

# Using Tailored mHealth Strategies to Promote Weight Management Among Adolescent and Young Adult Cancer Survivors

NCT06848491

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Status	RECRUITING
Phase	Not Applicable
Sponsor	UNC Lineberger Comprehensive Cancer Center
Enrollment	240 participants

## Key Eligibility Criteria

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### Inclusion (5)

- years old at the time of consent.
- Diagnosed with first invasive cancer between ages 15-39 years (self-report).
- Within 10 years of diagnosis with no evidence of progressive disease or second primary cancers (self-report).
- Completed active cancer directed therapy (cytotoxic chemotherapy, radiation therapy and/or definitive surgical intervention) at least six months prior to enrollment; may be receiving "maintenance" therapy to prevent recurrences (self-report).
- Body mass index (BMI) of 25-50 kg/m<sup>2</sup>

### Exclusion (17)

- Type 1 diabetes or currently receiving certain medical treatments for Type 2 diabetes
- Report a history of heart attack or stroke within previous 6 months
- Health problems which preclude ability to walk for physical activity (e.g., lower limb amputation). Participants endorsing items 1-4 on the Physical Activity Readiness Questionnaire (PAR-Q) (experience of heart problems, frequent chest pains, or faintness or dizziness) will be excluded from the study.
- Lost 5% or more of body weight (and kept it off) in the last 3 months
- Lifetime history of clinical diagnosis or treatment of eating disorder (anorexia nervosa or bulimia nervosa), OR report of compensatory behaviors within the previous 3 months. If participant reports a history of compensatory behaviors, the investigators will review their information to determine eligibility.

... and 12 more (see full listing online)

## Locations (1 total)

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University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, United States

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<https://clinicaltrials.gov/study/NCT06848491>

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