### What is STEP-YA?

STEP-YA is a study for young adult cancer survivors who are experiencing insomnia (difficulty falling or staying asleep). We know insomnia can be a problem for some cancer survivors. The purpose of this study is to learn if a single online education session, with or without two coaching sessions, will be useful for improving cancer survivors’ sleep.

### What is involved in STEP-YA?

STEP-YA involves a single, online educational session for all participants. STEP-YA teaches survivors how to make changes to sleep habits and behaviors in order to improve sleep. Participants in this study will be randomized to the STEP-YA session either alone or with two telephone coaching sessions. Randomization is like flipping a coin, and you would have an equal chance of being in either group. Study investigators do not know in advance which group you would be in.

Participation in the study involves:

- Taking part in a one-on-one session using the Zoom videoconference platform, during which you will also complete a brief online questionnaire. This session will take approximately 90 minutes. At the end, you will complete a brief survey for which you will receive a $10 gift card.
- If you are randomized to receive coaching, completing coaching phone calls one and two weeks after the education session.
- Completing brief (<10 minutes) follow-up questionnaires online with a short phone call 1 and 2 months after the education session. You will receive a $25 gift card upon completing each follow-up questionnaire.

About 74 people will take part in this study.

No medications are involved in this study.

Your participation is completely voluntary. If you decide not to participate, it will not affect your relationship with the hospital or your doctors in any way. You can stop participating or choose not to answer any questions at any time.

### You may be eligible if you:

- Are a cancer survivor age 20-39.
- Have had no cancer therapy in the past 4 months or planned in the future.
- Are experiencing sleep problems.

### Are there any risks to being in the study?

It is possible that some people might experience a brief period of increased fatigue as they make changes to their sleep, but this typically resolves after a short time. Confidentiality can be a risk with any research study, but we take precautions to protect your privacy, as described below.

### Are there any benefits to being in the study?

Some people may experience improved sleep after participating in the study, but others may not. We hope the information learned will lead to effective insomnia treatment to help young adult survivors in the future.

### What about confidentiality?

Your responses to the questionnaires will not be shared with anyone or used for future research studies, and will be stored only by a study ID number. In addition, the Department of Health and Human Services has issued a Certificate of Confidentiality insuring the study team cannot be forced to disclose information that could identify participants in civil, criminal, administrative, legislative or other proceedings. The results of this research study may be published and you will not be identified in publications. A description of this clinical trial will be available on [http://www.ClinicalTrials.gov](http://www.ClinicalTrials.gov) as required by U.S. law. This website will not include information that can identify you. At most, the website will include a summary of the results. You can search this website at any time.

### How do I join or what if I have questions?

If you would like to participate or have questions, you can email or call the contacts listed below and a study coordinator will get in touch with you. You will be asked a few questions to determine whether you are eligible for this study. You can contact the Principal Investigator, Christopher Recklitis, PhD at (617) 582-8260.

- Email: STEP@dfci.harvard.edu
- Phone: (617) 582-8260