

INTRODUCTION

You are being invited to participate in the **Adolescents and Young Adults becoming Physically Active after Cancer Trial (AYA-PACT)**. Investigators are examining if a home-based, mobile health intervention can increase physical activity levels by 120 minutes per week among adolescents and young adult (AYA) cancer survivors. The findings will help us improve care and outcomes for AYA cancer survivors.

Before you decide to participate, it is important that you understand the purpose of AYA-PACT and what is involved. Please take the time to read the following information carefully and discuss it with family/friends if you wish. Your participation is voluntary and your decision to participate will not affect your medical care in any way.

Thank you for taking the time to consider our study!

ELIGIBILITY CRITERIA

We are looking for individuals who:

- Live in Alberta;
- Were diagnosed with a first cancer between 15 to 39 years of age in Alberta; and
- Are within one year of completing active treatment.



ADOLESCENTS AND YOUNG ADULTS BECOMING PHYSICALLY ACTIVE AFTER CANCER TRIAL



AYA-PACT

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AYA-PACT

a home-based exercise study

BACKGROUND

Cancer in AYAs is increasing and the cancer survivor population is growing. As cancer treatments are known to cause late effects, it is important to understand how we can prevent or reduce these risks. Exercise has emerged as a lifestyle factor that improves physical fitness and quality of life after cancer. Our goal is to see if we can improve health outcomes in AYA cancer survivors using a home-based, mobile health intervention.

STUDY LEAD & FUNDING

AYA-PACT is led by Drs. Miranda Fidler-Benaoudia and Christine Friedenreich in Calgary and Dr. Kerry Courneya is the site lead in Edmonton. The trial is supported by the Canadian Institutes of Health Research along with the Arnie Charbonneau Cancer Institute, Michael Garrett Banks Endowment, Alberta Children's Hospital Research Institute and O'Brien Institute for Public Health.



CIHR IRSC

Canadian Institutes of Health Research
Instituts de recherche en santé du Canada



UNIVERSITY OF CALGARY



Alberta Health Services

UNIVERSITY OF CALGARY
O'Brien Institute for Public Health

Alberta
Children's HOSPITAL
RESEARCH INSTITUTE

Arnie Charbonneau Cancer Institute



UNIVERSITY OF ALBERTA

WHAT DO YOU HAVE TO DO?

If you choose to participate in this study you will be asked to:

- Complete a questionnaire to assess your ability to undertake an exercise program;
- Complete questionnaires about some basic personal information and your current health;
- Complete the following items at baseline, 6 months and 12 months in either Calgary or Edmonton:
 - ◆ Questionnaires about sleep, quality of life and physical activity habits;
 - ◆ Measurement of your body height, body weight, hips and waist circumference;
 - ◆ Treadmill fitness test; and
 - ◆ Measurement of muscle strength and endurance;
- Wear an activity monitor around your waist for 7 days at baseline, 6 months, 12 months, and 24 months;
- Be willing to be randomized to the usual care or intervention group;
- Participate in a 12-month exercise program*;
- Wear an activity tracker around your wrist for 12-months*; and
- When necessary, respond to the Study Coordinator.
** Only the Intervention group*



WHAT ARE THE BENEFITS?

Your fitness level may improve and you may see a reduction in body fat percentage from participating in an exercise program. However, you may also have no direct benefit from participating in this study. All participants will keep their Polar® Unite activity tracker at the end of the intervention. All participants will receive information on their physical fitness at the end of the intervention (12 month time point). All participants will receive a small gift card honorarium for each study time point completed for a total of \$50 over the course of the study.

WHAT ARE THE RISKS?

Exercise is generally very safe for most people, even those who may not have been previously active. However, with this level of exercise, you may experience sore muscles, joint problems, an injury related to the exercise or some cardiac side effects. If you experience any side effects from exercising, stop exercising immediately.

WHAT HAPPENS NOW?

After reading this brochure, you may choose to contact the study team (please see back of the brochure) to indicate your interest in participating in the study. We will then schedule a virtual consultation to review the study eligibility criteria, study expectations and procedures, and consent form with you. You can then agree to participate immediately or contact us again later once you have decided.