

# Use and Impact of virtual resources for peer support by young adults living with cancer: A systematic review

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## Background:

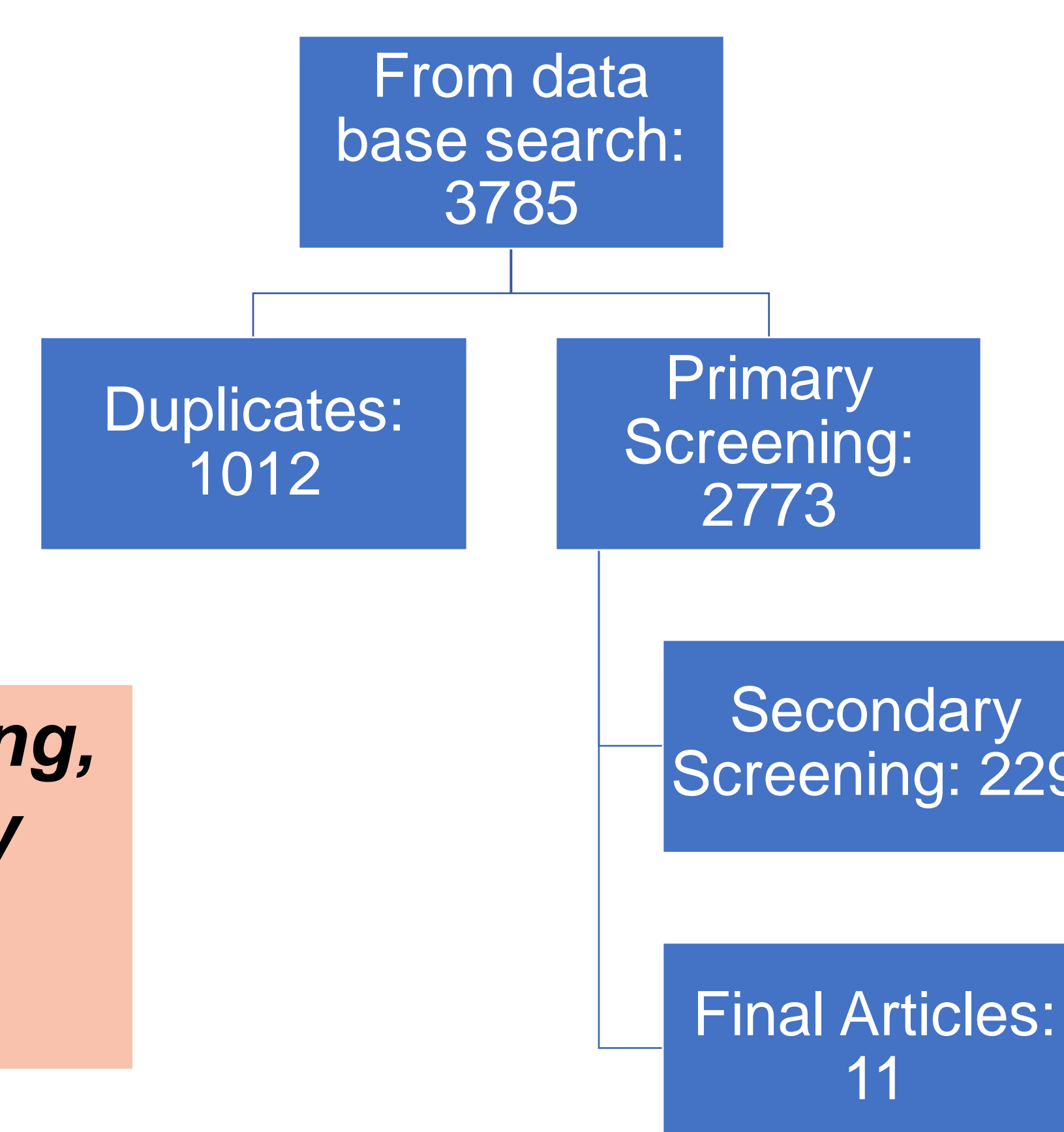
- Young Women with Breast Cancer (YWBC) have unique psychosocial needs
- Participants described all-age peer support options to be inconvenient and anxiety inducing
- Participants unanimously emphasized the need for age-specific peer support and the convenience of online platforms

## Objective:

We are conducting a systematic review looking for the effectiveness of peer support through social media in young adults diagnosed with cancer to inform the development of a peer support platform for young cancer patients in the future.

## Methods:

- Systematic review following PRISMA guidelines. Cochrane Register, CINAHL, Embase & Medline databases were searched.
- Inclusion criteria: ages 18 to 40 at time of study and diagnosis with peer support/social media interventions



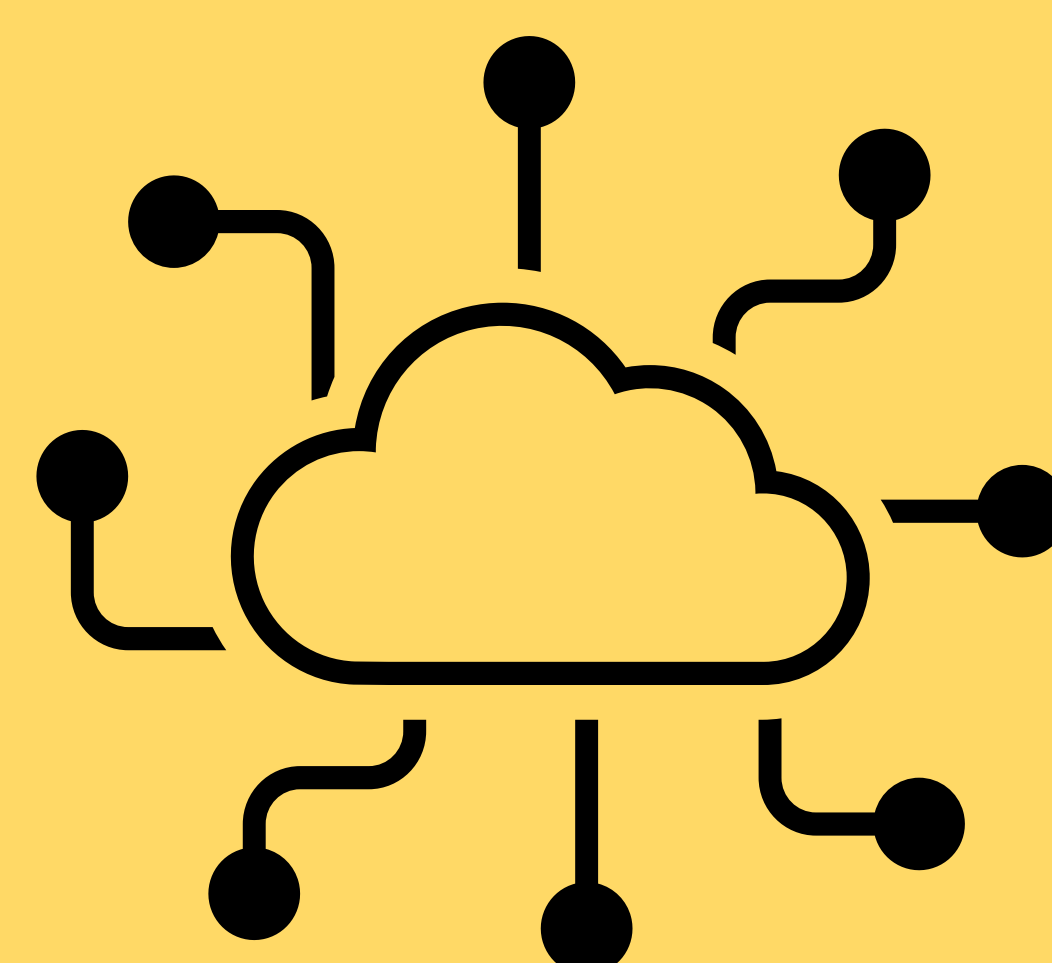
*"I went to a support group once or twice and I found it super depressing, there was just everybody's terrible experience and I found that really hard. I liked the one-on-one, it met the needs of a group, which is ultimately not feeling alone, but it is less overwhelming,"*

### Role of Moderation



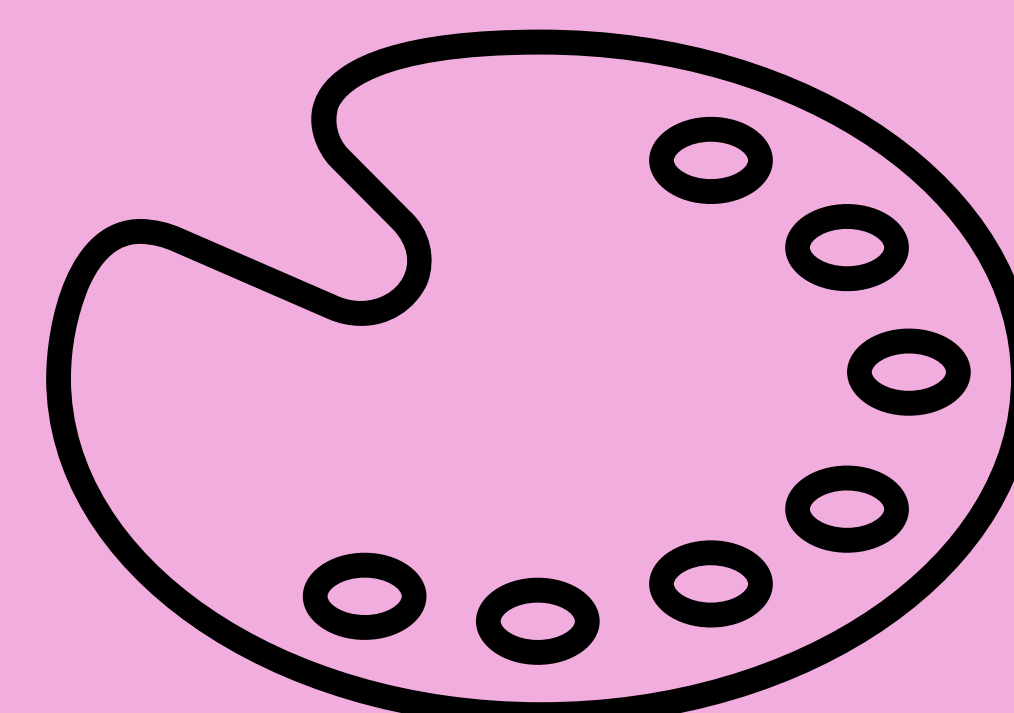
Moderated groups had little unstructured conversation

### Online & IRL Support



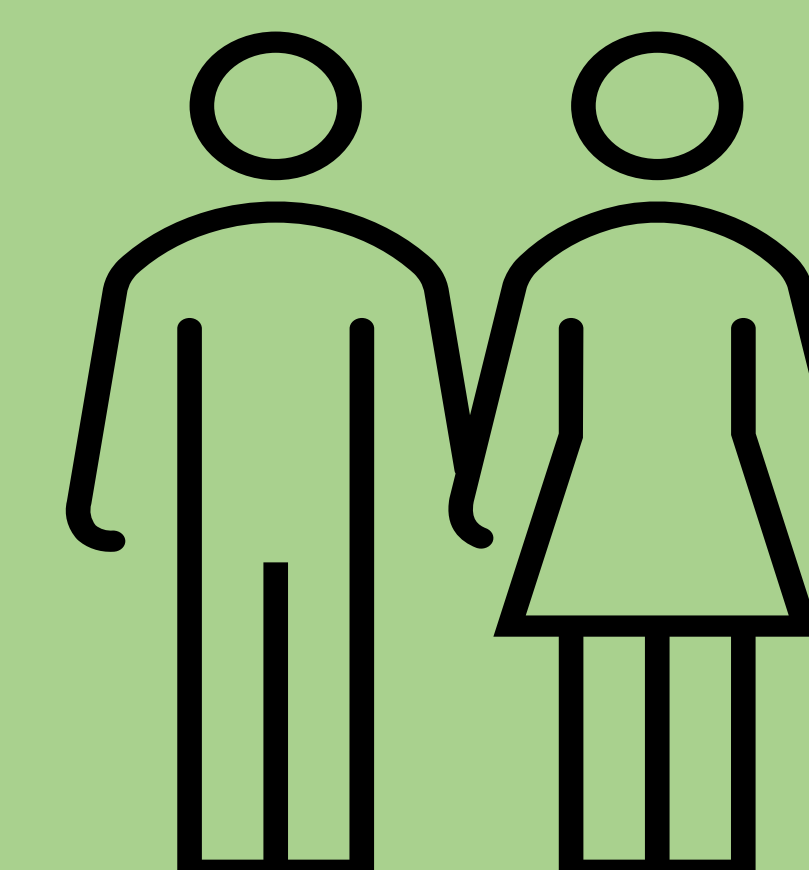
Online support helpful for those with little in person support

### Heterogeneity



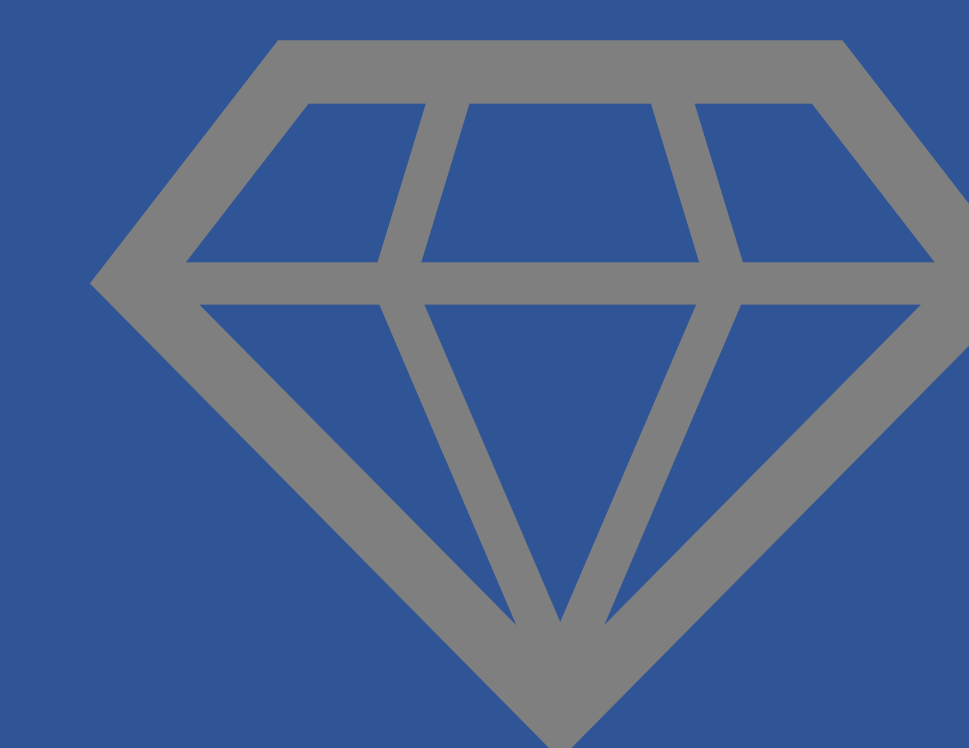
Many different groups used many different platforms

### Gender Differences



Men and women use virtual resources differently

### Sapphire



This information will help us with an app for young women with breast cancer