

The experience of a NIHR Pre-Doctoral Fellowship: Developing body image support for teenagers and young adults with a cancer diagnosis

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Introduction

- Teenagers and young adults (TYAs) report body image to be one of the worst side effects to deal with during, and after, cancer treatment ^{1,2}. 88% of young people treated for a cancer diagnosis have appearance change as a result of their cancer and treatment ³.
- Body image changes can have an extensive impact on a young person psychologically, socially, and on their future quality of life ^{3,4}.
- There is limited evidence of how to address body image concerns with this patient group.

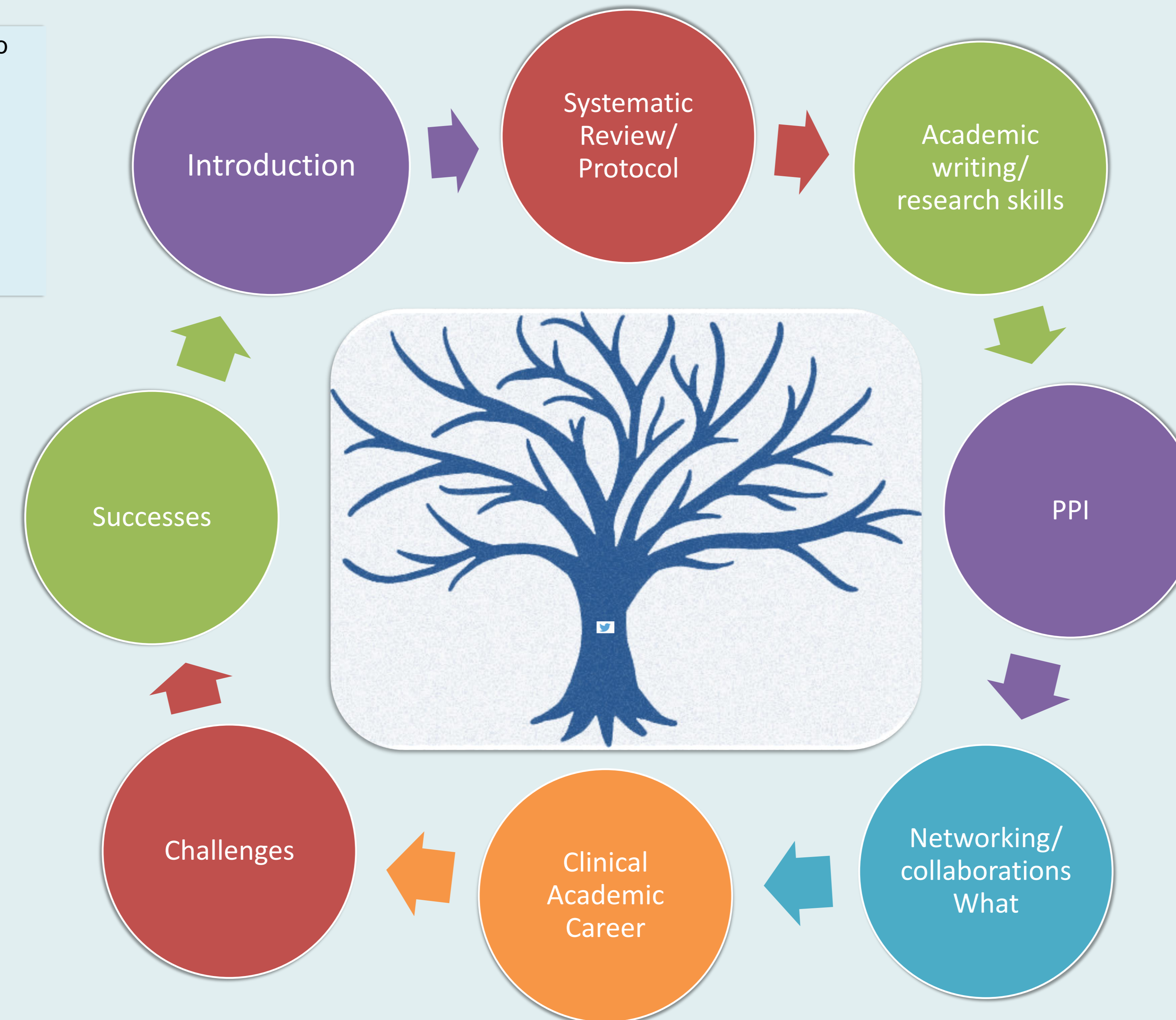
Successes

- Establishing a routine & self care.
- Management tools to organise time and research project (Asana, Evernote).
- Utilising supervision team.
- Cherish the achievements- paper publications, masters assignment feedback.
- Networking and meeting like minded researchers.
- Making a difference for young people with cancer.

Challenges

- Online & lone working.
- Dealing with feedback.
- Learning new research world language (imposter syndrome).
- Changing timescales.
- COVID & Home schooling.
- Personal challenges and development.

Conducting a Systematic Review & Protocol



Clinical Academic career

- AHP Research champion.
- GM AHP Advisory board chair.
- NIHR CDRF application submitted June 2021

- 'What interventions are clinically effective at improving body image for teenagers and young adults with a cancer diagnosis?'
- Publishing Protocol in PROSPERO.
- Database searches, inclusion/exclusion criteria, data extraction process.
- Risk of bias assessment (Cochrane ROB & ROBINS-1).
- Write up findings.

Academic writing and research skills

- Completing MRes modules- Critical Appraisal and Quantitative research.
- Writing papers and experience of paper publication process.
- Attending weekly 'shut up and write' groups- Manchester University.
- 1.1 academic writing advice from Manchester University Literary Fellow.

Patient and Public involvement

- Successful application for RDS NW PPI funding.
- Development of TYA Body Image Advisory Research Group.
- 10 young cancer patients integrated into body image research process & priorities.

Networking & Collaborations

- Centre for Appearance Research- poster presentation Appearance Matters 9 conference.
- Teenage Cancer Trust- Body Image Conversation online.
- National Children & Young People's Oncology training programme - body image presentation.

References

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