

A free integrative oncology app is a desired and well-received digital health intervention for UK adults with lived experience of cancer

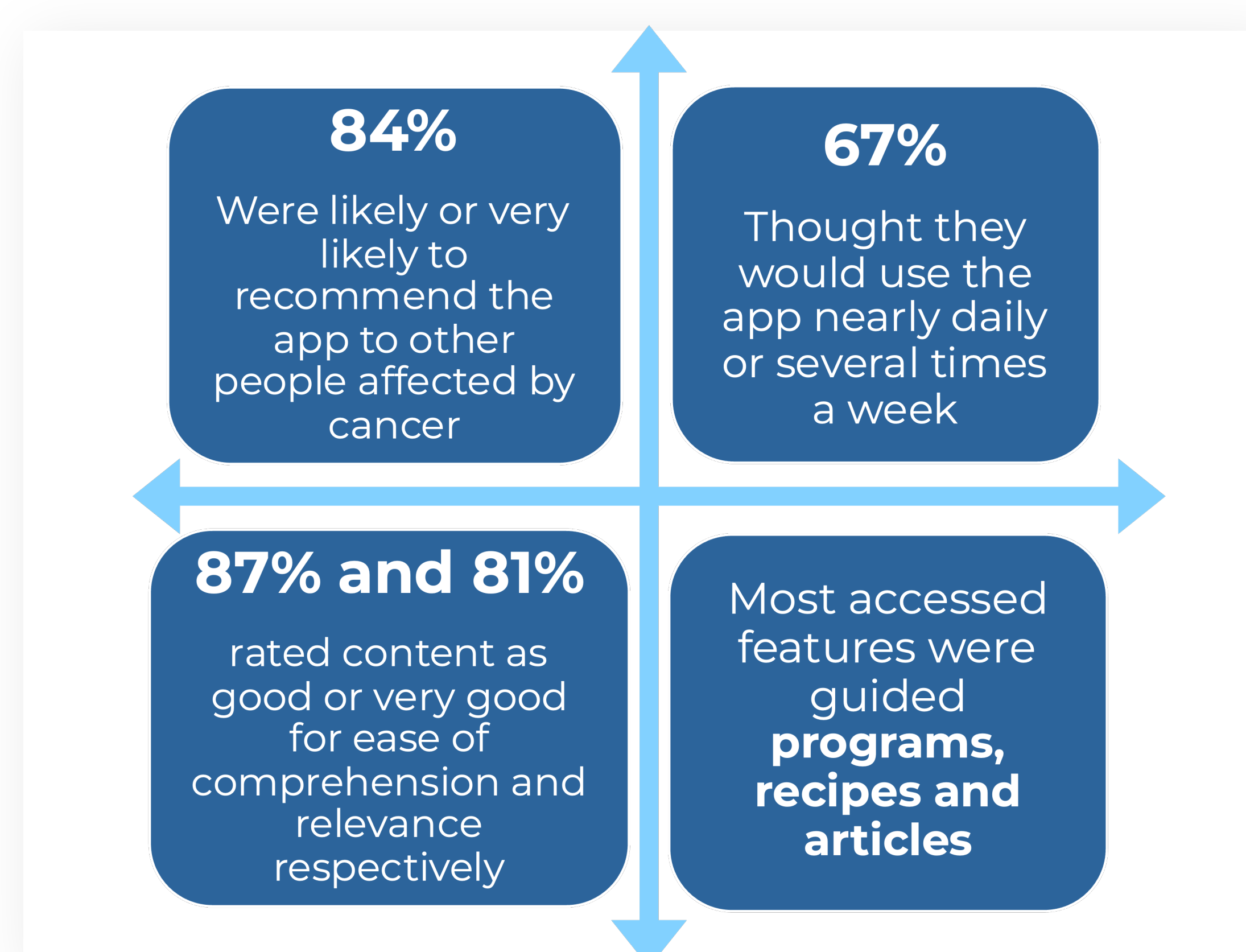
Co-creation of an integrative oncology app - empowerment and engagement in practice

Background: Digital health solutions are increasingly being used in cancer care but there is a lack of freely available and interactive apps supporting integrative oncology (IO) engagement.

Figure 1: Information and support gaps experienced by UK adults with lived experience of cancer in our survey (n=198)

Topic/area of information need	% of respondents who received general advice	% of respondents who wanted additional advice	Gap of information supply vs need
Nutrition	17%	73%	56%
Physical activity	22%	50%	28%
Sleep support	6%	53%	47%
Stress management & emotional wellbeing			
	16%	71%	55%
Complementary therapies			
	10%	65%	55%
Safe use of supplements			
	0%	69%	69%

Figure 2: Beta-testing feedback survey results for the initial version of the Oncio app (n=35).



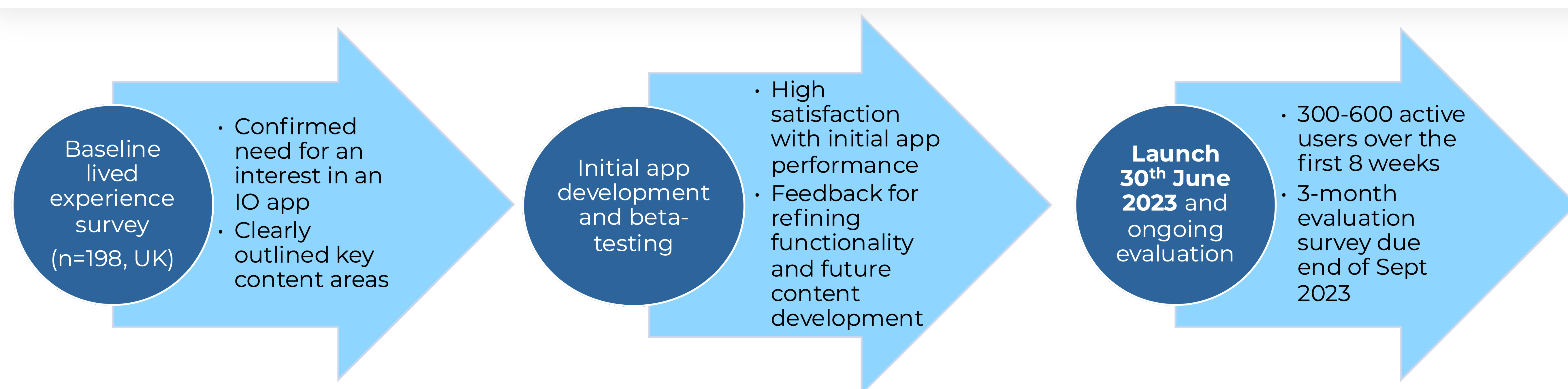
Methods

Survey

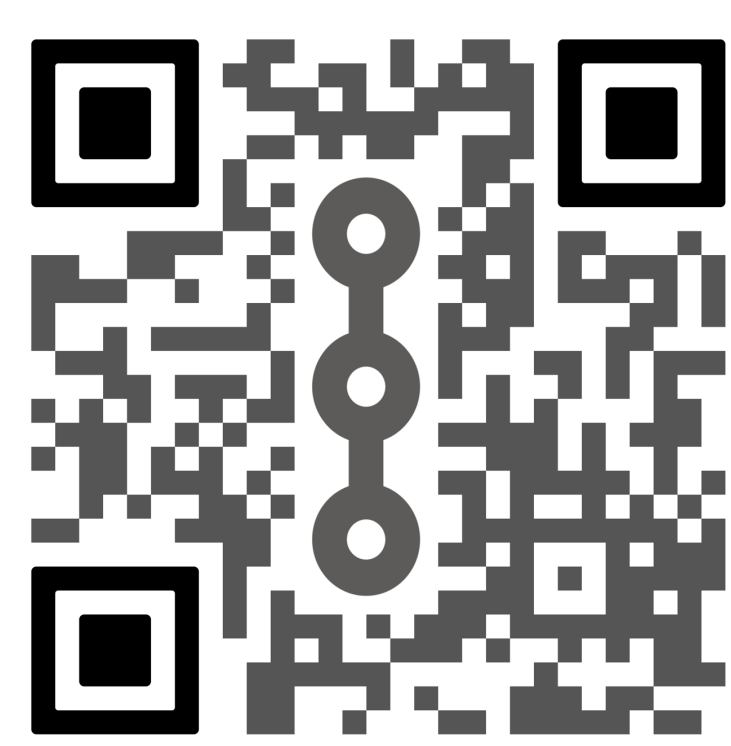
Cross-sectional

Focus groups

Using a cross-sectional design, an electronic survey aimed at UK adults with lived experience of cancer was distributed with 198 responses over two weeks. Following survey analysis and engagement of two panels (10 multidisciplinary healthcare professionals and 8 people with lived experience of cancer), the Oncio app design and outline content was refined. The app underwent a 2-week beta-testing period with 42 people with lived experience with end-of-testing feedback via a survey (n=35) and focus groups (n=23) prior to the public launch of the initial version of the app in June 2023.



Limitations: Further work should focus on accessing views of underserved populations, including ethnic minorities and people with rare cancers, as well as expanding access to countries beyond the UK. Content development for the app is ongoing, and further refinements await initial 3-month feedback survey results.



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