



mHealth Intervention for AYA Cancer Survivors
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This summer I worked as a research assistant with Dr. Lisa Schwartz in the behavioral oncology department of the Children's Hospital of Philadelphia (CHOP). Dr. Schwartz's work focuses on transitional care, or the move from pediatric to adult care. I was lucky enough to work on a variety of tasks, from helping with systematic literature reviews for grants that Dr. Schwartz was working on, to learning how to formulate questionnaires and consent forms on RedCap, to helping put together a list of articles and resources for the mobile health research affinity group at CHOP. (mHealth RAG). My main projects, however, focused on an intervention designed to help adolescent and young adult (AYA) cancer survivors improve health behaviors and disease management.

As a result of treatments like radiation and chemotherapy, cancer survivors are at risk for long term late effects even after treatment is finished. Because of this, survivors should receive lifetime follow-up care and be especially concerned with maintaining healthy behaviors. However, AYA survivors of childhood cancer are often disengaged from care. The intervention I helped to develop with Dr. Schwartz and her team is a mobile health (mHealth) application designed to help patients stay on track with health goals, give daily reminders about health promoting behaviors, and provide knowledge and resources for patients to learn more about follow-up care and health.

For this project, I helped create and organize the text bank of messages to be sent to participants of the study. I also was involved in recruiting for and running focus groups that discussed a similar previous intervention and that gave feedback on our intervention. It was really interesting for me to be able to try my hand at the different facets of research in this setting and even just to better understand the intricacies of things like Institutional Review Boards, patient consent, and grant applications.