Study 2: Interview Transcript

Interviewee: “A” Participant: “P”

Participant ID: 002 Date of Interview: Monday 25th July

A: Um, so I did a little bit of what you suggested and had a look at the abc hot prostate article giving me a bit of background about your self

P: Yp

A: and you’re your procedure, so you said you were you were diagnosed at around 57- is that correct

P: that’s correct

A: and that you had the the brachytherapy in about 2002 – and then um- it was beautifully written *name* by the way- it was um

P: yeah they were really good and re did things and I wasn’t fully responsible for it

A: ah ok, so I was wondering if you’ve had anything sort of since that?

P: no no no treatment since then, I just have regular PSA test, it was every 3 months initially and then yearly since then

A: so I I just wanted to confirm all that, I’m glad that its all up to date.

P: yeah

A: so I was wondering if you could tell me if you think you view your health a bit differently sort of after of your diagnosis compared to before your diagnosis?

P: um, so that’s a difficult question *soft laugh*

A: *soft laugh* sorry to throw that at you

P: I’ve always been pretty conscious at not eating too much junk food and not to drink soft drink, drink water, and not much at all alcohol, so I’m pretty reasonable health conscious all the time, I guess after my melanoma was taken out in 1990 I was more conscious of keeping covered up and things

A: yeah- would you say that there’ve been any changes since your prostate cancer diagnosis, do you do anything differently completed to what you used to

P: I mean I do eat a little bit more healthy, but I was I always tried to be active and er, and conscious of trying to have a healthy diet. I mean I used to, I rode my bike to work for years, and so, and years and years from the city down to the airport. Wind surfing for many many years and er, um, swimming etc., so well I’ve always tried to keep relatively active, its only been in the last few years since I’ve been wearing a a a watch which has a step counter etc. that I’ve paid closer attention to try to get my steps up to ten thousand k ten thousand k a day

A: That’s fantastic, so so you were saying you do a lot of activity, are you doing sort of walking or strength training?- can you tell me a bit about what you’re doing at the moment?

P: Well, I mean I’m not doing enough *soft laugh*

A: *soft laugh*

P: My steps, I, I mean I er, since I retired there hasn’t been any time of course, but before I retired I used to have a bit of a go at the exercise machine and er, lift a few weights and things but er- I used to cycle regularly after I retired on a Tuesday ride, and er, cycling for pleasure etc, but I er, when I was diagnosed with prostate cancer and had the treatment they said you need to stay off the push bike for 6 months and then never really got back into bike riding- and the wind surfing has gone down a bit. I used to play badminton and table tennis, and I’m not doing them anymore. I, Ive got weights here but I just don’t- I’m not organised enough to devote time some to- so I only do the walking- that’s about all I do. I don’t—er, I do sometime try to walk sometimes reasonably briskly but I don’t eh, used any of the weights or the exercise machine these days.

A: Yeah, so you were saying that time can be quite a barrier and you’re a very busy person. Are there other things as well that might stop you sort of doing a bit more physical activity?

P: I guess its mainly mainly time,

A: Yeah

P: and I guess it’s a matter of priority isn’t it>? As weith everything, it’s a matter that I give a high priority to getting my steps done per day andupdating websittes and sorting out my photo graphs that I take etc

A: yYah, I was wondering if when you had you’re your treatments did that itself creative any barriers itself for a while in terms of movement or functioning?

P: No not really, if you’ve got the article there, I think I was wind surfing within 2-3 weeks and then playing table tennis or badminton shortly after, so that I mean it was only initially a slow down a little bit I mean, er, and it did stop my bike riding and I never got back into that.

A: Yeah

P: Cos you’re not supposed to sit on a seat, I mean it was painful to me, it wasn’t comfortable to sit on the sit for a few months anyways

A: Yeah yeah- um, do you have any sort of any other medical conditions that might stop you? For example, I mean I’ve chatted to a few guys who have arthritis and things that that kinda make it a difficult.

P: Well that that, well the arthritis stopped me wind surfing for a while, I had really b ad arthritis in my right hand and er, I had actually to come back from my sessions wind surfing from my session down at Lake George. Eh, quite a few years ago but, and er, I do have arthritis in my feet and neck and hands and whatever,, so we do have a bit of arthritis but it doesn’t really stop us too much. I mean when it was bad in my right hand I could hardly click a mouse and I had to use it left handed and it was different- used fish oil and anti-inflammatories and whatever- its not a major problem these days

A: Yeah yeah- so you mentioned that you had the smart watch and that sort of helps you track your step counts and that’s been really good for you- are there- can you tell me a bit about why that helps you, why it seems to help you increase your activity

P: Well it quantifies it- I mean I’ve always tried to be active, but but you never really know unless- er, you log it all. The watch does it automatically you can see I’ve only done 5000 steps I’d better go for a walk and get more steps up. I find it, er very useful to keep the activity higher- at least I do my 10000 steps a day, I’m not sure what my- I’ve been doing it for a couple of years now

A: that’s awesome

P: as I said I used to rider the push bike to work and done a few exercise programs at work etc. that – er, regular table tennis back in those days and badminton but its mainly just the walking these days.

A: yeah- can you tell me about things that make you more likely to do for a walk?

P: Mainly the step count- if its not up- I mean I I’ll, I try and I try and Iv’e got to do something or I have to go over to Marion shopping centre or if I have to do shopping I’ll walk. It’s a 20 min walk to Marion shopping centre, I have to give plasma at the Red Cross at the Marion shopping centre over there. So anything close by- took the car to ere r , to er have a service, I walk back and walked up there again to get it- so I just try

A: yeah wow

P: to to walk where its practical

A: yeah

P: And er, not take the vehicle for short walkable trips and jobs and thing s

A: Yeah that takes a lot of dedication cos its very easy to just say “I can’t be bothered I’ll just drive” so that’s really good. How how do you convince yourself to keep doing it?

P: cos I’m stubborn and pig headed I supposed *soft laugh*

A: *soft laugh*, oh, but noo- well it sounds like you’ve got good motivation in inside, you know, you know that you have to do it so you do it. Um, Iw as wondering if we could move on to a new question- um did you have a sense of what the physical activity guidelines re for someone of your age or health condition?

P: that’s only recently come up these days, you know, I can remember many years ago we had a talk from a er from a fellow at Adelaide Uni - a South Africa fallow or something, he was talking about vitamin X- for exercise. And just about every day in the paper its exercise, exercise is so important for your overall health. For you know prostate, health, just overall general health. Gotta try to keep weight down etc.- Its its very much er, in the media these days and the necessity of keeping active.

A: Yeah has someone ever mentioned to you like, specially how much activity one should be doing?

P: Not specifically to me but hey always say at least half an hour 3 times a week or something- O think that that I haven’t really looked at the figured I just just do my my steps and

A: yeah

P: I mean I’ve got bar belles and an exercise machine and exercise bike here at home but I don’t er, get around to using them.

A: mmm, mmm, in terms of learning about the information physical activity, what resource has been useful for you?

P: well some of the talks we get at the some fo the support group meetings

A: Yeah

P: I’ve got a health care plan these days and I went last year and I visited a mob on south road that suggested an exercise program I could follow

A: oh cool

P: but er, I can’t say that I followed it *soft laugh*

A: *soft laugh*- was it, can can you tell me a little be about that program- that that’s really interesting, what what- how did that all go about?

P: well you know, are you are aware of the health care prog- health care plans that are available for people with chronic disease or whatever over a certain age. I went to 3 or so visits to different er er people- dietician, and and er exercise physiologists and all that kinda thing- and I did go to to a couple – last year

A: What was it like?

P: Oh it was interesting interesting.

A: Yeah?

They suggested a program that I could er, follow er, here in gym or even on customises to what equipment I have here.

A: Oh -so they had took account of what you already had and tried to make a program

P: Yes yes yes, number of repetitions and weights and things on the exercise machine but I never got a round to doing much

A: yeah, did you did you kinda start it for a bit, and then like, it was just, just was it a bit to hard to keep up?

P: no, I got on with other things *soft laughs*

A: yeah

P: I filed it away and and er something to do on a rainy day

A: yeah, ok, so it it- even though it was all there for you it didn’t actually suit- it wasn’t easy to integrate into your life already from the sounds of it

P: Not not really- no I guess, yeah

A: Yeah, it makes it sounds like it had to been an active effort to do the program. Like it wasn’t easy to slip into your life so-

P: Yeah

A: oh yeah so that’s really interesting, um yeah - cool. Alright I’ll just move on, I know you are very busy so I’ll keep going. Um, so obviously many of these questions lead me to my PhD at the moment. Um, and I wanna get some of your thoughts on sort of 2 of our potential research ideas. Um, so first I’m going ask you a couple of questions about how you use the internet at the moment and then ask you some thoughts about our our research. So can you tell me a little bit about how you use the internet, you said you do a lot of web stuff already so your obviously quite active---

P: Well I um, obviously I I- first thing every day I’ll check my emails and Facebook and er er, wish everyone happy birthday who has their birthday that day *soft laughs*

A: *soft laughs*

P: And I should say this morning, I mean last night when I got home from *country town* I uploaded photos I’d taken. I was up at the *country town* country music festival- so I took a lo of photos there and I’ve up loaded them and put them er put them to them to google photos and and er, put links on Facebook and um, I have my own website *website name*. I put links to my photos on there and er, I also have er, little *own name* country site which is – the main thing on there which is on there is a gig guide of all the country music events in South Australia er, that I know about and I put them on there

A: Mmmmm

P: So I look after that- that that website. - I used- Country music SA used to have a site and the South Australian Council of Country Music used to exist but they’ve both fallen in a in a pile-

A: Yeah

P: And and I’ve I’ve keep up on on- I don’t know if you’ve- on my country music site I’ve got er some artists, some of the artists, certainly in the early days before Facebook or before all the other similar pieces- in the gig guide there would be listed artists- People would ask you what the hell that is, what what do they know about them I’ld do a little profile and a few photos and a few words so that most things in the gig guide would have a link to further information

A: Yeah yeah so you you do use the Internet quite well from the sounds of it? What what are some of your favourite websites that you use?

P: well I’m a fairly active facebook user

A: yeah

P: ive’ got how many friends, let me see, 2049 friends on Facebook

A: holey moley

P: Most of those are artists I’ve meet at fold festivals and folk events and country music stuff and things. I obkiosly don’t read through all of it, Facebook is something I use, and of course gmail. And um, of the beau, beauru of meteorology website and their website to check the weather and the radar

A: yeah

P: and look at some of my favourites ; Australian tv guide, white pages occasionally,

A: so um, in terms of the way the information is presented, when you’re e on a web site, what grabs you- like what’s the way that oyu prefer information to be given to you?

P: That’s that’s, a a I mean some people love these bells and whistles and funny fancy graphic and moving things and things- I I I think its more important to have up date information and accurate information and not out dated or broken links and and having too many clicks to get to somewhere is sometimes very annoying

A: yeah yeah so, so the information you’d prefer to be um, easy

P: more user friendl

A: user friendly, yeah that’s a good point

P: yeah

A: do do you have a preference for a video explain thing things, or text or pictures or a combination?

P: I think a combination. I mean I’ve got two 24 inch 4 K monitors infront of me now

A: oh wow

P: so it’s a reasonably powerful computer and lots of ran and hard disk, so perhaps not typically user

A: yeah yeah, um, so I’ll just keep this going, um so there a- the thing that we’re looking at in terms our our research team, we are wanting to kinda look mat two different scenarios of presenting information and um kinda doing an online program. So I’ll tell you about the frist one and I’ll get your thoughts on that and then I’ll tell you about the second one and get your opinion on that as well. So some websites are designed to give ongoing ongoing advice are typically delived on a weekly or fortnightly basis for like 8-12 weeks worth. And oyu like you log in and oyu you type in information and it spits out feedback for yoout that’s tailored to what your’ve already given the program and um. And there might be like modules and it willkina go from A to be to C and kina lead you through. Would that be something that you ould see yourself being interested int?

P: it’s a pissiblity, it depends on what the the er, what uou’re loklking for

A: mmm

P: I mean I find a lot of these, I on on , theres a vouple of websites with a lot of information on prostate cancer ertc and er there is PCFA have a network type thing that er, er what is is called- if you l;ook online for PCFA com- have you seen that one

A: No- I haven’t

P: It’s the prostate cancer foundation of Australians online community. There’s lots of options online there, community forums and research blogs, gallery, news and views, groups , faqs, and an extension to that- I have to admit I don’t spend much time on there- but occasionally its mentioned at a support group meeting- oh we had some people over from head office, and there is a lot of information on the PCFA website- a lot of videos of talks etc, on various subjects, but mainly on of courseo n er prostae cancer things, clinical management and Aust- finically impact, treatment and help. PCFA advocating for every Australian- there re all kinds of videos

A: Yeah wow

P: You might like to have a look at it

A: I think I will, it sounds great

P: yeah so it’s- there’s probably I link on there

A: that’s alright, I’ll make a note and investigate after this- it sounds interesting. So the other idea that we have in terms of the online program- it still contains the ability to log on and aces information and um you know you could upload step counts every day and it will spit back feedback and ideas at you- um, the only difference is that instead of the topics being unlocked going from A to B to C, is that um, the idea is that um, you would have access to all the information at once and you can pick and choose what you want to read or engage with. It would still be about the same amount of information about 8-12 weeks worth. What do you think the pros are cons would be if we gave the information in this way?

P: I have to admit I I I have Samsung watch smart phone etc, and er, it just automatically uploads my step out to the cloud.
A: Yaah

P: and I don’t rarely look back to see what I’ve done etc, but I know that there are- a friend of mine, iis in one of those – I can’t remember the thing- the er mob that he’s with- he uploads his count periodically and they count x number of steps is equal to so much bike riding or swimming or whatever and a total count rather than just a step count-

A:Mmmm

P: But I can’t remember what what system he uses but er,

A: so both programs would have that ability to use, you you could chose to um, you’d type in your step count for the week or prefer how many or you’d type in 3 hours of walking- we could make it flexible. Its more the idea of- would it be more appropriate to have more of a guided step by step program or do you think it would it be more appropriate to have for some men that they’d prefer more of a free choice options- what are your thoughts?

P: Oh free choice for sure,

A: Yeah?

P: Same with with my step count- its automatically uploaded I don’t have to physically log in anywhere.

A: Mmm

P: or er, its through my smart watch

A: yeah

P: and- er its through the internet – it uploads, I can go back on this app- the Samsung health

A: Mmm

P: So I I can er, er look at er the different things, it also records er, I can record, records my heart my heart rate, my blood oxygen, uv waves, I can put in my blood pressure, heart rate. Um, glucose. I don’t think it has an option for my haemoglobin when I got a plasma donation the other day- but

A: But it can keep, but obviously the automatic nature of it seems to be really useful

P: Oh yeah, I mean I have to enter the blood pressure but that’s about all- and the walking, everything else is sort of through the watch- oh the heart rate, Ic an measure the heart rate on the phone or the watch.

A: Mmm

P: And it s cause its automatically into itself.

A: Alright, so um, thank you for those responses so far, that sounds really really cool- its really certainly going to make a good difference to the program which is what its all about. I was wondering if I could get some of our thoughts on the naming. So nameing and marketing is hard and important *soft laugh* so as a consequence on the name. I’d love to get your thoughts on the name on ‘ph that sounds ok, or nah nah I would never click on a link that would have that name. So I’ll just spit out some some ideas at you and I was wondering if you could kindly give me your immediate reactions to um see what oyu think

P: oh

A: so the first one would be my movement matters dot com.

P: too long

A: too long? Um, so iStengthen dot com

P: *pause* sounds a bit vague

A: vague? Yep yep. I can move dot com?

P: oh you’re going dot com not dot com dot au

A: Oh we will get that later down the track, maybe it won’t be in the www dot blah, but but in terms of of a program, you want something that’s approachable but explains what it does but its not too vague- if that makes sense? Its its, er an interested balance to get

P: yeah, these these days its difficult to know er domain names and urls etc, cos most people these days don’t even really type in the domain name- they just go into Google and type in the

A: Yeah the name of the program

P: The name of the program

A: yeah- so-

P: I’m convinced that having a long er, url – that’s not necessary I mean sometimes, I mean- look- take the Adelaide country music club- the url for that was acmc dot org dot au. So people could- maybe if they can’t remember, I mean most browsers once you’ve gone to aplace will will remember where you’ve gone and if you type in the first or the second letter I automatically remembers

A: ok, if maybe we could have the url quite short then, but what about the proram name, like that’s

P: yeah

A: that’s the tricky one. So what about the name cancer fit

P: doesn’t sound too bad

A: um, we could do something, I mean mean this is a bit bit lame, I’m not sure about this one myself, ‘building up blokes’ was one that came through from a different group

P; I don’t think that

A: Not not, no- um, a stronger me?

P: Is not everything *soft laugh*

A: *soft laugh*- um my fit

P: what kinda fit? *soft laugh*

A: see, I’m in a bit of a predicament that, its really really touch tring to get a name for this thing *soft laugh*, so if you have any ideas please feel free to email me as I’m a bit stuck

*Both laught*

A: Ah dear, well lets move on. *soft laugh* ah Well well that brings us actually to the end of the interview section.

P; yeah ok

A so complete this sort of research I was wondering if I could get your opinion on =um 4 physical activity messages that we have taken from other online resources so different kind of cancer resources online regarding physical activity. Um they are about a paragraph long and I can either mail you a hard copy or email you a link to the survey monkey

P: oh save the trees

A: yeah, I feel like you were going to be an email person. So once that’s completed I can sent you a Coles/Myer $25 voucher to thank you for your time, so did you want me to send that to you um – oh no, I’ve got your email and address already from your card that you gave me. Oh well that’s handy, well that’s all good- that means we’re finished up and I’ll send you the survey link

P: well ok, well good luck with your exercise

A: Thank you I really appreciate this

*Proceeds to conclude: has small personal conversation about PhD experience, concludes*