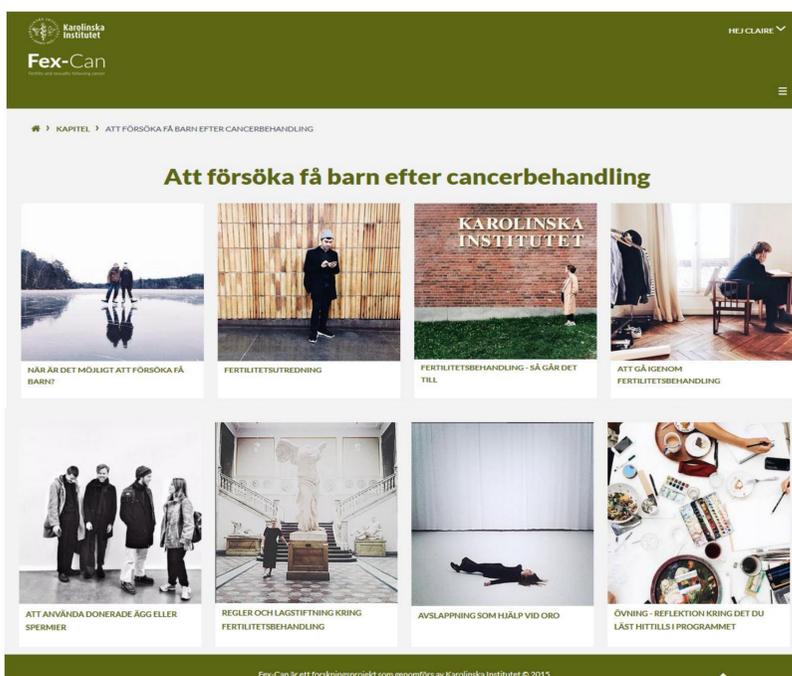


Feasibility of a self-help web-based intervention targeting young cancer patients with sexual problems and fertility distress

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Introduction

Adolescents and young adults (AYA) with cancer often experience a negative impact on their sexuality or fertility. Web-based interventions have the potential of increasing patients' sense of competence, autonomy and relatedness, thereby mitigating psychosocial problems and improving support. In collaboration with a group of patient research partners, we developed a complex intervention aiming at improving problem solving skills and acceptance. The website was organized in two separate programs, one for fertility and one for sexuality, delivering consecutive modules with a combination of educational and behavior change content. Texts, video vignettes, exercises and an online discussion forum were among the features of both programs.



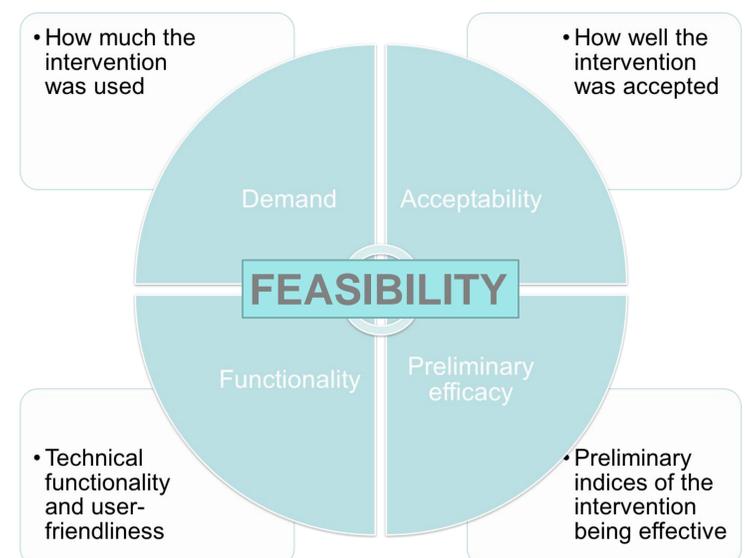
The web interface of one of the modules in the intervention.

Aim

To evaluate the feasibility of a self-help web-based intervention to alleviate sexual problems and fertility distress in adolescents and young adults with a cancer experience.

Conclusions

The present study indicated that this web-based intervention was feasible for young adults with cancer. The effectiveness of the intervention will be tested in a population-based RCT.



Methods

Twenty-three persons aged 18-43 with cancer diagnosed 1-5 years previously tested a two-month program, focusing on either fertility or sexuality. Feasibility was evaluated with website system data, telephone interviews, continuous online evaluation, and study-specific measures.

Results

Fifteen participants completed more than half of the modules. These 'committed users' used and appreciated most of the program features (demand). The web-based format enabled flexible use by participants with diverse needs (acceptability). Preliminary efficacy was indicated by self-reported increased knowledge and skills in handling sexual problems and fertility distress. The website had good technical functionality.

To find out more, please look up Wiklander, M., Strandquist, J., Obol, C.M. et al. Support Care Cancer (2017). <https://doi.org.proxy.kib.ki.se/10.1007/s00520-017-3793-6> or scan the QR code for the article as pdf



Fex-Can

Fertility and sexuality following cancer

I am a PhD Candidate at Karolinska Institutet. My research project centers around the development, testing and evaluation of the web-based program Fex-Can aiming to reduce fertility distress among young cancer survivors.



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