



Research Opportunities for Breast Cancer Patients

August 2025

We are sharing current research studies that are recruiting participants across Canada. Your involvement can help improve care and support for people living with and beyond breast cancer.

Exercise and Lifestyle

Rehabilitation and Exercise in Advanced Cancer Health (REACH)

- *Who can join:* People in Canada diagnosed with advanced or metastatic breast cancer
- *Focus:* Understanding rehabilitation and exercise needs
- *Led by:* Faculty of Rehabilitation Medicine, University of Alberta
- *Format:* Anonymous online survey (in English and French)
- *More info and survey link:*
<https://redcap.ualberta.ca/surveys/?s=7TXX9L48C7PFL39K>

Ms. FIT Breast Cancer (BC) Study

- *Who can join:* People who have experienced early-stage breast cancer, are postmenopausal and have taken an aromatase inhibitor for at least 12 months.
- *Focus:* Impact of physical activity and diet guidelines on heart health and quality of life
- *Led by:* Kirkham Lab, Faculty of Kinesiology and Physical Education, University of Toronto
- *Format:* In person at the University of Toronto
- *More info:* <https://kpe.utoronto.ca/join-ms-fit-bc>

Sedentary Behaviour Priorities Study

- *Who can join:* Adults 65+ years old with a cancer diagnosis at any time, and caregivers of older adults with cancer
- *Focus:* Identifying research priorities about sedentary behaviour
- *Led by:* Health Behaviour and Emotion Lab, Faculty of Kinesiology and Physical Education, University of Toronto
- *Format:* Surveys and/or focus groups
- *More info:* <https://redcap.utoronto.ca/surveys/?s=N7R9P49YRFJNXKTE>

Mental Health and Survivorship

Insomnia and Cancer Survivorship Study

- *Who can join:* People diagnosed with breast cancer in Canada
- *Focus:* Experiences with insomnia and access to treatment
- *Led by:* Behavioural Medicine Lab, University of Calgary
- *Format:* Short online survey
- *Survey Link:* https://survey.ucalgary.ca/jfe/form/SV_3DUFyLOGvYvjJ0G

Young Adult Survivorship Engagement

- *Who can join:* Young adults (ages 15-39) diagnosed and/or treated for breast cancer in British Columbia
- *Focus:* Recruiting community researchers, especially those with diverse gender identities, ethnicities or rural backgrounds
- *Led by:* BC Cancer Research Institute
- *Format:* Participation in a virtual group session and small group exercises to co-design an equitable survivorship care program for young adults
- *More info:* If you are interested, complete this survey: <https://tinyurl.com/AYADemographics>

The RECOVER Study: Understanding Life Beyond Treatment for Young Adult Cancer Survivors

- *Who can join:* Canadian's aged 18+ who were diagnosed with any type of cancer before age 40
- *Focus:* Understanding the long-term mental, physical, social, and financial well-being of young adult cancer survivors
- *Led by:* Young Adult Cancer Canada (YACC)
- *Format:* Annual online survey (30-45 minutes) for up to five years; participants received \$20 per year and may be invited to optional interviews or focus groups
- *More info:* <https://youngadultcancer.ca/recoverstudy/>

The START Study: Exploring Gender-Based Violence and Breast Cancer

- *Who can join:* Women, 18 years or older who have experienced a breast cancer diagnosis and received cancer care in Canada

- *Focus:* How childhood and relationship experiences, including gender-based violence, affect treatment and outcomes
- *Led by:* Women's Health Matters Research Team, Western University
- *Format:* Confidential online survey
- *More info and survey link:* www.tinyurl.com/enrol2024

Early Onset Cancer Pan-Tumour Patient Survey

- *Who can join:* Canadians diagnosed with cancer between 18-49 in the last 10 years, plus caregivers or representatives completing on behalf of a patient when needed
- *Focus:* Exploring clinical, psychosocial, and support needs and gaps during treatment and survivorship; specifically understanding access to hospital-affiliated multidisciplinary clinics or programs for early age onset cancer patients
- *Led by:* Colorectal Cancer Resource & Action Network (CCRAN)
- *Format:* One-time online survey (about 14 minutes to complete); caregivers may complete it on behalf of patients' responses confidential and will inform national advocacy initiatives
- *More info:* www.surveymonkey.com/r/CCRAN-EAOC-1