One Step at a Time: Exercise Self-Efficacy in Cancer Survivors

One of the many conundrums that cancer survivors battle with is the simultaneous difficulty and importance of exercise. There has been substantial research to illustrate that exercising both throughout and after cancer treatment can help prevent cancer relapse (Magné et al., 2011). Unfortunately, the physical toll of cancer treatment can make this necessary exercise difficult. But what factors might increase a cancer survivor’s exercise self-efficacy? Through a pilot study introducing a therapeutic yoga intervention to breast cancer survivors, our collaborators have assessed a multitude of potential factors that could impact a cancer survivor’s quality of life. In the current project, I have utilized structural equation modeling to evaluate how internal factors like mental health and spiritual well-being impacted exercise self-efficacy for the pilot group. I will also address potential problems found in the pilot study, and how we can use the information gained from this study to drive the next stage of our intervention.