

Knowledge, Attitudes, Self-efficacy and Behavioural Intention of Cancer Survivors about Exercise : A Pilot Study

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Research Background / Purpose

5-year cancer survival rate



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EXERCISE HELPS OVERCOME CANCER TREATMENT SIDE EFFECTS



- Study evidences pointed out that rehabilitation which includes occupational therapy, exercise training, and the psychosocial rehabilitation may assist the cancer patients to achieve the best function.
- The main purpose of this study is that explore the current status and correlations among key factors of influence, including exercise knowledge, exercise attitudes, exercise self-efficacy and the exercise behaviour intentions for the cancer survivors.



Methods & Analysis

- This study is conducted by a crossing-sectional research method and the convenience sampling.
- A total of **128 cancer survivors** who were surveyed by questionnaire at regional education hospital in New Taipei City.
- Structural questionnaires include
 - Personal basic information
 - Exercise knowledge(12), attitude(10), and the self-efficacy(13)
 - behavioural intention
- The collected data are analyzed for descriptive statistics, chi-square, independent-samples t-test, and Pearson product-moment correlation by SPSS for windows.



Research Results

- **Analyze differences between the basic data of objects and regular exercise after diagnosing cancer**

Divided the 128 research objects into two groups. One group was regular exercise team after diagnosis, and another group was irregular exercise team after diagnosis. There were 58 objects did exercise regularly and 70 objects did exercise irregularly. Compared the differences in the basic data of the two groups, the results showed that there was a significant difference in the **gender** and the **regular exercise before diagnosis**.

- **Correlation between exercise knowledge, attitude, and self-efficacy**

	knowledge	attitudes	self-efficacy
knowledge	-	.026	.155
attitudes	.026	-	.628*
self-efficacy	.155	.628	-

- **Analyze the differences between the exercise attitudes, and self-efficacy of the objects that affects the factors of regular exercise after diagnosis**



	Irregular exercise after diagnosis n=70 M±SD	Regular exercise after diagnosis n=58 M±SD	t	p
Knowledge	9.57±1.908	10.10±1.224	-1.907	.059
Attitudes	32.3±6.528	37.12±6.816	4.032	.000*
no time	2.96±1.148	3.62±1.089	3.332	.001*
lack of sport equipment	3.44±1.030	4.09±.801	3.972	.000*
no stadiums	3.47±1.018	3.93±.934	2.661	.009*
economic considerations	3.66±.832	4.07±.746	2.950	.004*
without sport partners	3.56±.987	3.98±.868	2.594	.011*
exercise-induced fatigue	3.47±.974	3.95±.826	2.998	.003*
physical discomfort	2.59±1.014	2.81±1.162	1.168	.245
bad mood	3.27±1.020	3.74±.983	2.637	.009*
bad weather	2.60±1.027	3.12±1.186	2.626	.010*
without physician permission	3.29±1.092	3.81±1.051	2.715	.008*
Self-efficacy	49.47±37.715	85.26±30.406	-5.943	.000*
not enough time	3.14±3.080	6.12±2.992	-5.516	.000*
lack of sport equipment	4.10±3.612	7.38±2.574	-5.981	.000*
no stadiums	4.11±3.590	7.60±2.339	-6.613	.000*
economic considerations	4.49±3.772	7.40±2.609	-5.141	.000*
without sport partners	5.01±3.778	7.67±2.502	-4.760	.000*
fatigue or weakness	2.94±3.050	5.05±3.327	-3.737	.000*
feeling tired after exercise	4.03±3.371	6.59±3.418	-4.246	.000*
feeling uncomfortable due to treatment	2.56±3.053	4.6±3.494	-3.535	.001*
bad mood	4.04±3.536	6.71±3.084	-4.493	.000*
bad weather	3.27±3.297	5.50±3.394	-3.757	.000*
without encouragement	4.73±3.366	7.97±2.255	-6.479	.000*
no thought to do exercise	3.44±3.352	6.07±3.083	-4.575	.000*
something more interesting than sports	3.60±3.495	6.60±2.92	-5.297	.000*

Thank you for your
attention

