

# Help-seeking behaviour and attitudes towards internet-administered psychological support among adolescent and young adults treated for cancer during childhood

|  |   |  |
|--|---|--|
| <b>Submission date</b><br>15/02/2021   | <b>Recruitment status</b><br>Stopped                          | <input checked="" type="checkbox"/> Prospectively registered |
| <b>Registration date</b><br>17/02/2021 | <b>Overall study status</b><br>Stopped                        | <input checked="" type="checkbox"/> Protocol                 |
| <b>Last Edited</b><br>07/02/2024       | <b>Condition category</b><br>Mental and Behavioural Disorders | <input type="checkbox"/> Statistical analysis plan           |
|  |   | <input type="checkbox"/> Results                             |
|  |   | <input type="checkbox"/> Individual participant data         |
|  |   | <input type="checkbox"/> Record updated in last year         |

## Plain English summary of protocol

### Background and study aims

Adolescent and young adult childhood cancer survivors are at an increased risk of experiencing psychological difficulties, such as low mood, depression, anxiety or stress. However, adolescent and young adult cancer survivors also experience difficulties accessing psychological support. E-mental health delivering psychological support online or via smartphone applications may help survivors access support.

At present, little is known about:

1. Help-seeking behaviour in adolescent and young adult childhood cancer survivors, for example, what might help survivors to access support, and what might stop survivors from accessing support.
  2. The acceptability of e-mental health for adolescent and young adult cancer survivors.
- Therefore, the researchers want to undertake an online and paper-based survey and interview study to find out:
1. What factors help, and what factors get in the way of help-seeking behaviour in adolescent and young adult childhood cancer survivors?
  2. How acceptable is e-mental health for adolescent and young adult childhood cancer survivors?
  3. What preferences do adolescent and young adult childhood cancer survivors have for support for psychological difficulties?

### Who can participate?

Adolescents and young adults aged 16-39, who were diagnosed with cancer aged 0-18 and have completed successful cancer treatment

### What does the study involve?

Participants will be asked to complete a short consent form, either online or via the post. Participants will then need to complete the online survey or complete the paper survey and

return in the post using the stamped addressed envelope. Completing the survey will take about 20 minutes. A subset of participants will also be invited to take part in an interview by secure video conferencing or over the telephone, which will take about 45 minutes.

What are the possible benefits and risks of participating?

People often report that taking part in research and sharing experiences is enjoyable and fun. Joining the study will hopefully help us to develop acceptable support for young cancer survivors in the future.

Taking part does take time. Some of the questions we ask in the survey are personal and people might find these subjects difficult to discuss.

Where is the study run from?

Uppsala University (Sweden)

When is the study starting and how long is it expected to run for?

January 2020 to May 2022

Who is funding the study?

Fredrik O Ingrid Thuring's Stiftelse (Sweden)

Who is the main contact?

Joanne Woodford

joanne.woodford@kbh.uu.se

## Contact information

**Type(s)**

Scientific

**Contact name**

Dr Joanne Woodford

**ORCID ID**

<https://orcid.org/0000-0001-5062-6798>

**Contact details**

Department of Women's and Children's Health

MTC House

Dag Hammarskjölds väg 14B

Uppsala

Sweden

752 37

+46 (0)707874684

joanne.woodford@kbh.uu.se

## Additional identifiers

**Clinical Trials Information System (CTIS)**

Nil known

## Protocol serial number

DNR 2020-06271

# Study information

## Scientific Title

Help-seeking behaviour and attitudes towards internet-administered psychological support among adolescent and young adults previously treated for cancer during childhood: a survey and embedded qualitative interview study in Sweden

## Acronym

FUNCA

## Study objectives

1. Are there associations between predisposing, enabling, environmental, and needs related health service use factors, informed by Andersen's behavioural model of health, and help-seeking behaviour (actual help-seeking and type of help-seeking) within an adolescent or young adult childhood cancer survivor (AYACCS) population?
2. What attitudes are held by an AYACCS population towards e-mental health (MH) interventions?
3. What is the perceived need for mental health support within an AYACCS population?
4. What are AYACCS experiences of past receipt of cancer-specific and non-cancer experience specific mental health support?
5. What preferences do an AYACCS population hold towards mental health support related to their cancer experience?
6. What are the barriers and facilitators do an AYACCA population experience seeking help for mental health support related to their cancer experience?

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Approved 17/12/2020, Swedish Ethical Review Authority (Etikprövningsmyndigheten, Box 2110, 750 02 Uppsala, Sweden; +46 (0)10 475 08 00; [registrator@etikprovning.se](mailto:registrator@etikprovning.se)), ref: 2020-06271

## Study design

Online and paper-based cross-sectional self-report survey and embedded qualitative interview study

## Primary study design

Observational

## Study type(s)

Other

## Health condition(s) or problem(s) studied

Psychological support among adolescent and young adults previously treated for cancer during childhood

## Interventions

A cross-sectional survey self-report survey and embedded qualitative interview study, with no longitudinal follow-up. The survey has 98 items in Swedish and comprises eight subsections: (1) sociodemographic characteristics (11 items); (2) clinical cancer-related characteristics (3 items); (3) actual help-seeking behaviour (2 items); (4) attitudes towards internet-administered interventions (17 items); (5) stigma of mental illness (5 items); (6) mental health literacy (26 items); (7) social support (12 items) and; (8) current symptoms of depression, anxiety, and stress (21 items). The survey is designed to be completed in approximately 20 minutes. Qualitative interviews will explore: (1) perceived need for mental health support; (2) past experience of receiving mental health support; (3) preferences for support; and (4) barriers and facilitators to help-seeking.

## **Intervention Type**

Other

## **Primary outcome(s)**

Measured at one timepoint within this cross-sectional survey:

1. Sociodemographic characteristics measured using a survey with questions developed by the study team at one timepoint
2. Clinical cancer-related characteristics measured using a survey with questions developed by the study team at one timepoint
3. Actual help-seeking behaviour measured using a survey with questions developed by the study team at one timepoint
4. Attitudes towards internet-administered interventions measured using the e-Therapy Attitudes Measure (ETAM) at one timepoint
5. Symptoms of depression, anxiety, and stress measured using the Depression Anxiety and Stress Scale (DASS-21) at one timepoint
6. Stigma of mental illness measured using the Stigma Scale for Receiving Psychological Help (SSRPH) at one timepoint
7. Social support measured using the Interpersonal Support Evaluation List (ISEL-12) at one timepoint
8. Mental health literacy measured using a multicomponent mental health literacy measure at one timepoint

## **Key secondary outcome(s)**

There are no secondary outcome measures

## **Completion date**

31/05/2022

## **Reason abandoned (if study stopped)**

Lack of staff/facilities/resources

## **Eligibility**

### **Key inclusion criteria**

1. 16-39 years at study start
2. Diagnosed with cancer when 0-18 years
3. Completed successful cancer treatment (including relapses) at a minimum 3 months ago according to self-report
4. Able to read and write in Swedish
5. Currently reside in Sweden

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Mixed

**Sex**

All

**Key exclusion criteria**

Does not meet inclusion criteria

**Date of first enrolment**

01/05/2021

**Date of final enrolment**

01/10/2021

**Locations****Countries of recruitment**

Sweden

**Study participating centre****Uppsala University**

Clinical Psychology in Health Care

Department of Women's and Children's Health

MTC House

Dag Hammarskjölds väg 14B

Uppsala

Sweden

752 37

**Sponsor information****Organisation**

Uppsala University

**ROR**

<https://ror.org/048a87296>

# Funder(s)

## Funder type

Charity

## Funder Name

Fredrik O Ingrid Thuring's Stiftelse

# Results and Publications

## Individual participant data (IPD) sharing plan

As Uppsala University does not have a policy concerning Open Access research data, data will not be shared on an open data repository and rather requests for data should be made to Dr Joanne Woodford (joanne.woodford@kbh.uu.se). Under Swedish Archival Law, individual-level participant data is considered the same as personal data, and thus cannot be made open access. Upon reasonable request, aggregate quantitative data from the survey may be available. Specific extracts of individual-level participant data that protects both data integrity and individuals from being identified from the data may also be available upon reasonable request. For example, for the purposes of including within an individual participant data meta-analysis. Qualitative data from the semi-structured interviews will not be made available.

## IPD sharing plan summary

Available on request

## Study outputs

| Output type                      | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|----------------------------------|---------|--------------|------------|----------------|-----------------|
| <a href="#">Protocol article</a> |         | 01/04/2021   | 17/05/2021 | Yes            | No              |