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Alberta SPOR SUPPORT Unit



THOMAS QIAO

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Project Title:
Co-designing a patient-oriented mHealth intervention to support psychosocial well-being and health behaviour change in AYA cancer survivors

ABOUT THOMAS

Thomas is a second-year PhD student in Clinical Psychology at the University of Calgary, supervised by Dr. Fiona Schulte. He began engaging in patient-oriented research during his undergraduate studies at the University of Saskatchewan, where he collaborated with family caregivers to examine quality of life in long-term care and inform policy decisions during the COVID-19 pandemic. His doctoral research engages patient partners in co-designing a mobile health intervention to support psychosocial well-being and health behaviours among adolescent and young adult survivors of childhood cancer. Thomas is passionate about centering patients' voices in their care and advancing theory-driven, patient-partnered interventions that are relevant, accessible, and responsive to patients' needs.

PROJECT SUMMARY

Many adolescent and young adult (AYA) survivors of childhood cancer experience long-term health effects, psychosocial challenges, and barriers to survivorship care that can affect their quality of life, emotional well-being, and health behaviours. Mobile health (mHealth) interventions are scalable, but limited patient involvement in their design may reduce their relevance and uptake. This three-stage dissertation will co-design and pilot test a patient-oriented mHealth intervention for AYA survivors of childhood cancer. Four patient partners will serve as co-researchers across all three studies. Study 1 will systematically review relevant mHealth and eHealth interventions and develop an evidence map to

guide co-design. In Study 2, patient partners will co-design a COM-B-informed intervention, advise on developmental and cultural tailoring, and test the usability of its minimum viable product. Study 3 will evaluate the intervention's feasibility, acceptability, engagement, and preliminary psychosocial and behavioural outcomes through a mixed-methods, waitlist-controlled trial involving 70 participants recruited through the Long-Term Survivor Clinic at Alberta Children's Hospital. Knowledge translation will be integrated throughout the project by co-developing accessible resources for survivors, families, and healthcare providers. Findings will also be shared through clinical, patient-community, and academic networks to inform intervention refinement, future implementation in survivorship care, and a definitive trial.