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## **Motivation of Factors for Exercise in Breast Cancer Survivors: Review of the Literature**

Poster Session

Background:

A number of studies reported the exercise effects in breast cancer survivors. However, maintaining the exercises was difficult for cancer survivors.

Purpose:

The purpose of this study was to clarify the factors of intervention to promote exercise behavior in breast cancer survivors by reviewing the literatures.

Methods:

We searched the Pub Med MEDLINE from 2009 to April 2014 using the following key words: breast cancer survivor, exercise and motivation. We reviewed 13 studies.

Results:

The results indicated that there were two types of patients which were regular-exercise group and dropped-out group. In addition, the motivation of exercise was affected by age, exercise history, environmental factors including social support and mental health condition. Especially, low mental health conditions were associated with motivation factors.

Conclusions:

There is evidence that several factors are motivating exercise. We need further research focused on dropped out group and to improve their motivation.