

Digital Storytelling Intervention Study for all Albertans

This project offers women with premenopausal breast cancer an opportunity to create a short personal video (a digital story) within a supportive setting.

What to Expect:

Participants will meet virtually once per week (up to two hours per session) for six weeks using the University of Calgary's Zoom platform.

During sessions, participants will:

1) share their story ideas; 2) write and record their own stories; 3) choose personal and free stock photographs to include in their stories; 4) combine photographs, music clips, and personal narrative together in a short video. During the final session, participants will have an opportunity to share and celebrate their stories.

Technical or computer skills are not required. Facilitators will work with and support participants through the entire process. However, participants will make the final decisions on their own personal stories.

This project has been approved by the Health Research Ethics Board of Alberta – Cancer Committee. Study ID: HREBA.CC-24-0015

Creating your own digital story

The process involves combining photographs, music, and personal narrative in a three- to five-minute video to create a personal story. This is called a **digital story**. As part of this study, digital stories will be used as a way to represent and express your experiences with breast cancer and treatment in the premenopausal life stage.



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