

## Interview Script

Participant ID:

Date:

Time:

Interview:

Recruitment Through

Community Meeting

Prostate Cancer Support Group Meeting

GP Clinic

Family

Social Media FFCMH

Now I'll just give you a little bit of information before we start. One of our main aims with interviewing men, like yourself, to help us develop an online intervention to support men with prostate cancer engage with physical activity in their lives.

The interview will consist of 3 parts and a short follow up survey. I will have to record the interview, is that ok? (RESPONSE)

If at any point you wish to pass a question, just say 'pass' and we will move on.

I will remind you that any information you provided will be confidential, including any publications or reports generated from any information provided in this interview.

Do you have any questions before we begin?

Is it ok for me to continue and turn the tape recorder on?

*Turns on Tape recorder*

*So this first part is pretty general*

**Part 1: General Holistic Questions:**

Desired Theme	Question	Prompts	Notes
<b>Background on their cancer experience</b>	<i>I'd like to start with a bit of background information about yourself. Can you tell me a little bit about your history with being diagnosed with prostate cancer and any treatments you have completed?</i>	<p>Can you tell me how many months or years its been since you were first diagnosed?</p> <p>What stage of cancer was your cancer when you when first diagnosed?</p>	
<b>Health Views Yardley</b>	How do you view your health now compared to before the diagnosis?	<p>Has having a diagnosis of cancer changed how you see your body and your health?</p> <p>Have you changed any thing about the way you live?</p> <p>Are you more or less engaged with your health? Why/Why not?</p>	
	Have there been any major changes in your life since being	Do you do things differently compared to what you used to	

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diagnosed?

do?

Would you say your life values have changed? How?

Do you value things differently?

(eg. Friendship, or family, in life, health, attitude to problems that you face?)

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## Part 2: Physical Activity Questions

Thank you for those responses.- So this next section is going to be about healthy lifestyle behaviour, specifically on physical activity.

Desired Focus	Questions	Prompts	Notes
<b>Initial reaction regarding how people feel</b>	When someone mentions the word physical activity or exercise, what is your first reaction?		
	Can you tell me why you feel that way?	Yeah, I understand. Can you tell me a little bit about what difficulties or challenges you find to be more physical active?	
		Can you tell me a bit about what you like/don't like about it	

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**Current Activities**

In general, what physical activity are you doing at the moment

If not doing a lot at the moment? Have you previously done much activity?

What did you like to do when you were younger?

Are you doing any weights or strength training?

**PROGRAMMING PREFERENCES**

Can you tell me if you've ever participated in a physical activity program before?

What was it like?

If no: if you were to participate in one; what would you want it to do?

**Barriers**

Can you tell me a little bit about what things might stop you for doing regular physical activity?

Do you have many other medical conditions that might stop you from doing activity?

Have any of your treatments or cancer itself created barriers that might stop you from doing physical activity?

**Facilitators**

Can you tell me about what helps /what might

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help you to increase your activity levels?

**Knowledge**

Do you have a sense of what guide lines there are for physical activity for someone of your age and your health condition?

Have someone ever mentioned what and how much activity you should be doing?

**Guidelines**

Have you heard guidelines for older persons or for those with a history of cancer?

**Source of knowledge**

What resource do you think has/would be helpful for you to get information about physical activity?

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**Part 3: Intervention Preference Questions**

So many of the questions regarding physical activity lead me to what I'm doing at the moment. I'm in my 2<sup>nd</sup> year of my PHD and I'm designing an online resource for men wanting to become more active.

It will be a website that covers information about what exercise is recommended, demonstrates how to do certain activities and helps men to track their progress overtime.

I'm first going to ask you some questions about the internet in general, and then I'll ask your thoughts on my research.

Desired Focus	Questions	Prompts	Notes
<b>Internet Use and Values</b>	Can you tell me how you currently use the internet?	<p>Why do you use/not use it a lot?</p> <p>What do you think about the internet?</p> <p>What sites do you visit? Why do you like it?</p> <p>How often do you use the internet?</p> <p>How would you rate your confidence to use an online program?</p>	
	<i>Preference for information</i>	<p>When you're on a website, what is the way that you prefer information given to you?</p> <p>Do you prefer to read the information, have an audio version, or have a video explaining things to you?</p>	

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Text, video, pictures?

Do you think 8 weeks is an okay length?

Would you prefer weekly or fortnightly logins?

**Pre Amble: So now I'm going to introduce you to 2 different internet program scenarios. I'll tell you the first one, and I'll get your thoughts on it. Then I'll tell you about the 2<sup>nd</sup> one and ask for your opinion. Then I'll ask which one you'd prefer and why.**

**Programming Preferences**

Some websites are designed to offer on-going advice. Typically this is delivered on a weekly or fortnightly basis. The user is asked to login and report how they are going, and they are given tailored feedback and guided through the program.

Why / Why not?  
Pros and Cons

**Tunneled**

Each week usually covers a different topic, and programs normally go for 8 weeks.

A to B to C

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Would that be something you would be interested in?

**Free Choice**

So this next idea for an online program still contains the ability to log in and access information as well as being provided with tailored feedback about how you are progressing with physical activity over time. The difference is that all of the topics available at beginning and allow user to navigate through the information themselves. It would still have same amount of information, say 8 weeks worth.

What do you think are the pros and cons of this way of giving information?

Would you be interested in this kind of website?

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If you were given a choice of either program, which one would you prefer?

Why?

Do you think a lot of men with a history of prostate cancer would feel the same way?

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#### **Part 4: Message Relevance**

That brings us to the end of the interview section of the study. To complete our research we would like your opinion on four physical activity messages that we have taken from other sources. They are about a paragraph long each and we can mail or email them to you. Once that is completed I can post the \$25 Coles/Myer gift card to you.

Email:

Or I'm happy to send you with a paper copy today that you can look at now, or take home and post or email it to to me later. Or I can send you an electronic copy via email. What would you prefer?

**I can send you a reminder later. Would you prefer a reminder via phone call, text, email or post?**