

TYPES OF SOCIAL SUPPORT PREDICTING PHYSICAL ACTIVITY AND QUALITY OF LIFE IN EXERCISE PROGRAMS FOR ADULTS LIVING WITH CANCER



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OBJECTIVE

To examine the relative strength of associations among several types of **social support** that may be available in group exercise oncology programs, and **physical activity** and **quality of life** outcomes.

HYPOTHESIS

All 11 types of social support would be **positively associated** with physical activity and quality of life.

METHODS


72 adults living with cancer completed a survey and wore a Fitbit for 1 week.


73.6% Female, 26.4% Male
Ages ranged from 37 to 79 years.
45.8% Breast Cancer, 16.7% Prostate Cancer

MAIN TAKEAWAYS

- Instructors should recognize participants' physical activity **competence and skills**, encourage developing social relationships by **creating opportunities to connect** over time, and minimize relatedness thwarting by promoting **belonging and inclusion**.
- Given the distinct nature of the various types of social support, future research should explore the **role of different types of support** in promoting physical activity and quality of life, and do this in **larger samples and diverse populations** of adults living with cancer.


SOCIAL SUPPORT PREDICTORS OF PHYSICAL ACTIVITY


 No social support variables were significantly correlated with step count.


 Reassurance of worth **significantly predicted** moderate-to-vigorous physical activity.

Recognizing skills/abilities

SOCIAL SUPPORT PREDICTORS OF QUALITY OF LIFE

 No social support variables were significantly correlated with emotional or functional well-being.

 Social network **significantly predicted** physical well-being.

 Relatedness thwarting **negatively predicted** general and social well-being.

Feeling rejected or disliked



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