Exploring experiences of young adults affected by cancer in an online yoga intervention

Purpose

The purpose of this study was to explore the experiences of young adults affected by cancer in an online 8-week yoga intervention

Methods

28/30 young adults affected by cancer participated in a semi-structured interview after completing an online 8-week yoga intervention

Interviews were transcribed verbatim and analyzed using reflexive thematic analysis

Results

Participants' experiences with the yoga program were captured across 6 themes:

I was **juggling** a number of **challenges** throughout the yoga program

I noticed some **improvements** in my **mental** and **physical health**

I made time to discover new strategies to **take care of myself**

I was able to see what **my body** was **capable** of

I was **held accountable**, and I appreciated that

I was able to be around similar others in a **safe** (virtual) space

Conclusions

Young adults affected by cancer described changes in physical and mental health after the 8-week yoga intervention

Taking time for oneself, practicing self-compassion and mindfulness, enhanced feelings of physical competence, and establishing a routine were important elements of the intervention

Young adults appreciated being around similar others (i.e., other young adults affected by cancer) and felt connected in online intervention

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McLaughlin et al., 2024

Experiences of young adults affected by cancer within an 8-week yoga intervention delivered by videoconference: a qualitative interview study

Annals of Medicine | Volume 51(1) | 2024

https://doi.org/10.1080/07853890.2024.2309275

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