**Finlay Interview Survey Data**

Demographical Data Summary

* N=15 completed surveys (n missing = 1)
* Average age 69.69 years (±6.7 yrs), Min= 56, Max=78 years
* 66% metro (n=10) , 44% rural (n=5)
* 46% perceive their health as good or very food
* 60% post high school study (n=9),
* Time since last treatment average 4.9 years (± 4.8 years), min = 4 months, Max= 15 years

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| **Participant ID** | **New ID** | **Age** | **Location** | **Education** | **Last treatment** | **General Health** | **Guidelines and knowledge** | **Goal setting, action plan, self monitoring** | **Outcome expectations, knowledge** | **Exercises partner and habit formation** |
| **How much activity is recommended?** It is recommended that cancer survivors who are able participate in 150 minutes of moderate-vigorous aerobic activity each week. Another way of putting it is half an hour of activity on most days, at a pace that makes you sweat after about 10 minutes (moderate exercise) or sweat almost instantly (vigorous exercise). Examples of aerobic exercises include walking, cycling, gardening, dancing, golf (walking and carrying clubs) cricket, tennis, mowing the lawn etc. In addition to aerobic exercise, two sessions of resistance-based activities (also referred to as strength-based) are also recommended each week, ensuring you work all major muscle groups.  Examples of resistance-based exercises include push-ups, squats, sit-ups, and bicep curls. Evidence from many research trials have shown that exercise is safe for cancer survivors and should be participated in regularly to obtain the most benefits. Don’t worry if you don’t meet the main guidelines straight away. Some exercise is more beneficial than none. You can start small and build your way up to meeting the guidelines overtime. | **How to get started and stay on track.** The first step is to set some goals. The Cancer Council recommends SMART goals. Goals that are SMART are: **s**pecific, **m**easurable, **a**chievable, **r**ealistic and **t**imely. Think about what a SMART goal for you would be. Once you have your goal worked out the next step is to make a specific plan. Think of exactly when, where and with who you are going to exercise to achieve your goals. Write it down somewhere and schedule it into your week. This is about making the time. Once you have these two things sorted you are ready to get started. To help you stay on track we recommend monitoring your progress. You can do this by keeping pen and paper records or by using a pedometer or fitness tracker. The best method will depend on your goal and your level of comfort with technology. Monitoring your progress will be useful for adjusting you plan and it can also be quite motivating. | **What are the benefits of exercise?** Exercise has many general benefits for your physical and mental wellbeing. It can: strengthen muscles and bones and improve circulation, help you maintain or achieve a healthy weight, improve your energy levels, improve your mobility and balance, improve appearance and self-esteem, help you cope with stress, anxiety and depression . It can also provide reduce the risk of, or help manage, high blood pressure, heart disease, stroke, diabetes, osteoporosis and some cancers. | **Do I need an exercise partner?** Exercising alone can work for some, but other times its good to find someone in your life, such as a partner, or a friend to keep you accountable. While you will be in charge of your activity, it always helps to have someone who knows what changes you are making. Exercising with others can also make it more enjoyable. You might choose a mix of exercising at home or outdoors and attending a group program. The structure and safety of a supervised program can be a great place to start, while your own activities can keep things interesting. Another option is to join a sporting club. Belonging to a group provides a social outlet as well as physical benefits, and often helps with motivation. |
| 001 | 1 | 71 | Metro | Bch Degree | 10 years | Good | Language ok, content relevant and well pitched information on right level | Relevant, well written in an appropriate language and in a good information level | Relevant, language and tone ok, info ok, but why no mention of an app on the phone which might be easier way for most people today | Not relevant as I am single but makes a lot of sense. Well written, level about right, info ok |
| 002 | 2 | 71 | Metro | Graduate Studies | 15 years | Good | The message is a bit long | It is relevant to everyone! Appropriate- yes, nice and brief and to the point | Relevant, a bit too formal. Too much info! | I am usually too busy to organise a partner, it is much easier to exercise on my own. There is a lot of truth in the message, but group exercising requires more planning than I am prepared to do. |
| 004 | 3 | 75 | Metro | Year 11 | 4 months | Good | Probably, authoritarian, don’t tell me what do! Neither really, more would be ok | Probably [relevant], authoritarian, and implies I’m not currently doing enough. A bit brisk [length]. Just enough [information] | Go back one step- why do I need these fancy goals? What penalty is there for doing nothing? What do you mean? Give example is. Ordering me about?? AM I not doing ok enough under my own steam?? Are you suggesting I will die if I don’t conform? | Hell no! I’m a loner. False enthusiasm is a bit of a turn off. Good information but not my thing at all |
| 005 | 4 | 74 | Metro | Yr 10 | 8 years | Excellent | NA | This is an important message | Relevant to your circumstances | Exercise is an individual activity, I would exercise by myself |
| 007 | 5 | 75 | Metro | Phd | 14 years | Excellent | Authoritative, needs examples. Benefits at the end | Underline the when where and with whom | Too much information | List examples of how to mix up the exercise routine |
| 008 | 6 | 65 | Rural | Year 10 | 10 months | Very good | Appropriate | Appropriate | Appropriate | Appropriate |
| 009 | 7 | 78 | Metro | Bch | 10 months | Good | Relevant | Relevant | Relevant | Relevant |
| 010 | 8 | 66 | Metro | Bch Degree | 6 months | Good | Aerobic=cardio  Strength examples are for already fit people- for older/less fit can use softer exercise examples (small weights, wall push etc) | Definitely not for everyone. Looks like a log of effort before making a start. Some may prefer to start slow, develop plans and committee as they go | I like this- motivating | Not ‘accountable’ try ‘on track’ or similar- Otherwise ok, emphasis on social |
| 013 | 9 | 61 | Rural | Yr 10 | 5 years | Good | Agree, but in my case I was doing it anyway (small farm) | Agree because I have missed not being able to do it since | Gym. We have data sheets to measure progress. Group of friends that normally show up to make more interesting | Group session is best for me. Physio knows what exercises are best for my body |
| 014 | 10 | 74 | Rural | Tafe | 5 years | Very good | I do 150 min + every week. Totally agree with the summary but work 5within your physical limits | Pedometers and fitness trackers need to be accurate and reliable. Smart goals stimulate you to maintain discipline to get the exercise completed | All of the above. Exercise re-enforces self esteem and reduces anxiety and depression because you are achieving through self help | prostate support groups are priceless for group therapy and participation |
| 015 | 11 | 73 | Rural | Tafe | 5 years | Very good | 1. Goals are a good way with motivating your achievements | I would keep my own records to see how I improve (pen and paper) I would need a step counter to monitor it. Working with someone else could be good | Agree with all the above | Agree completely, even a machine good |
| 016 | 12 | 76 | Rural | Yr 11 | 3 years | Very good | I feel the message is good, the level of activities ie; the sweating phrase may be somewhat misleading. A program for 75+ men should be under the guidance of a qualified trainer | Yes [relevant], ok [language and tone of message], No [too casual/too formal], Just right [amount of information]. | This message is good | It is good to be able to exercise with a partner/group and able to set challenges |
| 017 | 13 | 56 | Rural | Bch | 3 years | Very good | [appropriate to you circumstances?] No- as I have always exercised and still do. Yes about the language and tone appropriate. Its fine, not too casual or too formal.  Presented like in the above paragraph- its difficulty to read and to put this in some sort of order for the reader. I think you have to keep it simple and in sub section or bite sized pieces, and friendly, like the last sentence. | No, I think its fine, refer to my previous answer. I would mention that exercise is good for the male’s sexual health as well. I would specifically mention which cancers have shown to be reduced. | Again refer to my first answer. But the advice is good, but would love to see some examples given for different abilities. For eg. Health and fit 50yr male is quite different to an older not so fit male. You could give some generic answers with referrals to a sports physio or similar personal trainer. Setting a generic goal could be a start, eg if you walk without pain for 10 mins do that at the same time in exercise clothes; two weeks increase to 15 min. Something like that. Again the info is good by needs to be targeted | The info is good and appropriate wand well written like the rest of the statement. But I would focus on exercises with others is much more fun, as demanding as you want and is good for your mental health and cheering on a bit with groups |
| 018 | 14 | 78 | Rural | Year 9 | 7 years | Fair | NA | Because of my severe debilitating arthritis I am very limited to what exercise I can do. Short 20-30 min walk can be very uncomfortable | Agree 100% | I agree |
| 019 | 15 | 62 | Metro | Tafe | 6 months | Good | These guidelines may be ideal, but I cant achieve them. No it is not relevant to my age / lifestyle/work commitments Tone of message ok It is ok Too many words/too much information | I know about the benefits of exercise. Appropriate. I prefer the message to be in point form, less words, quicker to digest. Too much info | No I know about goal setting etc from the work place setting. Yes it is appropriate. Too formal Too much info It needs to be in point form | At 62, I need to exercise with friends or in a group of like minded people with the same interests. Message is relevant Tone is ok The length should be shorter, make a point and stop. |