SUPER SUrvivor Profiling ExeRcise by CCF research team



In May to September 2024, we reached out to over 1000 survivors with the intent to better understand their survivorship experiences. 253 survivors participated in our study, sharing with us how they are doing in their survivorship journey...

Overview of our respondents:

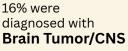


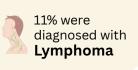
Average age at diagnosis: 8 years old Ranging from 0 to 18 years old

Diagnosis breakdown









Included survivors from various age group:



0 to 6 years old N=55 (36.4%)



7 to 12 years old N=32 (12.6%)



13 to 20 years old N=94 (21.7%)



21 years old & older

*Percentage indicated is the percentage of survivors' population who responded

N=73 (28.7%)

Quality of Life



Survivors in all age groups were generally doing comparably well to their healthy counterparts, with the exception of psychological wellbeing

Survivors faced different challenges across their survivorship journey

Survivors who recently completed treatment struggle more with:



wellbeing



Cognitive wellbeing Long term survivors struggle more with:



Psychological wellbeing

Scales used for QoL Measurements:

PedsQL (0 to 6 years old)

KIDSCREEN (7 to 17 years old)

WHOQOL-BREF (18 years old and older)

Domains where childhood cancer survivors were doing poorer than the healthy population_{1,2}

comparative study for PedsQL



Physical wellbeing



Social acceptance



Psychological wellbeing



Psychological wellbeing



Mood and emotions





Follow up care

91% of the survivors were receiving some form of follow-up care

Discipline of care

Cardiology





Growth problems



Endocrine

These findings are encouraging as regular medical follow-up care can support our survivors in managing their health and effects of cancer and treatment



Common late effects reported by survivors



Low energy/fatigue





Emotional problems



Learning/memory problems





22% of the survivors have experienced of the survivors

Late effects

23% of the survivors were unsure if they have experienced late effects

súrvivors experience late effects,



a lack of awareness of late effects among survivors We also looked further to understand their survivorship experiences...

Education

22%

of the survivors experienced a delay for at least a year in their education pathways

42%

of the survivors experienced troubles in social integration

23% of the survivors experienced troubles in academic performance

Physical Activity

45%

of the survivors have sufficient exercise as per HPB's guidelines₄

On average, Survivors exercised for

2.72 days

per week

per session

& 45 minutes

Employment

Compared with St Jude's Childhood Cancer Survivor study, where more than 90% of the

we are concerned whether there could be

Most employed survivors indicated that they are in jobs that are appropriate to their education and physical conditions

23%

of the employed survivors faced difficulties at work due to health conditions.

Common challenges include:

- Physical discomfort
- Memory and attention issues
- Weaker immunity



How does this study support CCF?



Further our understanding of survivors' well-being



program development & program evaluation



Support our future research on survivors' experiences

References

- 1. Understanding the quality of life of adults with disabilities. (2023). National Council of Social Service. Retrieved December 30, 2024, from https://www.ncss.gov.sg/research-and-insights/research-and-evaluation/quality-of-life/
 2. Understanding the quality of life of children and youth. (2023). National Council of Social Service. Retrieved December 30, 2024, from
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 3. Huang, I. C., Brinkman, T. M., Kenzik, K., Gurney, J. G., Ness, K. K., Lanctot, J., ... & Krull, K. R. (2013). Association between the prevalence of symptoms and health-related quality of life in adult survivors of childhood cancer: a report from the St Jude Lifetime Cohort study. Journal of Clinical Oncology, 31(33), 4242-4251.
- 4. Aim for at least 150 Minutes of Physical Activity Every Week. (2023). HealthHub. Retrieved April 15, 2025, from https://www.healthhub.sg/live-healthy/150minutes