

Contact: Amy Finlay
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Freemasons Foundation Centre for Men's Health, School of
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Research Institute, PO Box 11060
Adelaide SA 5001

Email: amy.finlay@adelaide.edu.au

Prostate Cancer Research Project:

Making things more relevant: Chat to us about prostate cancer and lifestyle change support: Section 4 (survey)

Making things more relevant: What is Missing?

What is missing from these messages?

We have sourced these physical activity messages from existing resources and we would like your opinion on them. This will take 10-15 min

When answering please keep in mind:

- Is this message relevant to your circumstances?
- · Is the language and tone of the message appropriate?
- Do you find it too formal or too casual?
- · Too much information or not enough?

Tell us what is missing and why!

If there is not enough space, please attach a new sheet of paper with your thoughts

What do I do when I finish?

Please send this back to the research team via the email or n the prepaid and pre addressed envelop provided.

PARTICIPANT ID: 004

What is your age?

Where do you live?

Metropolitan

Regional

Rural

Remote

What is the highest level of education that you have obtained? Please circle

Yr 7

Yr 10

Matriculation

Tafe or other

tertiary course

Bachelors

Masters



Other

How long has it been since your last treatment in months/years?

In general, would you say your health is...

Excellent

Very Good

Good

Fair

Poor

authorety.

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.

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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.

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Comment:

Thank you for your thoughts this will allow us to make more relevant information available for men with prostate cancer







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Participant ID

Age (yrs) 7 §

Time since last treatment for prostate cancer? (in years or in months)

Highest education level obtained?

Year 7

Year 9 JUNIOR FECH

Year 10

Matriculation

Tafe/Cert

Undergraduate Degree

Postgraduate studies

Masters

PHD

In general, would you health is...? (please circle)

Excellent

Very Good

Good

Fair

Poor

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Comment:		

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Comment:

BECAUSE OF MY SEVERE DEBILITATING ARTHRITIS I AM VERY LIMITED TO WHAT EXERRISE I CAN DO SHORT 20-30 MIN WALK CAN BE VERY UNCOM FORTABLE

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Comment:

AGREE 100/1

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Comment:		
	1	NGREE

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Participant ID

Age (yrs) 73

Time since last treatment for prostate cancer? (years or months) ongaing in relation & Blooding Prostate vanared in 2012

Highest education level obtained? (please circle)

Year 7

Year 9

Year 10

Matriculation

Tafe/Cert

Masters

PHD

Undergraduate Degree

Postgraduate studies

Nasters

Undergraduate Degree

Postgraduate studies

Postgraduate studies

In general, would you health is...? (please circle)

Excellent

Very Good

Good

Fair

Poor

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Comment:

I skink I would be happy with something like who above it does give aptions evict in the main thing. Goals are a good every of manitoring your achievants.

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Comment:

I would been my our records to see how the improve (pencil + Papas) I would need a plant goodend maritar it. Working with Someone else can also be good.

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Comment:

Agree with all the above.

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.

Comment:

Agree complethy even a machine in good



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What do I do when I finish?

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Participant ID 014

Age (yrs) 74

Time since last treatment for prostate cancer? (years or months) $5y_{RS}$

Highest education level obtained? (please circle)

Year 7
Year 9
Year 10
Matriculation ✓
Tafe/Cert ✓
Undergraduate Degree
Postgraduate studies
Masters
PHD

In general, would you health is...? (please circle)

Excellent
Very Good
Good
Fair
Poor

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Comment:

1 DO 150 MINS + ENERY WEEK.

TOTALLY AGREE WITH THIS SUMMARY BUT WORK WITHIN YOUR PHYSICAL LIMITS.

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Comment:

PEDOMETERS. TIMES TRACKERS NEED TO BE ACCURATE & RELIABLE.

SMART GOALS STIMULATE YOU TO MINITHIN DISCIPLINE, TO GET

THE EXCERCISE COMPLETED.

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Comment:

ALL OF THE ABOVE

EXCERCISE RE-INFORCES SELF ESTEEM, O REDUCES ANXIETY

OF DEPRESSION RECAUSE YOU ARE ACHIEVING THROUGH SELF-HOLD.

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Comment:

PROSTATE SUPPORT GROUPS ARE "PRICELESC" FOR CHOUP THERIPY & PARTICIPATION.



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Participant ID

Age (yrs) $6/\frac{1}{2}$

Time since last treatment for prostate cancer? (years or months)

Highest education level obtained? (please circle)

Year 7

Year 9

(Year 10) MEDICAL LEAUE SCHOOL

Matriculation

Tafe/Cert

Undergraduate Degree

Postgraduate studies

Masters

PHD

In general, would you health is...? (please circle)

Excellent

Very Good

GOOD VAC PLIMP ATTACHED

Fair

Poor

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Comment:

ALREE. BUT MY CASE I WAS POING IT ANY WAY

(SMALL FARM)

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Comment:

GYM. WE HAVE DATA SHEETS TO MEAGURE PROGRESS.

GROUP OF FRIENDS THAT NURMALLY SHOW UP TO MAKE MORE INTERESTING.

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exemples for already furty strong

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Comment:

strength examples are for abrendy fit people - for older/ less fit can use softer exercise examples (small anights, wall-push, etc)

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Comment:

lefrictely not for everyone Looks like a lot of effort before making a start Some may prefer to start slow, develop plans and commitment as they go



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Comment:

I like this one - matriating

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Comment:

not 'accountable' try 'en-track' er Junilar otherwise bk, emphasis en Social

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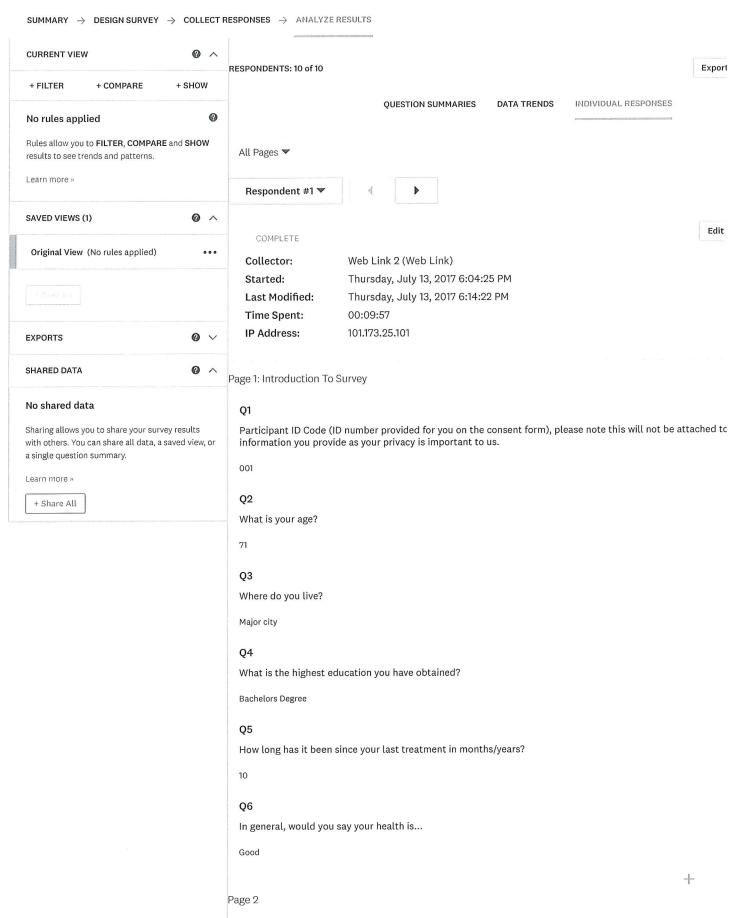
Age 66 Edn v/grad legree + port-grad of the Current Lealth good, working on it.

.

Create better surveys faster. Upgrade to add users and get team collaboration tools. View pricing.»

Making things more relevant: Chat to us about prostate cancer and lifestyle change support





07

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Is this m your circumstances?

Is the language and tone of the message appropriate?

Do you find it too formal or Too much information or not enough?

language ok content relevant and well pitched informaion right level

Page 3

Q8

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relevant

well written in appropriate language and a good information level

Page 4

09

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relevant

language and tone ok

level ok

info ok but why no mention of an app on the phone which is what may be the easiest way for most people today

Page 5

Q10

Please read the following message and provide your feedback below. "Do I need an exercise partner? Exercisin for some, but other times it's good to find someone in your life, such as a partner, or a friend to keep you acco will be in charge of your activity, it always helps to have someone who knows what changes you are making. Exothers can also make it more enjoyable. You might choose a mix of exercising at home or outdoors and attend program. The structure and safety of a supervised program can be a great place to start, while your own activi interesting. Another option is to join a sporting club. Belonging to a group provides a social outlet as well as p and often helps with motivation."When answering, please keep in mind: Is this message relevant to your circulanguage and tone of the message appropriate? Do you find it too formal or too casual? Too much informatic

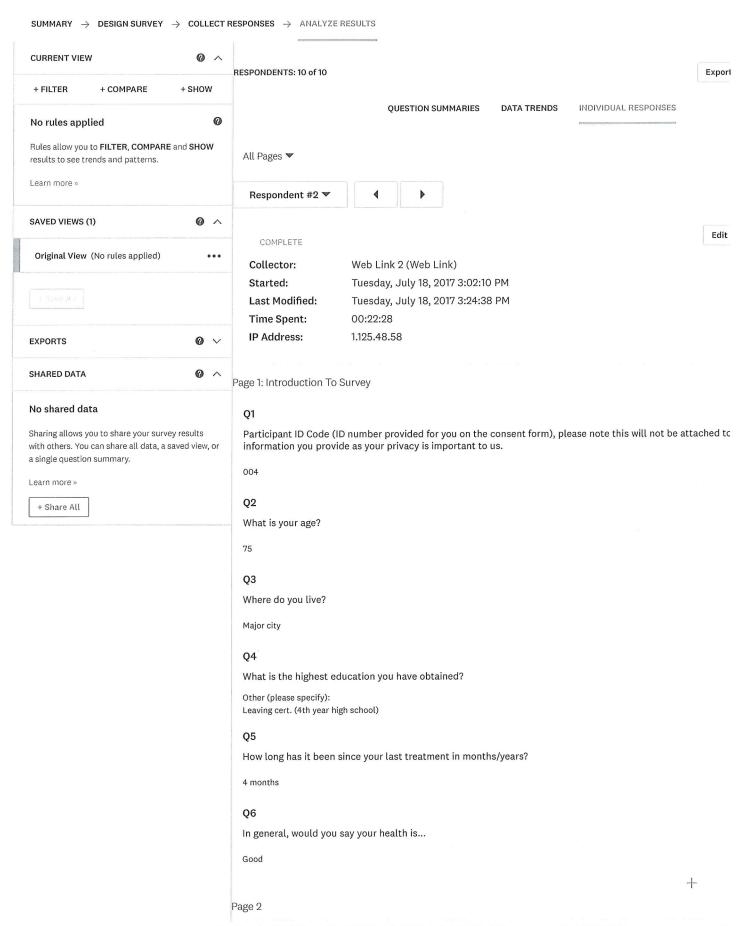
not relevant a I am single but makes a lot of sense well written level about right info level ok

+

Create better surveys faster. Upgrade to add users and get team collaboration tools. View pricing.»

Making things more relevant: Chat to us about prostate cancer and lifestyle change support





07

Please read the following message and provide your feedback below. "How much activity is recommended? It i that cancer survivors who are able to participate in 150 minutes of moderate-vigorous aerobic activity each we putting it is half an hour of activity on most days, at a pace that makes you sweat after about 10 minutes (moc sweat almost instantly (vigorous exercise). Examples of aerobic exercises include walking, cycling, gardening, (walking and carrying clubs) cricket, tennis, mowing the lawn etc. In addition to aerobic exercise, two session based activities (also referred to as strength-based) are also recommended each week, ensuring you work all I groups. Examples of resistance-based exercises include push-ups, squats, sit-ups, and bicep curls. Evidence f trials has shown that exercise is safe for cancer survivors and should be participated in regularly to obtain the Don't worry if you don't meet the main guidelines straight away. Some exercise is more beneficial than none. 'and build your way up to meeting the guidelines over time." When answering please keep in mind:

Is this m your circumstances?

Is the language and tone of the message appropriate?

Do you find it too formal or Too much information or not enough?

Probably.

Authoritarian. Don't tell me what I should do!

Neither, really.

More would be okay.

Page 3

Q8

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- 1. Probably.
- 2. Authoritarian, and implies that I am not currently exercising enough.
- 3. Neither. A bit brisk, perhaps.
- 4. Just enough.

Page 4

Q9

Please read the following message and provide your feedback below. "How to get started and stay on track. TI some goals. The Cancer Council recommends SMART goals. Goals that are SMART are: specific, measurable, a and timely. Think about what a SMART goal for you would be. Once you have your goal worked out the next st specific plan. Think of exactly when, where and with who you are going to exercise to achieve your goals. Write somewhere and schedule it into your week. This is about making the time. Once you have these two things sor to get started. To help you stay on track we recommend monitoring your progress. You can do this by keeping records or by using a pedometer or fitness tracker. The best method will depend on your goal and your level or technology. Monitoring your progress will be useful for adjusting your plan and it can also be quite motivating please keep in mind: Is this message relevant to your circumstances? Is the language and tone of the mappropriate? Do you find it too formal or too casual? Too much information or not enough?

Go back one step. WHY do I need these fancy goals? What penalty is there for doing nothing? What do you mean? Give example to order me about?? Am I not doing okay under my own steam? Are you suggesting I will die if I don't conform?

Page 5

Q10

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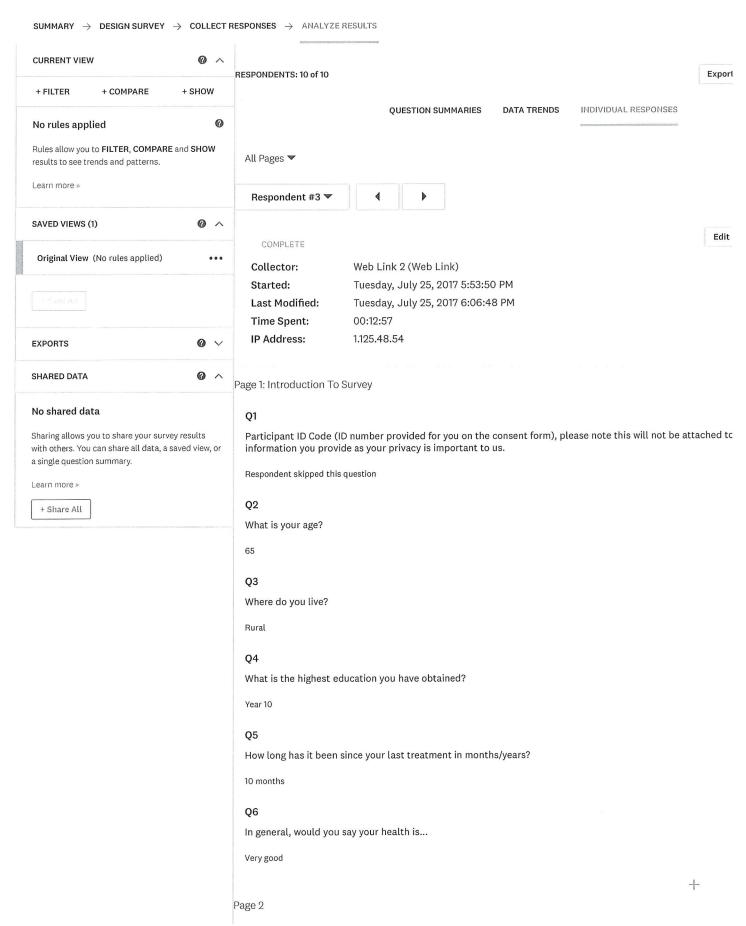
Hell no! I am a loner.
False enthusiasm is a bit turn-off.
Good information, but it is not my thing at all.

+

Create better surveys faster. Upgrade to add users and get team collaboration tools. View pricing.»

Making things more relevant: Chat to us about prostate cancer and lifestyle change support





07

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Appropriate

Page 3

08

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Appropriate

Page 4

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Appropriate

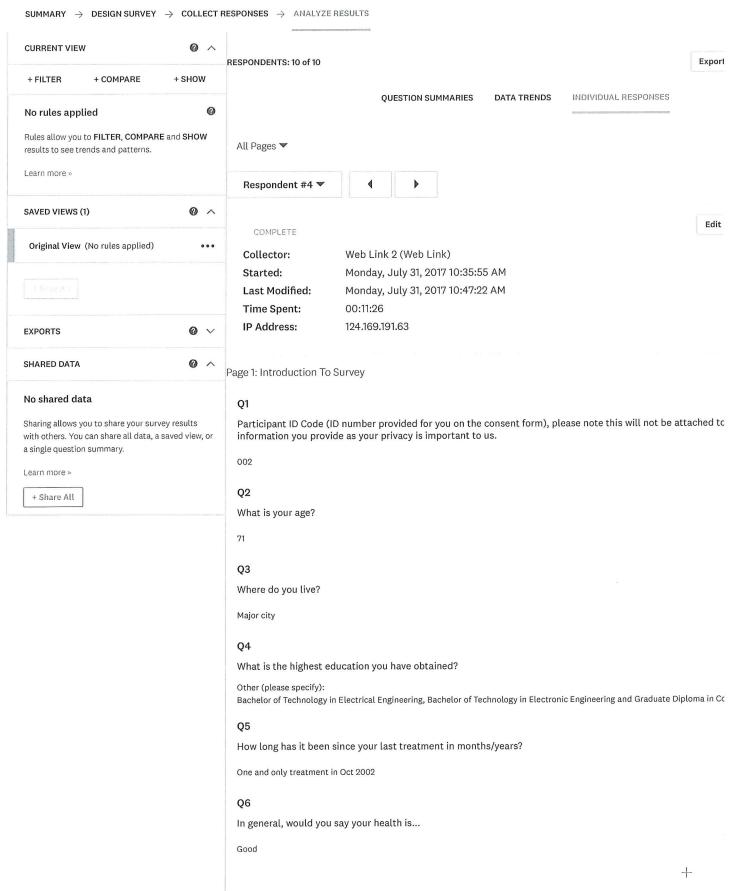
Page 5

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Appropriate





Q7

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The Message is a bit detailed!

Page 3

08

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It is relevant to everyone! Appropriate - Yes Nice and brief and to the point

Page 4

Q9

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Relevant, bit too formal. Too much info!

Page 5

Q10

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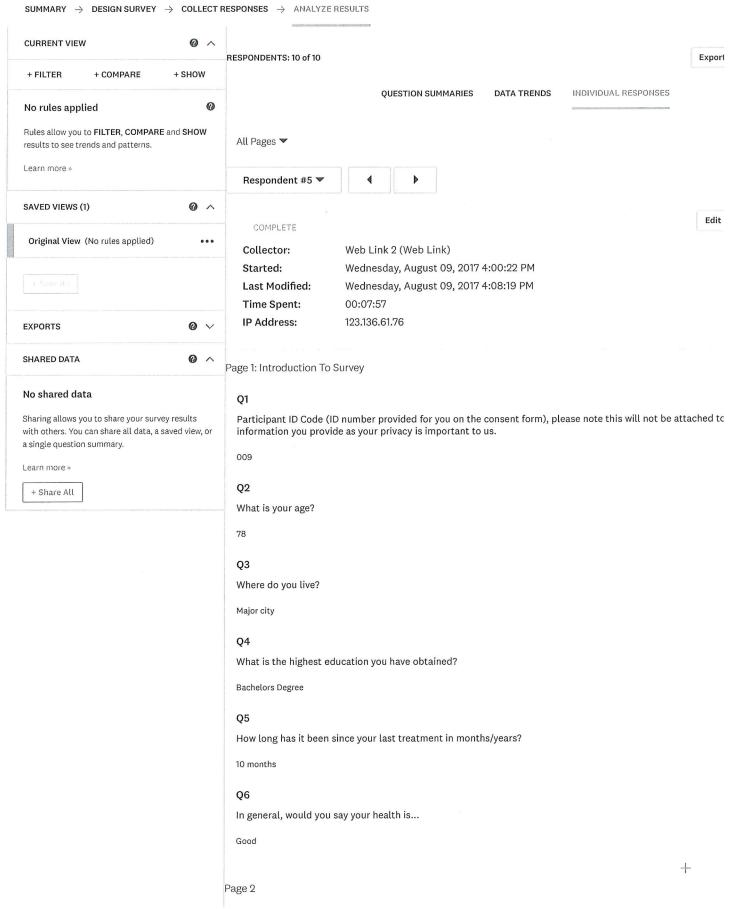
I am usually too busy to organize a partner, it is much easier to exercise on my own.

There is a lot of truth in the message, but Group exercising requires more planning than I am prepared to do.

ENGLISH

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relevant

Page 3

08

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relevant

Page 4

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Too much information or not enough?

relevant

Page 5

Q10

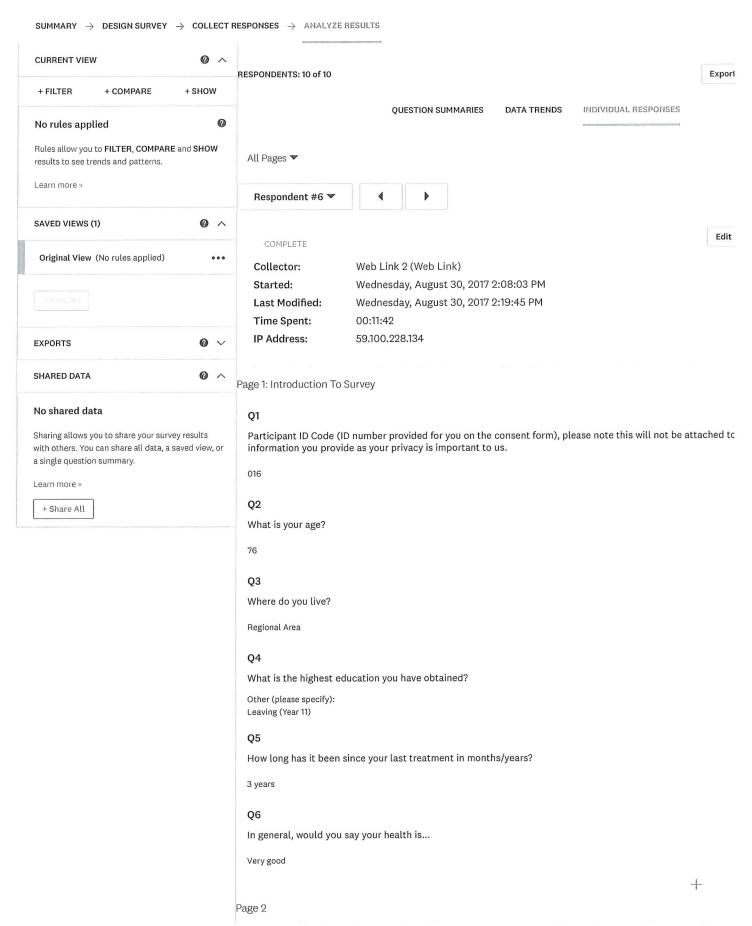
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relevant

ENGLISH

+





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I feel the message is good, the level of activities, ie, the sweating phrase may be some what misleading. a program for 75+ men should be under the guidance of a qualified trainer.

Page 3

08

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Yes OK

No

Just right

Page 4

Q9

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The message is good.

Page 5

Q10

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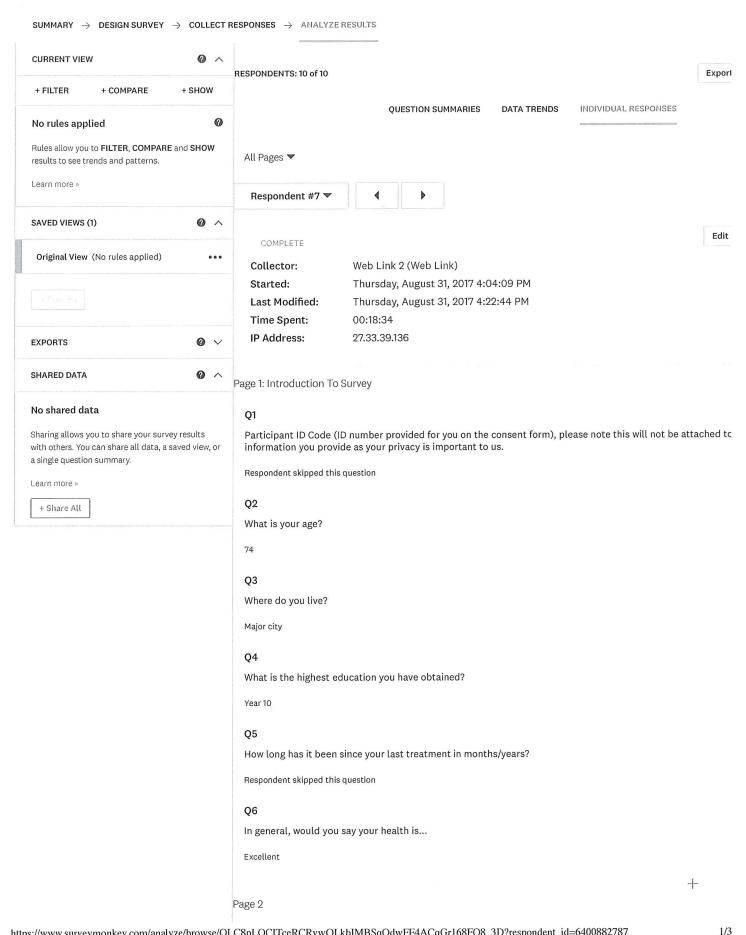
It is good to be able to exercise with a partner/group and able to set challenges.

Message is appropriate.

ENGLISH

+





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Respondent skipped this question

Page 3

Q8

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This is an important message

Page 4

Q9

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Relevant to your circumstances.

Page 5

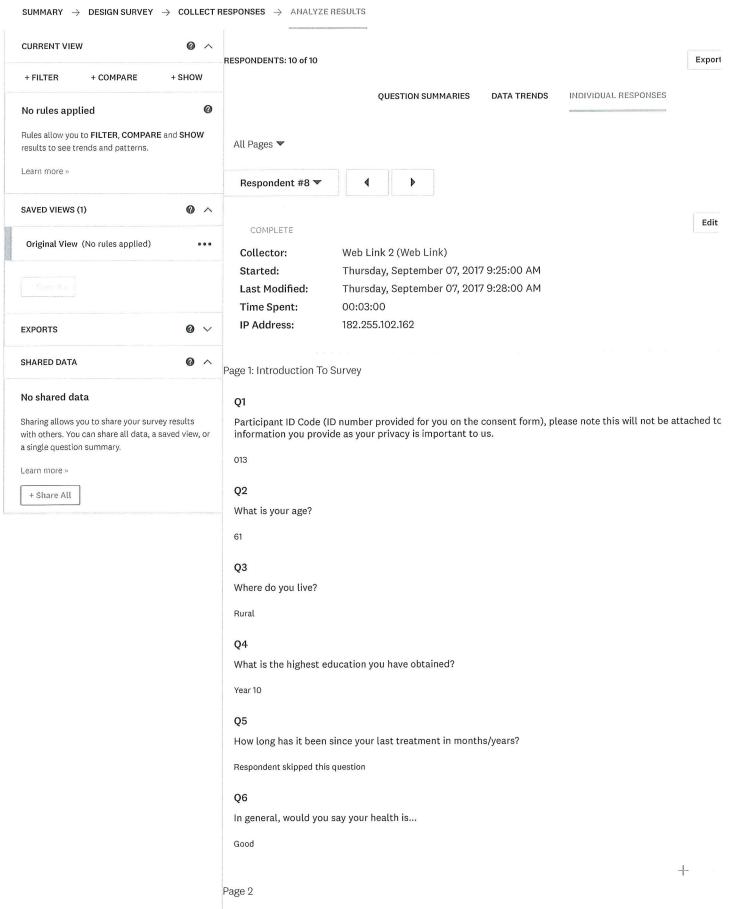
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Exercise is an individual activity, I would exercise by my self.

ENGLISH





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Agree, but in my case I was doing it any way (small farm)

Page 3

Q8

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Agree, because I have missed it since not being able to.

Page 4

09

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Is this message relevant to your circumstances?

Too much information or not enough?

Gym. We have data sheets to measure progress. Group of friends that normally show up to make more interesting

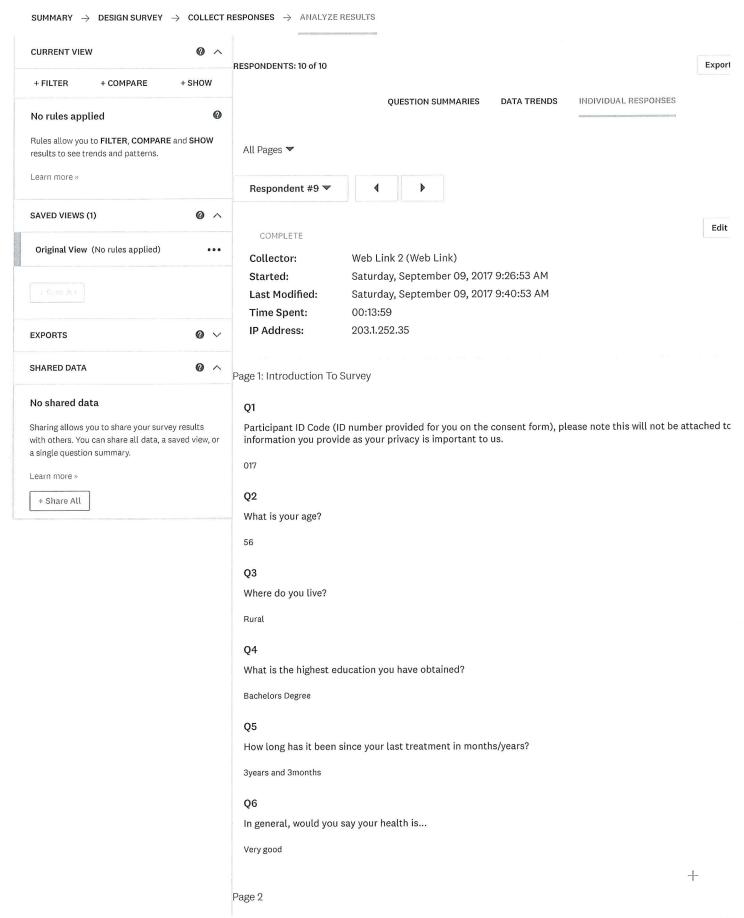
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Group session is best for me. Physio knows what exercises are best for my body





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No as I have always exercised, and still do.

Yes about language and tone appropriateness

Its fine not to casual or formal

presented like the above paragraph is difficult to read and to put in some sort of order for the reader. I think you have to keep t and in sub section or bite size pieces, and friendly, like the last sentence.

Page 3

80

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No I think its fine. Refer to my previous answer.

I would mention that exercise is good for the males sexual health as well.

I would specifically mention which cancers have been shown to be reduced.

Page 4

Q9

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Again refer to my first answer.

But the advise is good, but would love to see some examples given for different abilities. For eg, healthy and fit 50yo male is qu male not so fit. 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 can walk without pain for 10 mins do that at the same time in exercise clothes: two weeks increase to 15mins. Something like that perhaps.

Again the info is good but needs to be targeted.

Page 5

Q10

Please read the following message and provide your feedback below. "Do I need an exercise partner? Exercisin for some, but other times it's good to find someone in your life, such as a partner, or a friend to keep you acco will be in charge of your activity, it always helps to have someone who knows what changes you are making. Es others can also make it more enjoyable. You might choose a mix of exercising at home or outdoors and attend program. The structure and safety of a supervised program can be a great place to start, while your own activi interesting. Another option is to join a sporting club. Belonging to a group provides a social outlet as pand often helps with motivation. "When answering, please keep in a mind: Is this message relevant to circulanguage and tone of the message appropriate? Do you find it too formal or too casual? Too much informatic

The info is good and appropriate and well written like the rest of the statements.

But, I would focus that exercising with others is much more fun, as demanding as you want and is good for your mental health ϵ cheering on bit with groups.

ENGLISH

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