Physical Activity in Young Adult Cancer Survivors: A Scoping Review

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During cancer diagnosis and treatment, young adults ages 15–39 years (AYAs) are at risk of developing chronic conditions, limiting their full life potential. Cancer and its treatments affect multiple biologic and psychosocial systems, resulting in late effects and long-lasting symptoms that can cause distress and disrupt social functioning. The revised symptom management model encapsulates biologic, psychological, and social aspects of symptoms and symptom management. By addressing all aspects of health in young adults affected by cancer, this biopsychosocial approach offers improved function and quality of life.

There is a paucity of YA cancer research, with most of it being encapsulated within the AYA research. Additionally, low participation in clinical trials is thought to be influenced by geographic distance, lack of insurance coverage, age,