Study 2: Interview Transcript

Interviewee: “A” Participant: “P”

Participant ID: 07 Transciber: Amy Finlay

A: Um, so this part is pretty general. I’d like to start with a bit of um background information about yourself- if you could tell me a bit about your history with being diagnosed with with prostate cancer and any treatments you’ve completed so far

P: Ok- um, well I I, I guess I was diagnosed early last year

A: Mmm

P: Um, my psa had been gradually increasing, and it got to the stage where it got into double figures

A: Mmm

P: And my GP suggested I should go along and see an oncologist and get things looked at- and I had a biopsy, and and it would have been, er, April/May or maybe March/April. I had a biopsy which said I did indeed have prostate cancer but it wasn’t terribly bad, but they felt that er, I should start radio therapy. And at the time we had book and overseas holiday and we were going away in late May- and we weren’t getting back until August, and I checked and they said that would be fine. We didn’t have to start straight away as it would take a while to get things started. So we went off on our holiday and I started the radio therapy and I had just looked this up a little while ago. August the 23rd was my first radio therapy.

A: Mmmm

P: and it went through to October the 13th when it finished. I went to the Tennyson centre and um, perhaps I should add before we started the actual radio therapy they inserted some gold seeds

A: Mmm

P: Passive gold seeds just as guidance, which I’m sure you know about that. And they were able to er use those as aiming points.

A: Mmmm

P: So, yes I went through the radiotherapy with no problems um, just every day pretty well. And um, well at the end of it, um after a few weeks my psa was tested again- it was down to 3 point something- O cant’ remember. And then again a few weeks ago it was tested again er, it was down to point 81 something like that.

A: oh wow

P: and that’s pretty well it hows its done’

A: Yeah, well thank you for that so far. Um, just moving on, I was wondering if you view health any differently um from now compared to before you were diagnosed?

P: Ahh, oh, not really. I think er, I was already concerned about it when I was first diagnosed

A: Mmmm

P: When you’re first told when you’ve got cancer is isn’t very nice.

A: No

P: I was sortof reassured that if I was going to get cancer it was probably one of quiet a good one to have- its better than some to have *soft laugh*

A: *soft laugh*

So this *soft laugh* it really didn’t bother me too much and um, the treatment was painless and I felt that every time I went- ok it was a bit of pain to get along there but it was er, was part of the treatment and um hopefully would er get rid of it.

A: Yeah

P: And it seems to have down

A: Yeah

P: Whether it will come back we’ll never know I s’pose but I’m happy at the moment. My psa’s down, I feel ok.

A: Yeah, I was wondering do you think do you feel more or less engaged um with your health now?

P: Oh, probably more.

A: More?

P: yeah more that I’ve been sorta looking at things and I know more about aspects of how the stuff I didn’t know before. I think when you’re young you think about these things has might be happening in the future. You don’t worry too mich about it, but when it does happen you sort of look into it and find out more about it. And- yeah, I’m more engaged I’m sure.

A: yeah. Do you think you’ve changed anything about the way that you’re living at all?

P: No

A: No, that’s alright. Um, would you say that you’re your life values perhaps have changed at all?

P: Um, yes. I guess so, I’m not sure that its much different to how it would have been because you’ll find- when you get older you much to young to know this *soft laugh*

A: *soft laugh*

P: You get to the stage yeah well, I am gonna die sometime

A: Mmm

P: And it only gets closer, and er, I guess you sorta make the most of things and live every day. You know the saying wake up every day and treat it as your last day- one day you’ll be right.

A: Mmmmm

P: But then we go, I’m not morbid about it I’m just sorta of, you know, one day, non of us will be here any more. Yeah

A: Yeah, well thank you for that response so far. I’ll Ill move on to something different. As you heard my pitch earlier

P: yeah

A: Some of the stuff I’m interested in is lifestyle and behaviour- specifically on physical activity. So, I was wondering when someone mentions the word physical activity or exercise, whats your first reaction?

P: Um, oh yes I think tis a good thing, you should keep, keep exercising as much as you can. Um, well not as much as you can perhaps but at least you try to fit in activity every day. And, um, I’m not able to walk as far as I used to- I have some back problems and I can’t walk more than a couple for hundred metres without having to stop. I get a bit breathless but I try and exercise as much as I can. We’ve got a swimming pool in the village I live in- I live in a lifestyle village, we have an indoor swimming pool. My wife and I use it pretty much every day. It’s a very nice warm pool. That we find that if we get down their first thing in the morning, I’m talking about 8 o clock in the morning. Have breakfast and then go down there. ‘Slong as you’re not going out some where that means leaving home, well we can go in there and I swim a bit and do a bit of aqua aerobics and then we sit in the nice hot spa for a while and loosens the body up and gets you off to a good start.

A: yeah absolutely- And I er, do you think the- er. How does the pool support you compared to walking? Does it- Is it easier?

P: Oh yes its much easier.

A: Yeah yeah

P: Oh yes, I can swim much, I can walk better in the water better than I can out of the water.

A: Did you use to do a lot—

P:--- I usually spend about half an hour in there of exercise of one sort or another.

A: Yeah.

P: Mmmm

A: Yeah, did you do a lot of activity when you were younger?

P: Oh used to, yes. I used to. Played rugby, I used to play table tennis, I played that for donkeys years at quite a high level so I was pretty active. That came to an end because my knees packed up. So when I got to about –er, 60s, I found my knees were no longer able to er , support my table tennis activities- so I had to stop. But um, yeah.

A: Yeah. Are you doing any sort of weights or strength training at the moment?

P: Uh, occasionally, we do have a gymnasium in here, I sometimes go in there and er not heavy weights, we’ve got a circuit where you’ve got pull downs and leg lifts and ere r yeah, I do that. I should do it a little bit more than I do, but I still do exercises in the pool which is the equivalent of weight lifting. I’ve got plastic things with ere r you can use to move through the water and that er is the equivalent. Mmm.

A: Mmmm, So you mentioned that the back problems and the knee problems are quite challenging. Are there any other things that you can think of that might stop you from doing regular physical activity?

P: Oh heart and lungs I guess, that would be two that come to mind straight away. I had a heart attack a few years ago and my heart was damaged- its not working as well as it used to. Um, er also have a problem with my lungs, er, probably fibrosis- not sure if you’re aware of that sort of thing. Its er, they don’t know what caused it but its something in the lungs but it stops you from being able to breathe as well as you used to.

A: Aww, well it sounds like the pool then is very supportive for all those things

P: It is. Yes the pool’s great

A: Yeah. Were any of the the treatments relating to cancer at all a barrier for you in terms of being active?

P: no

A: No? oh that’s good. So that’s sortof, I’ve been asking you thinks about what sort of things stop you, now I’m going to ask you, off the top of your head what might help you increase your activity levels?

P: Oh, I can’t I really can’t think what might help with me, cos I’m limited about how far I can walk, and I can’t really over come that. Um, I guess I could do more in terms of walk a short distance, then stop for a while, then did it again. But er, yeah.

A: Yeah I mean

P: I mean I’m active around the house, I walk about the house and the garden. I walk as much as I can. And then stop when I have too

A: Yeah yeah-

P: mmmm

A: Oh cool. Well moving on a bit, did you have a sense of what the guidelines are for physical activity for someone of your age or health condition?

P: Oh, not really no. I mean one should do as much as you can. Um, if I can’t do it I can’t do it.

A: Mmmm Mmmm

P: If I could do more I would. I’m not sure how the guidelines are going to help?

A: Have have their been any resources that you’ve found useful>

P: As far as what?

A: As far as looking for information relating to exercise or physical activity or lifestyle kinda stuff

P: Oh not really, I haven’t really looked. I mean I do quite a bit of physical activity and gym work and swimming and that sort of thing. I think I I don’t think there’s anything I could be doing. Um, any more than just trying things.

A: Yeah Yeah, so that’s the end of the first two sections. So I’ll move on to part three

P: Yes

A: So you can move on with your day. So many of the questions kinda lead to what I’m doing

P: Yes

A: And as heard my little spiel the other night, my PhD is looking at designing a website that covers information about what exercises are recommended, and demonstrates how to do certain um, certain activities and helps men to sort of track their progress over time. So I’m going to ask you a couple of questions relating to the internet and then I’m going to ask you some thoughts on my my research so.

P: Right

A: So so can you tell me how you’re currently using the internet at the moment

P: Oh I use it every day. I respond to emails to other people and that comes up every day I have to check the emails, and if there are any to look at. We go on safari, I’ve got an apple computer. Two apple computers and an Ipad. *Soft laughs*. Quite often look for things on there.

A: What are some of the websites you like to visit a lot?

P: Oh, sport ones I guess.

A: Ah yeah

P: er, well I’m writing a book on my ancestors, so I’m using that, or sorts of things on ancestry dot com. That’s where’ve I’ve been going to. Um, anything that comes up. I like using Wikipedia to check facts. Also another thing we do a lot my wife and I run quiz nights a lot, usually keeping a track of interesting quiz questions.   
A: Yeah

P: Look stuff up on on the web.

A: Yeah

P: Yeah

A: So would you say that you’re fairly confident using

P: Yeah I think so

A: When you’re on a website, is there like a way you prefer the information to be given to you?

P: Um, usually readable as long as its easy to read

A: Yeah

P: Um yeah I guess its um, its quite important that its not hard ot read that its written. And eerily digested. Yeah.

A: Did you have any preferences for audio, or or videos explaining things or is text the better one for you?

P: Oh I think videos could be quite good if it was a matter of looking for exercises.

A: Mmmm

P: If I was looking for something to help me with my exercises I would certainly be able to see a video of someone doing to something

A: Yeah

P: someone you could exercise with, until you get used to it- that would be good. Um, yeah

A: Um, so now I’m going to introduce you to the two different research ideas our team has. I’ll tell you the first one and get your thoughts on that and then I’ll tell you the second one and similar get your thoughts. So the first one will be sort of where you log on, and you report sort of what your doing at the moment in terms of activity. And it gives you tailored feedback specifically to you and guides you thought a program. Kinda A to B to C, and um with different amounts of information that unlock over time. So it would be able 8 weeks worth of information

P: Ok

A: What are your thoughts on that kinda of idea

P: Yeah I’d give that a go, it sounds like a good thing.

A: Yeah, why did you think it sounds---

P:--- would it be every day for 8 weeks? Is that what you were thinking everyday?

A: I mean we aren’t sure, but perhaps once a week

P: Or once a week- yeah that would be ok.

A: Maybe we should think about having it open for people to have a look. Well that kinda leads me into our pitch idea. So its very very similar to the first, but the the only difference is that instead of um, going from A to B to C to D, um, when you log in you can use it as much or as little as you want. And its still go the same amount of information about 8 weeks worth of information- but um, the difference is you can pick and choose what you interact with. So what do you think the pro and cons are of giving information in this way?

P: Oh, I would say that the second one, probably more suitable to someone in my position, cos quite often I’ll be too busy during the day to be able to go on there. Um, I mean we go away on trips and holidays and things like that so I wouldn’t be able to do it while we’re away. Yeah that would probably be a better way.

A: mmm

P: As long as you don’t get lazy and get out of it for too long. So perhaps you’ll have to build it into your activity. Don’t forget you’ve gotta do that. Yeah, I can see pros and cons of both. I think perhaps the second one.

A: Yeah second one.

P: Would be better

A: Have you ever participate in a physical activity program before?

P: Um, not like this

A: yep, not like this, that’s alright. So if if, say hypothetically you were to- other than physical activity would their be any other topics that you would like to be in a sort of tool kit program as it were?

P: What do you mean by tool kit

A: I mean a site with all the information, are there any other areas that you think should be covered?

P: Um, can’t think of anything for the moment.

A: That’s alight

P: Minds gone a bit of a blank of that.

A: Its alright, we’ll move on. This this is the last question. We realise as a research team that naming a program can be quite challenging.

P: Yep

A: So I would wondering if you could sort of go, oh I like that one, or I don’t like that one so much. If I give you some names of the programs and if you could just give me your gut reaction. So the first one is ‘my movement matters

P: yeah alright, sounds good.

A: oh, a stronger me

P: mmm… not so much I don’t really want to be strong, might be alright for younger people

A: Building up blokes

P: yeah, same as the last one

A: um, tailored to me

P: tailored to me, yep

A: Cancer fit

P: Cancer what

A: Fit

P: Fit?

A: Yeah

P: Cancer fit- yeah sounds interesting

A: um, I can move

P: Mmmhmmm

A: um, I strengthen

P: Mmmm no

A: um, Movement and Me

P: Yes

A: My fit

P: my fit-

A: So these were random ones we came up with so

P: my fit, no I don’t like that one

A: cool, alright we’’ll leave it at that.

P: I think I liked the movement and me, and my movement matters. And er,

A: yeah

P: Cancer fit. Yes

A: yeah yeah, well thanks for that that’s really really useful. So that brings us to the end of the interview section of the study. So to complete our research we’d like you’re opinion on 4 physical activity sections we have taken from other online cancer websites. We can either post them to you to email that to you. Once that’s complete I can send the $25 gift voucher to thank you for your time.

P: Oh it’s a bit of a surprise. I wasn’t expecting that. I think email is probably the best way. You’ve obviously got my email.

A: So it will be a survey monkey link which will take you to the page. Could I grab your postal address so I can send you the thank you.

*Proceeds to get details and thanks participant for their time.*