Using the theoretical domains framework to explore the barriers and facilitators to cancer health professionals engaging with cancer survivors about healthy lifestyle behaviours

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Presentation Overview

- Background
  - Why this behaviour?

- Aim

- Results
  - Factor Analysis
  - Sequential Multiple Regression

- Implications
Background

- Over 2 million people in the UK are living with cancer.
- Prevalence is projected to increase to 4 million by 2030.
- As more people are diagnosed with cancer, treatment is becoming more effective and people live longer.

- Healthy lifestyle behaviours (e.g., physical activity, weight management, smoking cessation and healthy eating) can increase physical and psychological well-being, reduce risk of recurrence and improve survival in cancer survivors.
Background

- Healthcare professionals are well-placed to promote healthy lifestyle behaviours at all stages of the cancer care pathway.
- However, they often profess a lack of understanding, skills and confidence to promote health behaviour change with their patients.
- Tailored, theory-based training and support that enables the cancer workforce to confidently deliver appropriate health behaviour change techniques as part of their usual practice is needed.
Aim

To develop and test a questionnaire based on the Theoretical Domains Framework in order to explore the difficulties healthcare professionals face in raising healthy lifestyle issues with their cancer patients.
## The Theoretical Domains Framework

<table>
<thead>
<tr>
<th>Domain</th>
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<tbody>
<tr>
<td>1. Knowledge</td>
<td>8. Beliefs about consequences</td>
</tr>
<tr>
<td>2. Physical and cognitive and interpersonal skills</td>
<td>9. Intentions</td>
</tr>
<tr>
<td>3. Memory, attention and decision processes</td>
<td>10. Goals</td>
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<tr>
<td>5. Social/professional role and identity</td>
<td>12. Emotion</td>
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<tr>
<td>6. Beliefs about capabilities</td>
<td>13. Environmental context and resources</td>
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<td>7. Optimism</td>
<td>14. Social influences</td>
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Methods: Questionnaire Development

- An online, cross-sectional survey was designed for anonymous self-report.
- 49-items based on the theoretical domains framework.
- Participant characteristics collected: patient contact within their day-to-day work, job title and previous training.
Methods

- 230 healthcare professionals were recruited via purposive, snowball sampling.

- An exploratory factor analysis assessed the dimensionality of the data.

- A sequential multiple regression analysis was performed in three steps to predict how often healthcare professionals raised healthy lifestyle issues with their patients.
Results

- In total, 239 survey responses were received; 230 of these were analysed.

**Job Role**
- Doctor: 13 (6%)
- Nurse: 32 (14%)
- Allied Health Professional: 177 (77%)
- Other: 7 (3%)

**Previous Training**
- Yes: 145 (63%)
- No: 83 (36%)
## Results: Factor Analysis

<table>
<thead>
<tr>
<th>Factor</th>
<th>Description</th>
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<tbody>
<tr>
<td>Factor 1</td>
<td>Represents health care professional’s <strong>beliefs about their capabilities</strong> in addressing lifestyle issues and accounts for 26.399% of the variance.</td>
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<tr>
<td>Factor 2</td>
<td>Represents healthcare professional’s <strong>motivation</strong> to address lifestyle issues and accounts for 6.833% of the variance.</td>
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<tr>
<td>Factor 3</td>
<td>Represents <strong>workplace culture and support</strong>, and accounts for 4.550% of the variance.</td>
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<tr>
<td>Factor 4</td>
<td>Represents <strong>professional vulnerability</strong> in addressing lifestyle issues and accounts for 3.9% of the variance.</td>
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Results: Sequential Multiple Regression

Step 1
- Previous Training**
- Accounts for 10.3% of the variance

Step 2
- Previous Training** + Job Role
- Accounts for 11% of the variance

Step 3
- Previous Training** + Job Role + Factors 1-4*
- Accounts for 48.6% of the variance
- Factor 1 ($\beta = .307, p<.001$)
- Factor 2 ($\beta = .334, p<.001$)
- Factor 3 ($\beta = .130, p<.05$)

In the final regression model, factors 1-3 were significant predictors of the percentage of time healthy lifestyle issues were raised but factor 4 (professional vulnerability in addressing lifestyle issues) and job roles were not.
Study Limitations

- Constraints on survey length prohibited measurement of all aspects of each theoretical domain.

- A limited range of respondent characteristics were collected.

- A large portion of the sample (77%) were nurses.

- A self-reported outcome measure was used.
Implications for intervention development

- Findings provide a starting point for the development and evaluation of future interventions targeting this behaviour.

- Interventions targeting healthcare professionals raising healthy lifestyle issues with their cancer patients should incorporate behaviour change techniques that target:
  - beliefs about their capabilities to raise healthy lifestyle issues;
  - motivation to address lifestyle issues;
  - the support and culture of the workplace.
Thank you!!

- For more information
  - Email: c.bourne@coventry.ac.uk

- Questions?