Predictors of Adherence to a 26-week Viniyoga Intervention Among Post-treatment Breast Cancer Survivors

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Background

- Yoga has been identified as a potential means of improving weight control and decreasing fatigue among cancer survivors

- The success of yoga interventions is highly dependent on adherence levels, yet little is known about what factors influence yoga adherence among breast cancer survivors

- Better understanding of these factors will strengthen future studies by improving intervention design

Purpose

To evaluate the following variables as potential predictors of adherence to a 26-week supervised yoga intervention among post-treatment breast cancer survivors:

- Demographic: Age, marital status, employment
- Psychosocial: Well-being, fatigue
- Body mass index (BMI; kg/m2)
- Distance and duration of travel to from home to study site

Methods

Participants: 46 post-treatment breast cancer survivors (stages O-IIIB) ages 33-74 who had been enrolled in an ongoing yoga intervention for 26 weeks as of Jan. 31, 2009.

Intervention:
- One supervised 75-minute viniyoga class per week
- Classes consisted of a series of gentle movements, poses, and breathwork

Measures:
- Baseline questionnaire: demographic and psychosocial variables
- Clinic visit: height and weight measured by study staff
- Distance to study site and travel time: Google

Outcome: Total # of classes attended during the 26-week intervention.

**Statistical analysis:** Multivariate regression.

Results

Baseline characteristics (N=46)

|	Mean (SD)
Age	60.0 (8.0)
Years since diagnosis	6.0 (range: 0.6-18.1)
BMI (kg/m2)	30.2 (5.1)
FACIT-G* (0-108)	87.1 (12.6)
Fatigue (0-52)	42.5 (7.7)
Travel distance (miles)	8.1 (6.6)
Travel time (min.)	16.4 (9.6)
	Percent
Non-Hispanic White	89.4
College degree +	68.0
Employed	53.2
Married	48.9
Tumor stage	
0-I	65.7
II-IIIB	34.4

Adherence to yoga classes

- Goal: 26 classes

- Participants attended 18.9 ± 12.1 classes (range: 0-61)
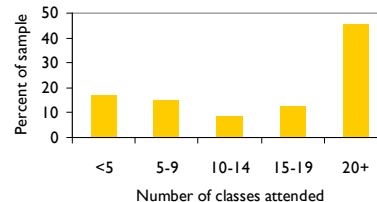
Results (continued)

Predictors of Adherence

- In the final multivariate model, these factors were associated with good adherence:
  - Any employment outside the home
  - Short travel distance to classes
  - High baseline quality of life
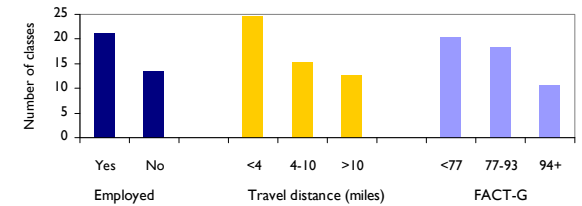
Conclusion

- Adherence to yoga was better among women who worked, women who lived close to the study site, and women who reported high baseline quality of life.

- Investigators considering such interventions may wish to consider offering multiple study sites to shorten travel times. Particular attention should be directed towards encouraging adherence among women who are not employed and those who report low quality of life at baseline.

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