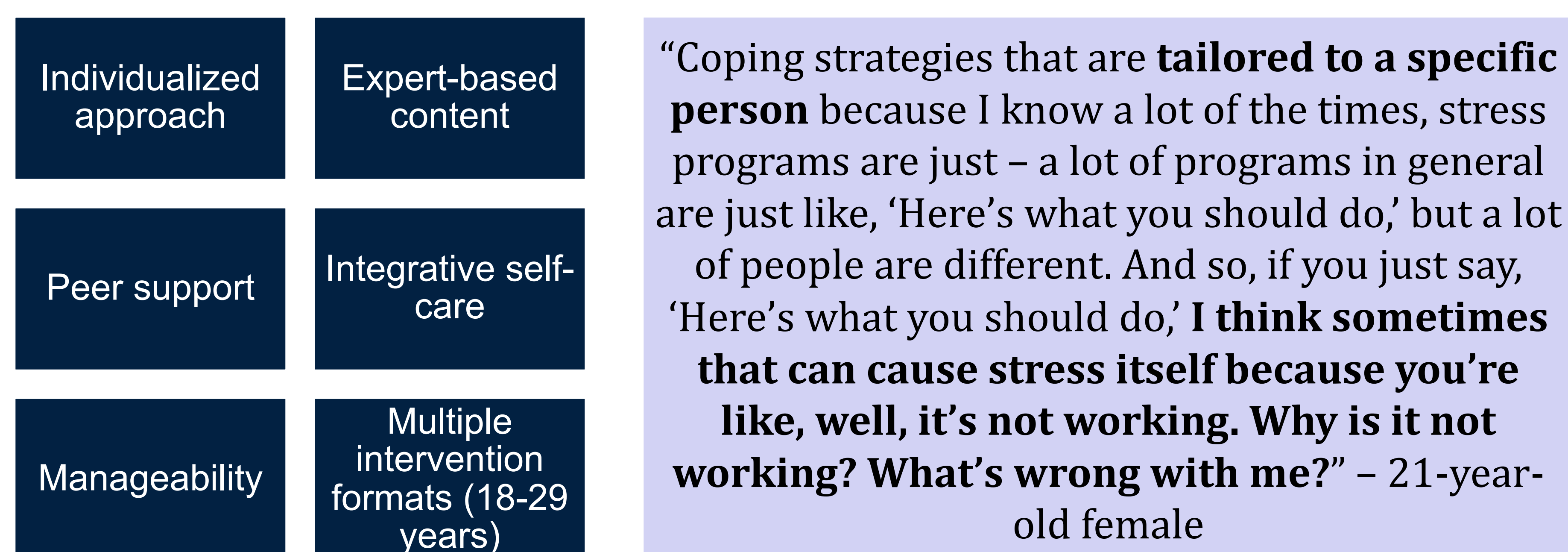
“I would have to say, probably household-wise. I just made a **pretty big move**, and that was really stressful. I just got **hired for one job**, but I am in the midst of **getting another job** right now and **moving to a place that I’ve never been**. That was really stressful, trying to find out what I wanna do, I guess. And then **going back to college**, has all been pretty stressful for me.” – 23-year-old female

COPING



HEALTH BEHAVIORS

INTERVENTION PREFERENCES



“Coping strategies that are **tailored to a specific person** because I know a lot of the times, stress programs are just – a lot of programs in general are just like, ‘Here’s what you should do,’ but a lot of people are different. And so, if you just say, ‘Here’s what you should do,’ **I think sometimes that can cause stress itself because you’re like, well, it’s not working. Why is it not working? What’s wrong with me?**” – 21-year-old female

Conclusion

- Findings highlighted unmet needs regarding **social and environmental stressors** in AYA cancer survivors
- Participants reported preferences for **individualized, expert-based content** and peer support in stress management-enhanced behavioral interventions
- Such interventions may be tailored for specific age groups to account for differences in stress experiences and intervention preferences