B1-24: Barriers to Health-promoting Behaviors in Cancer Survivors with Pre-existing Disabling Conditions

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Abstract:
Introduction: The purpose of this on-going study is to examine the barriers to health-promoting behaviors in cancer survivors with pre-existing disabling conditions and identify the factors related to those barriers. As the average age in the population increases, the number of people with multiple health problems will also increase. Therefore, empowering people to cope with on-going health challenges has become an important health care goal. The population surveyed in this study is unique because having both a disabling condition and cancer presents on-going challenges that continually affect these patients’ health and quality of life.

Method(s): A nationwide mail survey is being conducted in this descriptive correlational study. The Barriers to Health Activities among Disabled Persons scale (BHADP) consists of 18 items
with space for additional comments. Comorbidity (Charlson Comorbidity Index), social support (Personal Resource Questionnaire), depression (CESD-10), and quality of life (FACT-G) are also being measured.

**Results:** The average age of the participants (N = 55) was 63.2 years (SD = 12.1). Internal consistency reliability (Cronbach’s alpha) for all measures exceeded .78. The total barrier scale score was significantly correlated with the comorbidity index (r = .31; p < .05), the social support measure (r = -.32; p < .05), and depressive symptoms (r = .43; p < .01). In addition, this score was significantly correlated with several subscales of the FACT-G, including the physical (r = -.41; p < .01), emotional (r = .47; p < .01), and functional well-being (r = -.29; p < .05) subscales. Participants listed other barriers to health-promoting behaviors, such as spasm, lack of convenient parking, inaccessible exam tables, and unreliable assistance.

**Discussion & Conclusions:** The barriers to health-promoting behaviors were related not only to the physical condition of the participant, but also to his or her emotional status and support systems. The results will guide health care providers and researchers who interact with this special population.

**Abstract History:**
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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