

# ASCOT Newsletter 2018

Dear ASCOT participant,

ASCOT (Advancing Survivorship after Cancer: Outcomes Trial) began recruiting participants in 2015 and since then 1152 participants have joined the trial. This year we completed the 6 month follow-ups and began 2-3 year assessments.

We have just heard that we have secured further funding from Cancer Research UK. This will enable us to finish the 2-3 year follow-ups and recruit approximately 200 more participants. This will mean we will have enough participants completing the follow-ups to be able to draw strong conclusions about the effects of our health behaviour programme. For people who have given us permission, we will also access medical records to see how our programme affects health over a longer period of time. If you have not responded and would like to take part in the 2-3 year follow-up please contact Pippa at [p.lally@ucl.ac.uk](mailto:p.lally@ucl.ac.uk) or 02076791691.

## **The ASCOT Staff**

The ASCOT study includes two Principal Investigators, a Trial Manager, a Nutrition Team and a Research Team.

## **Principal Investigators**

Dr Abi Fisher leads the UCL Energy Balance and Cancer Research Group. She is a behavioural scientist with a particular research interest in helping people increase their physical activity levels after a cancer diagnosis, and trying to understand more about the specific barriers people might face in doing this. Abi was promoted to Associate Professor in October 2018. Dr Rebecca Beeken's background is in health psychology and her research focuses on supporting individuals to change their behaviours to help them improve their health and well-being. Rebecca was recently awarded a Yorkshire Cancer Research University Academic Fellowship to continue her work in this area at the University of Leeds. However, she still maintains an honorary position at UCL and continues to lead the ASCOT study with Dr Abi Fisher.

## **Trial Manager**

Dr Pippa Lally oversees the day-to-day running of the trial. Pippa's PhD investigated people's habits and how we do things automatically. Since then she has studied eating behaviours in teenagers, adults with learning disabilities and people affected by cancer.



An ASCOT Team Meeting

## Nutrition team

The Nutrition team, overseen by Dr Helen Croker, includes Victoria and Moscho (Dietitians), and Sara and Rana (Nutritionists). The Nutrition team ask participants to report in detail what they had to eat and drink over the past 24 hours on both a weekday and a weekend day at each follow-up point. They make sure that the all the dietary information collected is complete and accurate and they might have contacted you for clarifications. The dietary information you provide us is valuable for us to determine how your diet changes over time and how this might influence health.

## Research Team

Will and Yanaina (Research Assistants) and Anna (a PhD student) perform key tasks to keep the ASCOT study running. You will have received packs with pedometers, logbooks and questionnaires; and might have had a phone call or email to check if you were happy to continue taking part in our study. Will, Anna and Yanaina, perform these tasks, process the information from the surveys you completed and the pedometers you wore. All of the information you provide us is key for us to understand your current health and wellbeing and how this may change over time.

## More information

If you are interested in how we process your personal information please read our **Privacy Notice** on our website.

We have lots of really valuable information from the ASCOT survey that will advance the field of cancer research, so we'd like to say a huge thank you for your involvement. We will update our website with results as we analyse the data and publish the findings:

<https://www.ucl.ac.uk/iehc/research/behavioural-science-health/research/energy-balance-cancer/ascot-trial>

## ASCOT research wins international awards

You may remember that before starting the ASCOT trial you completed a health and lifestyle questionnaire. You left your details on the back so that we could send you information about the trial and then chose to take part. Nearly 6000 people affected by cancer completed the survey and we have been analysing their responses. This year we presented 4 studies using this data at the International Society of Behavioral Nutrition and Physical Activity (ISBNPA) annual meeting in Hong Kong.

Anna presented a study looking at the number of people interested in receiving lifestyle advice after cancer via websites or mobile apps, and explored which characteristics (e.g. age) influenced interest. Yanaina's poster showed how feelings of loneliness relate to people's eating behaviour and physical activity. Both these posters received awards at the conference.

Anna being awarded her prize



Yanaina with her poster

