C3.3: Factors Contributing to Health Promotion among Cancer Survivors with Pre-Existing Disabling Conditions

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**Abstract:**
**Introduction:** We know little about the experiences of survivors who had a disabling condition prior to their cancer diagnosis. Many cancer survivors do engage in health-promoting behaviors and do tend to report more positive effects on health and quality of life. However, those with pre-existing disabilities may have special concerns related to their diagnosis and treatment that could impact their efforts to promote their health. Using Stuifbergen’s Explanatory Model of Health Promotion and Quality of Life for People with Disabilities, we examined the relationship between perceived barriers to health promotion, social support, depression, perceived health, self-efficacy for health promotion, and self-reported health promoting behaviors.

**Method(s):** We recruited a nationwide sample for this mailed survey study. This descriptive correlational study includes cancer survivors who have completed active treatment and have diagnoses, such as polio, cerebral palsy, and blindness.
**Results:** Preliminary data from 26 respondents indicates that 58% were breast cancer survivors and averaged 8 years since their cancer diagnosis. The sample was 77% female, an average age of 70, and 66% had at least a college education. Bivariate correlation analysis revealed that scores on the HPLP Physical Activity subscale had the strongest relationship with Self-Rated Abilities for Exercise ($r=.79$), the Personal Resources Questionnaire (PRQ) ($r=.53$), and Self-Rated Abilities for Stress Management ($r=.48$). The HPLP Nutrition subscale most highly correlated with Self-Rated Abilities for Nutrition ($r=.65$) and the PRQ ($r=.41$). The HPLP Health Responsibility subscale most highly correlated with Self-Rated Abilities for Health Practices ($r=.55$) and Self-Rated Abilities for Stress Management ($r=.35$). The HPLP Spiritual Growth subscale most highly correlated with Self Rated Abilities for Stress Management ($r=.63$), the PRQ ($r=.53$), and the Health Self Rating ($r=.46$). The HPLP Interpersonal Relationships subscale most highly correlated with Self-Rated Abilities for Health Practices ($r=.55$) and Self Rated Abilities for Stress Management ($r=.35$).

**Discussion & Conclusions:** Findings underscore the importance of perceived social support and self-efficacy to health promoting behaviors in this group.

**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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