



FY24 Behavioral Health Grand Rounds

# Digital Tools and Community Partnerships: Improving Oral Chemotherapy Adherence among Adolescents and Young Adults with Cancer

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**Virtual (Zoom)**

<https://childrensnational.zoom.us/j/96102569437>

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**11 a.m. - 12 p.m.**

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**Alexandra (Alex) Psihogios, Ph.D.** is an Assistant Professor of Medical Social Sciences, licensed clinical psychologist, full member of the Robert H. Lurie Comprehensive Cancer Center, and Co-Chair of the Adolescent/Young Adult (AYA) Cancer Research Committee in the Feinberg School of Medicine at Northwestern University. She is the Co-Founding Chair of the Society of Pediatric Psychology Digital Health Special Interest Group. With funding from the National Cancer Institute and cancer foundations, her programmatic research focuses on improving cancer outcomes for AYAs with cancer and survivors via equitable and innovative digital health approaches. Much of this research targets disease self-management and adherence. Across projects, Dr. Psihogios prioritizes the creation of digital tools that AYAs will use and can access in the “real-world” by 1) deeply partnering with AYAs, 2) employing human-centered design and implementation science methods, and 3) using experimental designs such as micro-randomized trials to optimize engagement strategies.

**Abstract**

In this presentation, Dr. Psihogios will share digital health research focused on improving oral chemotherapy adherence among adolescents and young adults (AYAs) with acute lymphoblastic leukemia and lymphoma. She will present two emerging digital interventions aimed at addressing this challenge. The first intervention is an app-based, just-in-time adaptive mobile intervention called “ADAPTS”. It uses input from daily surveys and sensors to tailor daily adherence messages. Once optimized, this intervention will deliver the right kind of adherence support, at the right time, based on contextual factors that fluctuate. A second intervention adopts a population health approach and focuses on delivering adherence support to AYAs within an information ecosystem that they already use for cancer—social media. This intervention is called the “AYA Oncology Self-Care Movement” or #AYAOSM. As part of this line of work, Dr. Psihogios works closely with a Community Advisory Board of YA survivors who are “social media influencers” as a strategy for co-developing and co-disseminating engaging cancer information to AYAs with broad reach.

**Target audience:** Psychiatrists, Psychologists, Social Workers, Psychiatry fellows, Psychology Doctoral Interns

**Learning objectives:**

The attendee will:

- 1) Identify the benefits and challenges of digital health tools for addressing AYA health behaviors, including medication adherence.
- 2) Know the importance, core methods, and pain points for developing a just-in-time adaptive intervention.
- 3) Describe one case study of how community-engaged research methods can be applied within online social media communities.

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