Study 2: Interview Transcript

Interviewee: “A” Participant: “P”

Participant ID: 03 Date of Interview: 18th July 2017

A: Um, so I’d just, um to start with a bit of background information if that’s ok. I was wondering if you could tell me about the history that you have with your prostate cancer diagnosis and sorta and treatment s that you’ve completed?

P: Yah, well over the years PSA slowly crept up, um, and then they said we should to a biopsy to be sure- er that tested positive, and so it was arranged that the prostate be removed.

A: ok

P: -which was done in March

A: um, march just gone?

P: yeah

A: oh wow- so um, er, when were you first diagnosed may I ask?

P: Um, late last year

A: Ahh so its quite a recent experience for you?

P: yeah

A: ah ok, so I was wondering if the way you view your health now- do you think its changed at all? Sorta compared to before your diagnosis compared to after?

P: My health itself?

A: yeah, do you view your health differently?

P: I dunno, I mean er, oh, just just hang on a sec I’ll turn down the volume of the music

*Organ music plays and turns down*

A: No worries, what- sorry that’s beautiful, is that’s some sort of classical music?

P: Its er, the organ at the church of the epiphany at Crafers

A: oh lovely, sorry, I like classical music so I just heard it and got a little distracted

P: *soft laugher*

A: yeah

P: alrightly, ok- now, so errrr…..now were we?

A: um, yeah, I was just wondering if you view your health any differently compared to before you were diagnosed compared to now?

P: well- in funeral terms, not really different-

A: mmm

P: Um, as time goes on I, I get older- I get tired more easily--

A: Mmm

P: But erm, no health aspect as such has changed as a result of the diagnosis

A: Mmmm, so u, have you changed anything about the way that you live since your diagnosis?

P: um--- I wasn’t going to get another dog- but

A: *soft laugher*

P: But I had to

A: That’s pretty fantastic

P: yeah

A: Mm

P: er, um and the other things which is ur, *pause* in terms of lifestyle erm, is the handling of the continues issue---

A: Mmmmhmmmm mmmmm

P: um, which er, has been mentioned er, that er, there is an aspect of that I could tell you about which I found to be very useful….

A: yeah yeah, I mean if you’re happy to share that sounds

P: yeah yeah yeah sure. It was something I figured out just off me own back

A: mm

P: That is that um, at the end of the day, I weigh the pad

A: Mmm

P: And it tells me how much urines been loss- plot it on a graph---

A: Mmmm

P: I’ve got a very good looking graph which is um, in instead of thinking ‘oh perhaps I might be getting a bit better- but as far as leaking I don’t know- I can look at the graph and I can know exactly.

A: what a great idea-

P: its its, I’ve found it to be extremely helpful

A: Yeah yeah

P : and uh, the graph zig zagged up and down all the time, but but its trending downwards. And um

A: yeah

P: yeah, I think yesterday and the day before I had the best ever reading was 17 grams.

A: Ok

P: For urine lost in 24 hours

A: Ah, You’ll have to forgive me, I I I hope that’s good news, I’m not 100% sure about that particular area.

P: Oh well its extremely good

A: Well that’s encouraging

P: Heading towards complete success you might say

A: That’s brilliant then

P: Mmm oh, yeah

A: Um, so the reason I’m not heaps familiar in that area, is that I’ll move on to the next question which is towards my area of my Phd. I do appreciate your responses so far, I know it can be a bit challenging coming straight of the bat- talking about it, so I do thank you for that- Um, I had had a questions- so when, when someone mentions the word physical activity what is your first reaction?

P: *pause* um, physical activity is of any sort becomes harder as I get older

A: Yeah

P: There are things that I want to go out and do and I think “ahh too hard, I’ll do it tomorrow--- maybe---if the weathers good.”

A: Yeah I I can understand that

P: Yeah

A: Can, can you tell me little bit some of the challenges that that you find to be a bit more physical activity?

P: um, it’s a matter of the physical energy

A: yeah

P: erm, which is um, slowly going downhill

A: mmm mmm

P: and in fact if I, if I go out er, er do some physical task, I can get quiet tired a

A: yeah

P: Might have to sit down and have a rest. But um, you know as long as I don’t over do things, um, you know, I can’t complain about life I reckon I’ve had a good innings

A: Awww, yeah- well I definitely know what you mean in terms of getting tired with with sorta activities- it can be quite challenging. Um, So I was wondering are are you doing a lot of activity at the moment or just sorta as you go?

P: Um, not a lot- no--

A: Mm

P: Um, I’ve been er, over the last 12 months I’ve been building a clock

A: That’s cool, from scratch?

P: I don’t mean the case that the clock is contained in, I mean the clock mechanism

A: Ohh brilliant

P: Yeah, before I retired I was in the business of clock repair so erm, instead of repairing a clock, it might be good fun to kae one and so it did.

A: Brilliant

P: Mm, yeah

A: Mmmmm, I was-

P: A nd er, in terms of activity if erm, wether permitting I’ll take the dog for a walk in the morning

A: Mmm

P: In the late afternoon we got to the dog park

A: Ah cool ur, yeah

P: And er ahhhh, in between I sit around and do the cross word *soft laughs*

A: *soft laughs*

P: And think about what I might do tomorrow

A: Yeah- did you um, did you do much sort of physical activity of sport when you were younger

P: I was never into sport

A: Yeah, I can understand

P: and um, and errr I errrr, I’m not interested in it.

A: Mmmhmm

P: I can tell you with a certain amount of perverse pride I have never in my life attended a football match

A: *soft laughs,* that is, for someone in South Australia- quite impressive

P: *soft laughs*, errr… it’s a bit er, like seeing a horse race, you know, you’ve seen it once you’ve seen the lot

A: Mmmmhmm

P: You know, it’s a lot of bloody dots running around after a leather ball you know- not interested

A: mmmm

P: *soft laughs*

A: Yeah, I can understand

P: So ok, I’m a bit quirky

A: That’s alight, I think most of us are quirky, some are just better at hiding it

P: *soft laughs*

A: I was wondering if you could tell me about your thoughts on some of the things that might stop you so- you mentioned the weather and um, you mentioned that the sorta the the chained to the toilet as it were, can be quite a challenge to be physical activity- do you think there is anything else that you can think of that you, that might stop you from doing activity?

P: *pause*, um, mmm, several years ago I started to develop er, a erectile dysfunction, which ahs gotten worse and I had my prostate out and therefore, I’m er, rather inhibited goes as far as sexual activity goes…

A: Mmmmm

P: However, you know, look on the bright side

A: Mmm

P: In another 10 years I’ll be dead and another 20 years after that having reincarnated I’ll have with a new body ready to go—yoohoooo!!

A: *soft laughs* you never know hey

P: *soft laughs*

A: *soft laughs* ah dear, do um, I I know that some of the other gentlemen I’ve had a chat to have mentioned a couple of these things, but I’m not sure what its like for you. Do you have kinda any other medical conditions that are going on that might stop you or inhibit or be a bit of a barrier towards activity?

P: Um, not really

A: Mmm

P: I do have er, some sort of little hernia in the abdominal waaalll, and I’m on a waiting list to have that attended too,

A: Mmmm

P: But er, but it doesn’t really impinge upon me much so its not really stopping me doing any at all, no

A: Yeah, that’s alright. Um, um, because you’re the sort of um, um the sort of person who understand these things, can you tell me a little bit a little bit about what your idea of the guidelines for physical activity might be for someone of your age or health condition?

P: What guidelines?

A: Um for physical activity, have you ever had anyone mention some guidelines to you at all?

P: No

A: That’s alright, I um, can understand- have you ever heard of guidelines for older persons for those with a history of cancer

P: No

A: Noo mmm

P: No, my only general comment which is er, is that um, you know just generally speaking you try and keep yourself active

A: Yeah

P: As physically fit as you can

A: Yeah

P: Well…

A: yeah, that’s alright. Um so, as you might have figured many of these questions, towards um, trying to keep yourself moving when you’re a bit older and um especially for those men who have a history with with prostate cancer. SO I thought I’d tell you a little bit about where my PhD is going and why I’m asking you these questions. So um, I’m designing an online- so like an internet based resource for men who are thinking about becoming a bit more active and wanna bit more information. So our idea is that it will be a website on different types of activity, tips and tricks to increase your tool box as it where. So er, I was going to ask you some questions about the internet and then I’m going to pitch some of our research ideas and see what you think.

P: Ok

A: So can you tell me a bit about your current use of the internet at the moment?

P: Um---- I use email, not a lot

A: Mmm

P: But er I check it each day, um, oh sometimes I look at Facebook and if there is anything that I particularly want to know um, the internet is a brilliant tool.

A: Mmm

P: Um particularly for solving cross words

A: *soft laughs*-

P: *soft laughs*

A: *soft laughs---*classic.

P: Mmmm

A: Um, when when you’re using a website- - so you said facebook- are there any other kinda websites that you use at the moment?

P: oh I do internet banking um,

A: Yeah

P: Is, urm, oh, I’ve got a clock data resource which I can access which I need too, which I do often

*Clock chimes*

A: mmm, well I think it must be quarter past -your clocks just told us

P: indeed yes, theres quite a number of clocks in the house which you may or may not hear

A: Yeah, when when you’re on a website,

P: Mmm?

A: What is the thing that grabs you the most? How, like if it if you were in control of a website what would you want it to look like? What makes a website good for you?

P: Errrr, well I don’t want it to full of un necessary information, I want to be able to find what I want, precisely easiser so a little dedicated search engine is very useful, um… some of them matter some don’t, er if it hasn’t got a specially search engine on their website its not necessarily easy.

A: Do you have have a preference for reading information or do you prefer audio or like videos?

P: Ohhhhhh, reading mainly, oh, I’ll always lie to sit down and read a book, oh yeah yeah reading

A: Yeah- um so those questions lead you into a little bit a bout our ideas for some internet programs. So I’ll tell you kinda the first one and then I’ll ten you the second one and get your thoughts on that as well

P: ohhhh kk

A: so some websites that are designed to help improve their physical activity are designed to kinda give ongoing advice um so typically you you sign in you’re asked to put a log in and you sign up and you log in you know once a week or so and um, you tell the computer program a few things and it spits out a few things that are directly relevant for you so its tailored. And it goes from topic A to topic B to topic C and unlocks each week. Um, would that be something that you’d be interested in?

P: *pause* mmmmm…. Mmmm my first reaction is to say no.

A: Mmhmmm

P: Um, but if we can just back track a moment- we were talking about a specific website or?

A: Yeah, so this is hypothetical

P: Yeah yeah right

A: Yeah you log on to a website and its go-and you give it some information oh, oh I um, I walked for half an hour on Monday and it will um, give some information back to you, saying “hey great well done, um, have you thought about other ways that you can help to improve…?” and it might give you some information on goal setting one week and the next week you log on and the next week it would be how to cope with physical activity and incontinence, and the next week um building up community resources. You know, like it will have different kinda different information packs

P: right

A: that’s that’s the idea

P: Yes

A: And the idea is that it it um, it kind of step by step guide so it will go from to number 1 and then next week its number 2 um, so the reason I’m putting it like that is that our other idea would be that you still log on and you still have access to the same amount of information and the same kind of its, its meant to be to you as an individual when you log on compared to someone else who logs on, but the difference would be that you can access the information when you want whenever you want..

P: Mmmmm

A: what do you think are the pros and cons of that version of more choice compared to a step-by-step approach?

P*: pause*, well, if the website can tailor itself to a particular person that’s er, gotta be a plus,

A:Mmm

P: um, its not something I would, that I would envisage myself using, but unless there was something that was able to handle myself.

A: Mmmmm

P: And ah I I tend to be er, you know I do my own thing,

A: Yeah yeah

P: Its its, as a general rule that I’m not the kinda person who would go looking for help particular on the internet.

A: Mmmm

P: Um, but as I say if there was some specific thing that I’m not handling so well maybe I could use some help. Quite obviously I’m not stupid, I’ll I’ll look. You know some people, well, particularly young people they spend their life on their mobile phone glued to ear

A: *softs laughs-*well their hand

P: , Its not my thing at all.

A:I can understand that.

P: mmm

A: well well that brings us to the end of the interview section. Um so to complete the research we um, I was wondering if you’d be happy to give your opinion on 4 physical activity messages, current websites, so you know the cancer council and like the the Harvard university institute overseas. And um, we’ve taken the information and we are curious to see if you think the information covers everything that you experience in your life. So it that, if some website spits out information at you, and you go hang on that doesn’t taken into account that I’ve just had surgery thank you very much. Um, we’d love to know because we wanna know if the messages are good or if they need some work. Um would like me to send you the survey by post or by email.

P: Um, er email if you like0 that’s alright

A: and so once that’s completed I can post you the $25 coles myer gift voucher to thank you for your time would I be able to grab your postal address

P: yes of course

*Proceeds to get postal address and concludes interview.*