

Exploring the Impact of an Occupation-Based Group Intervention on Self-Esteem and Self-Concept in Childhood Cancer Survivors

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Literature Review

- Childhood cancer survivors may have lower levels of psychological well-being, mood, liveliness, self-esteem, and motor and physical functioning, as well as increased anxiety, problem behaviors, and sleeping difficulties (Wakefield, McLoone, Goodenough, Lenthen, Cairns, & Cohn, 2010).
- Survivors of childhood cancer were found to be 1.4 to 1.7% more likely to have behavioral and social difficulties than their siblings. The most common difficulties reported by parents were depression/anxiety, attention deficit, and antisocial behaviors (Schultz, Ness, Whitton, Recklitis, Zebrack, Robison, Zeltzer, and Mertens, 2007).
- Future research should evaluate specific therapeutic avenues to enhance function and health-related quality of life for children, adolescents, and young adults transitioning into cancer remission (Demers, Gelinas & Carret, 2016).
- The presence of occupational therapy should be prioritized in cancer survivorship care in order to assist the client in reconnecting with meaningful activities, community engagement, and social participation (Hwang, Lokietz, Lozano, and Parke, 2015).
- In order to facilitate positive traumatic growth (PTG) among childhood cancer survivors, a group-based intervention with emphasis on creative arts could be effective (Yi, Zebrack, Kim, and Cousino, 2015).

Problem of Study

Some children who have experienced a series of traumatic events such as being diagnosed with cancer and undergoing various cancer treatments are challenged in the transition into adolescence/young adulthood due to the impact of trauma on psychological well-being.

Purpose of Study

To determine the efficacy of a group occupation-based intervention on enhancing psychological well-being (self-esteem and self-concept) to support the transition of childhood cancer survivors into adolescence or young adulthood.

Research Questions

- Will an occupation-based group intervention impact self-esteem in childhood cancer survivors?
- Will an occupation-based group intervention impact self-concept in childhood cancer survivors?

Hypothesis

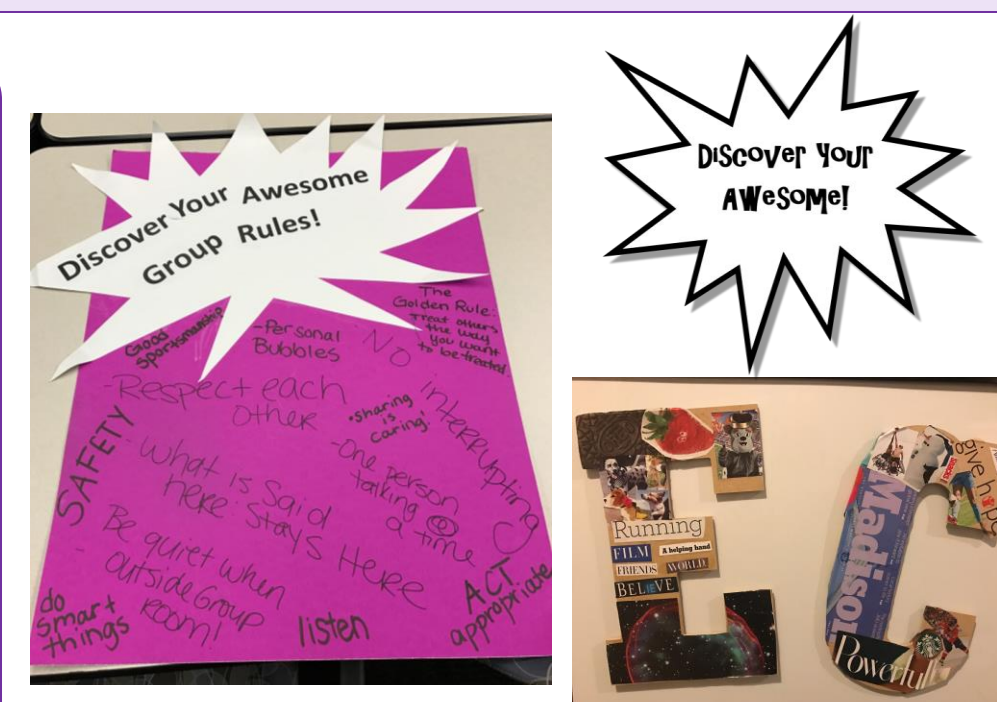
A group occupation-based intervention will positively influence self-esteem and self-concept.

“Discover Your Awesome!”

- This group met once a week for five weeks. Each session included introductions/welcome back, establishment/reinforcement of group rules, a warm up activity, the main activity, a focus group discussion, journal writing, and conclusions. The first and last sessions included time for assessments (TSCS:2 Child Form & SSET).

Session 1 – Discover Collaging

- Administer Pre-Test Assessments (TSCS:2 Child Form & SSET)
- Warm-Up: "Taste the Rainbow"
- Main Activity: Magazine Collage
- Prominent Quotes: [What did you like about the activity?]
- Participant: umm, I really liked it all.
- Participant: I liked that we were as a group and all had fun.

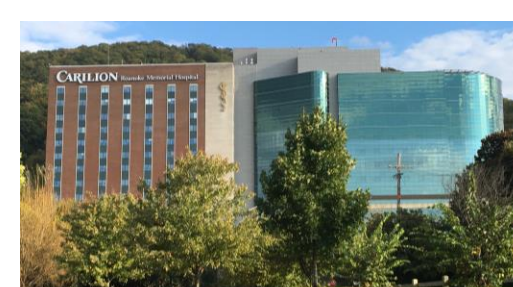


Session 2 – Discover Painting

- Warm-Up: "Fish-Bowl"
- Main Activity: Painting to Different Music Genres
- Prominent Quotes: [What did you like about the music painting?]
- Participant: Um I liked how it started out started um, it started out really sad [the song] and then it got happier and then your painting changed by the way it sounded.

Session 3 – Discover Photography

- Warm-Up: Photography Introduction
- Main Activity: Outdoor Photography
- Prominent Quotes:



Session 4 – Discover Scrapbooking

- Warm-Up: Pizza Party with Dr. Atkinson
- Main Activity: Scrap Booking
- Prominent Quotes: [What

Session 5 – Discover What Lies Behind the Mask

- Warm up: None today
- Main Activity: Mask Creation
- Administer Post-Test Assessments (TSCS:2 Child Form & SSET)
- Prominent Quotes: [What did you gain through this experience]
- Subject 1: More confidence in who I am.
- Subject 2: Who I am as a person and more confident in doing arts and activities and stuff.



Sampling and Methods

- All participants were pre-teen females aged 9-12, childhood cancer survivors, patients of Carilion Children's Hospital in Roanoke Virginia, residing in or near Roanoke Virginia, and English speaking. (put IRB approval numbers)
- JMU IRB Protocol #17-0010
- Carilion IRB Protocol #
- Design** - Mixed methods over five week group intervention
- Quantitative**: pre-post assessments - TSCS:2 & SSET, Pre-Post-Follow-up Caregiver Questionnaire, Follow-up Participant Questionnaire
- Qualitative**: Participant weekly focus groups & journal entries

Results

Tennessee Self Concept Scale:2

Subject	PHY	MOR	PER	FAM	SOC	ACA	IDN	SAT	BHV	SC	TOT
Pre 1	51	61	52	65	57	50	55	26	55	22	57
Post 1	57	69	54	72	61	60	64	65	59	42	64
Pre 2	58	51	51	48	62	49	55	59	52	48	54
Post 2	48	57	57	51	67	50	56	58	50	58	54
Pre 3	64	65	65	67	61	60	54	68	66	38	68
Post 3	61	58	58	65	52	57	56	61	61	48	61

^An increase in score indicates a positive change

Sorensen Self Esteem Test

Subject	Pre	Post
1	13	9
2	18	19
3	13	15

^A decrease in score indicates a positive change

Qualitative Themes

Pre (C)	<ul style="list-style-type: none">Self Esteem: Competence, Positivity, EnthusiasmSelf Concept: Connectedness, Self-expression, Compassion
Emerging (P)	<ul style="list-style-type: none">Self Esteem: Confidence, PositivitySelf Concept: Connectedness, Self-expression, Compassion, Resiliency, Artistic
Post (C)	<ul style="list-style-type: none">Self Esteem: Confidence, Positivity, EnthusiasmSelf Concept: Connectedness, Self-expression, Compassion, Resiliency
Follow Up (P,C)	<ul style="list-style-type: none">Self Esteem: Confidence (C,P), Positivity (C,P), Enthusiasm (C,P)Self Concept: Connectedness (C,P), Self-expression (C,P), Compassion (C)

C – Caregiver, P – Participant

Conclusions

- Although quantitative results were not found to be statistically significant due to the small sample size, clinical significance was found across participants in regards to self-esteem and self-concept throughout the occupation-based group. The focus on self-expressive activities throughout the group was found to be more positively influential with participants with a history of cancerous brain tumors which is congruent with current literature. The results of this study support the need for further exploration of occupation-based group implementation among the childhood cancer survivor population.