



THE UNIVERSITY
of ADELAIDE

Contact: Amy Finlay
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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 in the prepaid and pre addressed envelop provided.

PARTICIPANT ID: 004

What is your age?

75

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

PHD

Other

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

14 - 15 years

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

Excellent

Very Good

Good

Fair

Poor

Please read the following message and give your feedback below:

authenticity.

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 *example* 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.

When answering please keep in mind:

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

Comment:

Please read the following message and give your feedback below:

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.

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?

Comment:

Please read the following message and give your feedback below:

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.

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?

Comment:

Please read the following message and give your feedback below:

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

#10.

#18.



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Participant ID

187.
18

Age (yrs) 78

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

7 YEARS

Highest education level obtained?

Year 7

Year 9 JUNIOR TECH

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

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

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Tell us what is missing and why!

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.

Comment:

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.

Comment:

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

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.

Comment:

AGREE 100%

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:

I AGREE

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) 73

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

ongoing in relation to Bleeding
Prostate removed in 2012

Highest education level obtained? (please circle)

Year 7

Year 9

Year 10

Matriculation

Tafe/Cert

Undergraduate Degree

Postgraduate studies

Masters

PHD

diploma in P/W/h management.

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

Excellent

Very Good

Good

Fair

Poor

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Comment:

I think I would be happy with something like the above it does give options which is the main thing. Goals are a good way of monitoring your achievements.

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Comment:

I would keep my own records to see how I improve (pencil & paper) I would need a pedometer/goodband monitor 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 completely even a machine is good

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



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- Too much information or not enough?

Tell us what is missing and why!

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Participant ID 014

Age (yrs) 74

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

5 yrs.

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

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.

Comment:

I DO 150 MINS + EVERY WEEK.

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

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Comment:

PEDOMETERS & FITNESS TRACKERS NEED TO BE ACCURATE + RELIABLE.
SMART GOALS STIMULATE YOU TO MAINTAIN DISCIPLINE, TO GET
THE EXERCISE COMPLETED.

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Comment:

ALL OF THE ABOVE

EXERCISE RE-INFORCES SELF ESTEEM, & REDUCES ANXIETY
& DEPRESSION BECAUSE YOU ARE ACHIEVING THROUGH SELF-HELP.

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:

PROSTATE SUPPORT GROUPS ARE "PRICELESS" FOR GROUP THERAPY
& PARTICIPATION.

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

016 013 - put into survey monkey



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- Too much information or not enough?

Tell us what is missing and why!

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What do I do when I finish?

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Participant ID 016 .

Age (yrs) 61 $\frac{1}{2}$

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

Highest education level obtained? (please circle)

Year 7

Year 9

Year 10 MEDICAL LEAVE SCHOOL

Matriculation

Tafe/Cert

Undergraduate Degree

Postgraduate studies

Masters

PHD

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

Excellent

Very Good

Good VAC PUMP ATTACHED

Fair

Poor

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Comment:

AGREE. BUT MY CASE I WAS DOING IT ANYWAY
(SMALL FRAM)

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Comment:

GYM. WE HAVE DATA SHEETS TO MEASURE PROGRESS.
GROUP OF FRIENDS THAT NORMALLY SHOW UP TO MAKE
MORE INTERESTING.

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Comment:

AGREE. BECAUSE I HAVE MISSED IT SINCE NOT
BEING ABLE TO DO IT.

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Comment:

GROUP SESSION IS BEST FOR ME. PHYSIO KNOWS
WHAT EXERCISES IS BEST FOR MY BODY.

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

note - other
survey items
missing!
- age, edu, health -



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Tell us what is missing and why!

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Rest is time - need to
examples for already fairly strong
examples for beginners

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Comment:

aerobic \equiv cardio
strength examples are for already fit people - for
older/less fit can use softer exercise examples
(small weights, wall-push, etc)

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Comment:

Definitely 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 - motivating

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Comment:

not 'accountable' try 'on-track' or similar
otherwise OK, emphasis on social

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Age 66

Edn upgrad degree + post-grad ^{at grad}

Current Health 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



SUMMARY → DESIGN SURVEY → COLLECT RESPONSES → ANALYZE RESULTS

CURRENT VIEW

+ FILTER

+ COMPARE

+ SHOW

No rules applied

Rules allow you to **FILTER**, **COMPARE** and **SHOW** results to see trends and patterns.

Learn more »

SAVED VIEWS (1)

Original View (No rules applied)

EXPORTS

SHARED DATA

No shared data

Sharing allows you to share your survey results with others. You can share all data, a saved view, or a single question summary.

Learn more »

+ Share All

RESPONDENTS: 10 of 10

QUESTION SUMMARIES

DATA TRENDS

INDIVIDUAL RESPONSES

All Pages

Respondent #1

COMPLETE

Collector:

Started:

Last Modified:

Time Spent:

IP Address:

Web Link 2 (Web Link)

Thursday, July 13, 2017 6:04:25 PM

Thursday, July 13, 2017 6:14:22 PM

00:09:57

101.173.25.101

Page 1: Introduction To Survey

Q1

Participant ID Code (ID number provided for you on the consent form), please note this will not be attached to information you provide as your privacy is important to us.

001

Q2

What is your age?

71

Q3

Where do you live?

Major city

Q4

What is the highest education you have obtained?

Bachelors Degree

Q5

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

10

Q6

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

Good

Page 2

Export

Edit

https://www.surveymonkey.com/analyze/browse/OLC8pLOCITceRCRvwQLkbIMBSqQdwFF4ACqGrI68FQ8_3D?respondent_id=6400882787

1/3

Q7

Please read the following message and provide your feedback below. "How much activity is recommended? It is that cancer survivors who are able to participate in 150 minutes of moderate-vigorous aerobic activity each week, putting it is half an hour of activity on most days, at a pace that makes you sweat after about 10 minutes (moderate 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 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 clinical trials has shown that exercise is safe for cancer survivors and should be participated in regularly to obtain the best health outcomes. Don't worry if you don't meet the main guidelines straight away. Some exercise is more beneficial than none. Build your way up to meeting the guidelines over time." 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?

language ok content relevant and well pitched information right level

Page 3

Q8

Please read the following message and provide your feedback below. "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, maintain or achieve a healthy weight, improve your energy levels, improve your mobility and balance, improve self-esteem, help you cope with stress, anxiety, and depression. It can also reduce the risk of, or help manage, heart disease, stroke, diabetes, osteoporosis and some cancers." 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?

relevant

well written in appropriate language and a good information level

Page 4

Q9

Please read the following message and provide your feedback below. "How to get started and stay on track. Think about some goals. The Cancer Council recommends SMART goals. Goals that are SMART are: specific, measurable, achievable, and timely. Think about what a SMART goal for you would be. Once you have your goal worked out, write down 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 can get started. To help you stay on track we recommend monitoring your progress. You can do this by keeping a record of your exercise or by using a pedometer or fitness tracker. The best method will depend on your goal and your level of motivation. Monitoring your progress will be useful for adjusting your plan and it can also be quite motivating. 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?

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? Exercising with a partner for some, but other times it's good to find someone in your life, such as a partner, or a friend to keep you accountable. If you have someone to exercise with, it always helps to have someone who knows what changes you are making. Even if you don't, others can also make it more enjoyable. You might choose a mix of exercising at home or outdoors and attending a supervised program. The structure and safety of a supervised program can be a great place to start, while your own activity can be more interesting. Another option is to join a sporting club. Belonging to a group provides a social outlet as well as support and often helps with motivation." 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?

not relevant as I am single but makes a lot of sense

well written

level about right

info level ok

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SAVED VIEWS (1)

Original View (No rules applied)

+ Save All

EXPORTS

SHARED DATA

No shared data

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RESPONDENTS: 10 of 10

QUESTION SUMMARIES

DATA TRENDS

INDIVIDUAL RESPONSES

All Pages

Respondent #2

COMPLETE

Collector:

Started:

Last Modified:

Time Spent:

IP Address:

Web Link 2 (Web Link)

Tuesday, July 18, 2017 3:02:10 PM

Tuesday, July 18, 2017 3:24:38 PM

00:22:28

1.125.48.58

Page 1: Introduction To Survey

Q1

Participant ID Code (ID number provided for you on the consent form), please note this will not be attached to information you provide as your privacy is important to us.

004

Q2

What is your age?

75

Q3

Where do you live?

Major city

Q4

What is the highest education you have obtained?

Other (please specify):
Leaving cert. (4th year high school)

Q5

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

4 months

Q6

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

Good

Page 2

Export

Edit

https://www.surveymonkey.com/analyze/browse/OLC8pLOCITceRCRvwQLkbIMBSqQdwFF4ACqGrI68FQ8_3D?respondent_id=6400882787

1/3

Q7

Please read the following message and provide your feedback below. "How much activity is recommended? It is recommended that cancer survivors who are able to participate in 150 minutes of moderate-vigorous aerobic activity each week, putting it is half an hour of activity on most days, at a pace that makes you sweat after about 10 minutes (moderate exercise). Examples of aerobic exercises include walking, cycling, gardening, swimming, (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 clinical trials has shown that exercise is safe for cancer survivors and should be participated in regularly to obtain the best outcomes. Don't worry if you don't meet the main guidelines straight away. Some exercise is more beneficial than none. Start with what you can and build your way up to meeting the guidelines over time." 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?

Probably.
 Authoritarian. Don't tell me what I should do!
 Neither, really.
 More would be okay.

Page 3

Q8

Please read the following message and provide your feedback below. "What are the benefits of exercise? Exercise provides 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 your self-esteem, help you cope with stress, anxiety, and depression. It can also reduce the risk of, or help manage, heart disease, stroke, diabetes, osteoporosis and some cancers." 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?

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. To achieve your goals, the Cancer Council recommends SMART goals. Goals that are SMART are: specific, measurable, achievable, realistic, and timely. Think about what a SMART goal for you would be. Once you have your goal worked out the next step is to create a specific plan. Think of exactly when, where and with who you are going to exercise to achieve your goals. Write down your plan 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 a record of your activity or by using a pedometer or fitness tracker. The best method will depend on your goal and your level of motivation. Monitoring your progress will be useful for adjusting your plan and it can also be quite motivating. 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?

Go back one step. WHY do I need these fancy goals? What penalty is there for doing nothing? What do you mean? Give example of how 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

Please read the following message and provide your feedback below. "Do I need an exercise partner? Exercising with a partner for some, but other times it's good to find someone in your life, such as a partner, or a friend to keep you accountable. Having someone else 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 supervised program. The structure and safety of a supervised program can be a great place to start, while your own activity can be more interesting. Another option is to join a sporting club. Belonging to a group provides a social outlet as well as physical activity and often helps with motivation." 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?

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

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SAVED VIEWS (1)

Original View (No rules applied)

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EXPORTS

SHARED DATA

No shared data

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QUESTION SUMMARIES

DATA TRENDS

INDIVIDUAL RESPONSES

All Pages

Respondent #3

◀

▶

COMPLETE

Collector:

Web Link 2 (Web Link)

Started:

Tuesday, July 25, 2017 5:53:50 PM

Last Modified:

Tuesday, July 25, 2017 6:06:48 PM

Time Spent:

00:12:57

IP Address:

1.125.48.54

Page 1: Introduction To Survey

Q1

Participant ID Code (ID number provided for you on the consent form), please note this will not be attached to information you provide as your privacy is important to us.

Respondent skipped this question

Q2

What is your age?

65

Q3

Where do you live?

Rural

Q4

What is the highest education you have obtained?

Year 10

Q5

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

10 months

Q6

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

Very good

Page 2

Export

Edit

+

https://www.surveymonkey.com/analyze/browse/OLC8pLOCITceRCRvwQLkbIMBSqQdwFF4ACqGr168FQ8_3D?respondent_id=6400882787

1/3

Q7

Please read the following message and provide your feedback below. "How much activity is recommended? It is recommended that cancer survivors who are able to participate in 150 minutes of moderate-vigorous aerobic activity each week, putting it is half an hour of activity on most days, at a pace that makes you sweat after about 10 minutes (moderate 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 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 clinical trials has shown that exercise is safe for cancer survivors and should be participated in regularly to obtain the maximum benefits. Don't worry if you don't meet the main guidelines straight away. Some exercise is more beneficial than none. Build your way up to meeting the guidelines over time." 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?

Appropriate

Page 3

Q8

Please read the following message and provide your feedback below. "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 your self-esteem, help you cope with stress, anxiety, and depression. It can also reduce the risk of, or help manage, chronic conditions such as high blood pressure, heart disease, stroke, diabetes, osteoporosis and some cancers." 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?

Appropriate

Page 4

Q9

Please read the following message and provide your feedback below. "How to get started and stay on track. Set SMART goals. Some goals. The Cancer Council recommends SMART goals. Goals that are SMART are: specific, measurable, achievable, realistic, and timely. Think about what a SMART goal for you would be. Once you have your goal worked out the next step is to create a specific plan. Think of exactly when, where and with who you are going to exercise to achieve your goals. Write down your plan 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 a record of your exercise or by using a pedometer or fitness tracker. The best method will depend on your goal and your level of motivation. Monitoring your progress will be useful for adjusting your plan and it can also be quite motivating. 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?

Appropriate

Page 5

Q10

Please read the following message and provide your feedback below. "Do I need an exercise partner? Exercising with a partner for some, but other times it's good to find someone in your life, such as a partner, or a friend to keep you accountable. If you have someone who knows what changes you are making, they can help you stay on track. Others can also make it more enjoyable. You might choose a mix of exercising at home or outdoors and attending a supervised program. The structure and safety of a supervised program can be a great place to start, while your own activity can be more interesting. Another option is to join a sporting club. Belonging to a group provides a social outlet as well as support and often helps with motivation." 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?

Appropriate

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EXPORTS

SHARED DATA

No shared data

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RESPONDENTS: 10 of 10

QUESTION SUMMARIES

DATA TRENDS

INDIVIDUAL RESPONSES

All Pages

Respondent #4

◀

▶

COMPLETE

Collector:

Started:

Last Modified:

Time Spent:

IP Address:

Web Link 2 (Web Link)

Monday, July 31, 2017 10:35:55 AM

Monday, July 31, 2017 10:47:22 AM

00:11:26

124.169.191.63

Page 1: Introduction To Survey

Q1

Participant ID Code (ID number provided for you on the consent form), please note this will not be attached to information you provide as your privacy is important to us.

002

Q2

What is your age?

71

Q3

Where do you live?

Major city

Q4

What is the highest education you have obtained?

Other (please specify):

Bachelor of Technology in Electrical Engineering, Bachelor of Technology in Electronic Engineering and Graduate Diploma in Cc

Q5

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

One and only treatment in Oct 2002

Q6

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

Good

Page 2

Export

Edit

+

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1/2

Q7

Please read the following message and provide your feedback below. "How much activity is recommended? It is recommended that cancer survivors who are able to participate in 150 minutes of moderate-vigorous aerobic activity each week, putting it is half an hour of activity on most days, at a pace that makes you sweat after about 10 minutes (moderate 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 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 clinical trials has shown that exercise is safe for cancer survivors and should be participated in regularly to obtain the maximum benefits. Don't worry if you don't meet the main guidelines straight away. Some exercise is more beneficial than none. Build your way up to meeting the guidelines over time." 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?

The Message is a bit detailed!

Page 3

Q8

Please read the following message and provide your feedback below. "What are the benefits of exercise? Exercise provides many general benefits for your physical and mental wellbeing. It can: strengthen muscles and bones and improve circulation, maintain or achieve a healthy weight, improve your energy levels, improve your mobility and balance, improve your self-esteem, help you cope with stress, anxiety, and depression. It can also reduce the risk of, or help manage, chronic conditions such as heart disease, stroke, diabetes, osteoporosis and some cancers." 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?

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

Page 4

Q9

Please read the following message and provide your feedback below. "How to get started and stay on track. To achieve some goals. The Cancer Council recommends SMART goals. Goals that are SMART are: specific, measurable, achievable, realistic and timely. Think about what a SMART goal for you would be. Once you have your goal worked out the next step is to create a specific plan. Think of exactly when, where and with who you are going to exercise to achieve your goals. Write down your plan somewhere and schedule it into your week. This is about making the time. Once you have these two things sorted, you can get started. To help you stay on track we recommend monitoring your progress. You can do this by keeping a record of your exercise or by using a pedometer or fitness tracker. The best method will depend on your goal and your level of motivation. Monitoring your progress will be useful for adjusting your plan and it can also be quite motivating. 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?

Relevant, bit too formal. Too much info!

Page 5

Q10

Please read the following message and provide your feedback below. "Do I need an exercise partner? Exercising with a partner for some, but other times it's good to find someone in your life, such as a partner, or a friend to keep you accountable. Having someone who 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 exercise program. The structure and safety of a supervised program can be a great place to start, while your own activity can be more interesting. Another option is to join a sporting club. Belonging to a group provides a social outlet as well as support and often helps with motivation." 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?

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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EXPORTS

SHARED DATA

No shared data

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RESPONDENTS: 10 of 10

QUESTION SUMMARIES

DATA TRENDS

INDIVIDUAL RESPONSES

All Pages

Respondent #5

◀

▶

COMPLETE

Collector:

Started:

Last Modified:

Time Spent:

IP Address:

Web Link 2 (Web Link)

Wednesday, August 09, 2017 4:00:22 PM

Wednesday, August 09, 2017 4:08:19 PM

00:07:57

123.136.61.76

Page 1: Introduction To Survey

Q1

Participant ID Code (ID number provided for you on the consent form), please note this will not be attached to information you provide as your privacy is important to us.

009

Q2

What is your age?

78

Q3

Where do you live?

Major city

Q4

What is the highest education you have obtained?

Bachelors Degree

Q5

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

10 months

Q6

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

Good

Page 2

Export

Edit

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1/3

Q7

Please read the following message and provide your feedback below. "How much activity is recommended? It is recommended that cancer survivors who are able to participate in 150 minutes of moderate-vigorous aerobic activity each week, putting it is half an hour of activity on most days, at a pace that makes you sweat after about 10 minutes (moderate 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 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 clinical trials has shown that exercise is safe for cancer survivors and should be participated in regularly to obtain the maximum health benefits. Don't worry if you don't meet the main guidelines straight away. Some exercise is more beneficial than none. Build your way up to meeting the guidelines over time." 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?

relevant

Page 3

Q8

Please read the following message and provide your feedback below. "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, maintain or achieve a healthy weight, improve your energy levels, improve your mobility and balance, improve self-esteem, help you cope with stress, anxiety, and depression. It can also reduce the risk of, or help manage, chronic conditions such as high blood pressure, heart disease, stroke, diabetes, osteoporosis and some cancers."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?

relevant

Page 4

Q9

Please read the following message and provide your feedback below. "How to get started and stay on track. Set SMART goals. Some goals. The Cancer Council recommends SMART goals. Goals that are SMART are: specific, measurable, achievable, realistic and timely. Think about what a SMART goal for you would be. Once you have your goal worked out the next step is to create a specific plan. Think of exactly when, where and with who you are going to exercise to achieve your goals. Write down your plan 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 a record of your exercise or by using a pedometer or fitness tracker. The best method will depend on your goal and your level of motivation. Monitoring your progress will be useful for adjusting your plan and it can also be quite motivating. 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?

relevant

Page 5

Q10

Please read the following message and provide your feedback below. "Do I need an exercise partner? Exercising with a partner, for some, but other times it's good to find someone in your life, such as a partner, or a friend to keep you accountable. Having someone to exercise with can help you stay motivated and committed to your exercise routine. Others can also make it more enjoyable. You might choose a mix of exercising at home or outdoors and attending a supervised program. The structure and safety of a supervised program can be a great place to start, while your own exercise routine can be more interesting. Another option is to join a sporting club. Belonging to a group provides a social outlet as well as support and often helps with motivation."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?

relevant

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+ Show All

EXPORTS

SHARED DATA

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RESPONDENTS: 10 of 10

QUESTION SUMMARIES

DATA TRENDS

INDIVIDUAL RESPONSES

All Pages

Respondent #6

COMPLETE

Collector:

Web Link 2 (Web Link)

Started:

Wednesday, August 30, 2017 2:08:03 PM

Last Modified:

Wednesday, August 30, 2017 2:19:45 PM

Time Spent:

00:11:42

IP Address:

59.100.228.134

Edit

Page 1: Introduction To Survey

Q1

Participant ID Code (ID number provided for you on the consent form), please note this will not be attached to information you provide as your privacy is important to us.

016

Q2

What is your age?

76

Q3

Where do you live?

Regional Area

Q4

What is the highest education you have obtained?

Other (please specify):
Leaving (Year 11)

Q5

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

3 years

Q6

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

Very good

Page 2

https://www.surveymonkey.com/analyze/browse/OLC8pLOCITceRCRvwQLkbIMBSqQdwFF4ACqGr168FQ8_3D?respondent_id=6400882787

1/3

Q7

Please read the following message and provide your feedback below. "How much activity is recommended? It is recommended that cancer survivors who are able to participate in 150 minutes of moderate-vigorous aerobic activity each week, putting it is half an hour of activity on most days, at a pace that makes you sweat after about 10 minutes (moderate 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 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 clinical trials has shown that exercise is safe for cancer survivors and should be participated in regularly to obtain the best outcomes. Don't worry if you don't meet the main guidelines straight away. Some exercise is more beneficial than none. Build your way up to meeting the guidelines over time." 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?

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.

Page 3

Q8

Please read the following message and provide your feedback below. "What are the benefits of exercise? Exercise provides 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 your self-esteem, help you cope with stress, anxiety, and depression. It can also reduce the risk of, or help manage, chronic conditions such as high blood pressure, heart disease, stroke, diabetes, osteoporosis and some cancers." 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?

Yes
OK
No
Just right

Page 4

Q9

Please read the following message and provide your feedback below. "How to get started and stay on track. Think about some goals. The Cancer Council recommends SMART goals. Goals that are SMART are: specific, measurable, achievable, realistic, and timely. Think about what a SMART goal for you would be. Once you have your goal, write out the next steps to achieve it. Write a specific plan. Think of exactly when, where and with who you are going to exercise to achieve your goals. Write down your plan 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 a record of your exercise or by using a pedometer or fitness tracker. The best method will depend on your goal and your level of technology. Monitoring your progress will be useful for adjusting your plan and it can also be quite motivating. 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?

The message is good.

Page 5

Q10

Please read the following message and provide your feedback below. "Do I need an exercise partner? Exercising with a partner for some, but other times it's good to find someone in your life, such as a partner, or a friend to keep you accountable. Others can also make it more enjoyable. You might choose a mix of exercising at home or outdoors and attending a supervised program. The structure and safety of a supervised program can be a great place to start, while your own activity can be more interesting. Another option is to join a sporting club. Belonging to a group provides a social outlet as well as support and often helps with motivation." 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?

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

Message is appropriate.

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EXPORTS

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RESPONDENTS: 10 of 10

QUESTION SUMMARIES

DATA TRENDS

INDIVIDUAL RESPONSES

All Pages

Respondent #7

COMPLETE

Collector:

Started:

Last Modified:

Time Spent:

IP Address:

Web Link 2 (Web Link)

Thursday, August 31, 2017 4:04:09 PM

Thursday, August 31, 2017 4:22:44 PM

00:18:34

27.33.39.136

Export

Edit

Page 1: Introduction To Survey

Q1

Participant ID Code (ID number provided for you on the consent form), please note this will not be attached to information you provide as your privacy is important to us.

Respondent skipped this question

Q2

What is your age?

74

Q3

Where do you live?

Major city

Q4

What is the highest education you have obtained?

Year 10

Q5

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

Respondent skipped this question

Q6

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

Excellent

Page 2

https://www.surveymonkey.com/analyze/browse/OLC8pLOCITceRCRvwQLkbIMBSqQdwFF4ACqGr168FQ8_3D?respondent_id=6400882787

1/3

Q7

Please read the following message and provide your feedback below. "How much activity is recommended? It is that cancer survivors who are able to participate in 150 minutes of moderate-vigorous aerobic activity each week, putting it is half an hour of activity on most days, at a pace that makes you sweat after about 10 minutes (moderate 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 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 clinical trials has shown that exercise is safe for cancer survivors and should be participated in regularly to obtain the best outcomes. Don't worry if you don't meet the main guidelines straight away. Some exercise is more beneficial than none. Build your way up to meeting the guidelines over time." 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?

Respondent skipped this question

Page 3

Q8

Please read the following message and provide your feedback below. "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, maintain or achieve a healthy weight, improve your energy levels, improve your mobility and balance, improve self-esteem, help you cope with stress, anxiety, and depression. It can also reduce the risk of, or help manage, chronic conditions such as high blood pressure, heart disease, stroke, diabetes, osteoporosis and some cancers." 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?

This is an important message

Page 4

Q9

Please read the following message and provide your feedback below. "How to get started and stay on track. Think of some goals. The Cancer Council recommends SMART goals. Goals that are SMART are: specific, measurable, achievable, realistic and timely. Think about what a SMART goal for you would be. Once you have your goal worked out the next step is to create a specific plan. Think of exactly when, where and with who you are going to exercise to achieve your goals. Write down your plan somewhere and schedule it into your week. This is about making the time. Once you have these two things sorted, you can get started. To help you stay on track we recommend monitoring your progress. You can do this by keeping a record of your exercise or by using a pedometer or fitness tracker. The best method will depend on your goal and your level of motivation. Monitoring your progress will be useful for adjusting your plan and it can also be quite motivating. 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?

Relevant to your circumstances.

Page 5

Q10

Please read the following message and provide your feedback below. "Do I need an exercise partner? Exercising can be for some, but other times it's good to find someone in your life, such as a partner, or a friend to keep you accountable. If you have someone to exercise with, 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 exercise program. The structure and safety of a supervised program can be a great place to start, while your own activity can be more interesting. Another option is to join a sporting club. Belonging to a group provides a social outlet as well as support and often helps with motivation." 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?

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

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QUESTION SUMMARIES

DATA TRENDS

INDIVIDUAL RESPONSES

All Pages

Respondent #8

COMPLETE

Collector:

Started:

Last Modified:

Time Spent:

IP Address:

Web Link 2 (Web Link)

Thursday, September 07, 2017 9:25:00 AM

Thursday, September 07, 2017 9:28:00 AM

00:03:00

182.255.102.162

Page 1: Introduction To Survey

Q1

Participant ID Code (ID number provided for you on the consent form), please note this will not be attached to information you provide as your privacy is important to us.

013

Q2

What is your age?

61

Q3

Where do you live?

Rural

Q4

What is the highest education you have obtained?

Year 10

Q5

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

Respondent skipped this question

Q6

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

Good

Page 2

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https://www.surveymonkey.com/analyze/browse/OLC8pLOCITceRCRvwQLkbIMBSqQdwFF4ACqGr168FQ8_3D?respondent_id=6400882787

1/3

Q7

Please read the following message and provide your feedback below. "How much activity is recommended? It is that cancer survivors who are able to participate in 150 minutes of moderate-vigorous aerobic activity each week, 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 30 minutes (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 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 clinical trials has shown that exercise is safe for cancer survivors and should be participated in regularly to obtain the best health outcomes. Don't worry if you don't meet the main guidelines straight away. Some exercise is more beneficial than none. Build your way up to meeting the guidelines over time." 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?

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

Page 3

Q8

Please read the following message and provide your feedback below. "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, maintain or achieve a healthy weight, improve your energy levels, improve your mobility and balance, improve self-esteem, help you cope with stress, anxiety, and depression. It can also reduce the risk of, or help manage, heart disease, stroke, diabetes, osteoporosis and some cancers." 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?

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

Page 4

Q9

Please read the following message and provide your feedback below. "How to get started and stay on track. To achieve some goals. The Cancer Council recommends SMART goals. Goals that are SMART are: specific, measurable, achievable, realistic and timely. Think about what a SMART goal for you would be. Once you have your goal worked out the next step is to create a specific plan. Think of exactly when, where and with who you are going to exercise to achieve your goals. Write down your plan 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 a diary, or by using a pedometer or fitness tracker. The best method will depend on your goal and your level of motivation. Monitoring your progress will be useful for adjusting your plan and it can also be quite motivating. 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?

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

Page 5

Q10

Please read the following message and provide your feedback below. "Do I need an exercise partner? Exercising with a partner for some, but other times it's good to find someone in your life, such as a partner, or a friend to keep you accountable. If you are 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 exercise program. The structure and safety of a supervised program can be a great place to start, while your own activity can be more interesting. Another option is to join a sporting club. Belonging to a group provides a social outlet as well as support and often helps with motivation." 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?

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

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QUESTION SUMMARIES

DATA TRENDS

INDIVIDUAL RESPONSES

All Pages

Respondent #9

◀

▶

COMPLETE

Collector:

Started:

Last Modified:

Time Spent:

IP Address:

Web Link 2 (Web Link)

Saturday, September 09, 2017 9:26:53 AM

Saturday, September 09, 2017 9:40:53 AM

00:13:59

203.1.252.35

Page 1: Introduction To Survey

Q1

Participant ID Code (ID number provided for you on the consent form), please note this will not be attached to information you provide as your privacy is important to us.

017

Q2

What is your age?

56

Q3

Where do you live?

Rural

Q4

What is the highest education you have obtained?

Bachelors Degree

Q5

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

3years and 3months

Q6

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

Very good

Page 2

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Q7

Please read the following message and provide your feedback below. "How much activity is recommended? It is that cancer survivors who are able to participate in 150 minutes of moderate-vigorous aerobic activity each week, putting it is half an hour of activity on most days, at a pace that makes you sweat after about 10 minutes (moderate 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 major muscle groups. Examples of resistance-based exercises include push-ups, squats, sit-ups, and bicep curls. Evidence from clinical trials has shown that exercise is safe for cancer survivors and should be participated in regularly to obtain the best health outcomes. Don't worry if you don't meet the main guidelines straight away. Some exercise is more beneficial than none. Build your way up to meeting the guidelines over time." 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?

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 it concise and in sub section or bite size pieces, and friendly, like the last sentence.

Page 3

Q8

Please read the following message and provide your feedback below. "What are the benefits of exercise? Exercise provides 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 your self-esteem, help you cope with stress, anxiety, and depression. It can also reduce the risk of, or help manage, heart disease, stroke, diabetes, osteoporosis and some cancers." 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?

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

Please read the following message and provide your feedback below. "How to get started and stay on track. Think of some goals. The Cancer Council recommends SMART goals. Goals that are SMART are: specific, measurable, achievable, realistic and timely. Think about what a SMART goal for you would be. Once you have your goal worked out the next step is to create a specific plan. Think of exactly when, where and with who you are going to exercise to achieve your goals. Write down your plan 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 a record of your exercise or by using a pedometer or fitness tracker. The best method will depend on your goal and your level of motivation. Monitoring your progress will be useful for adjusting your plan and it can also be quite motivating. 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?

Again refer to my first answer.

But the advice is good, but would love to see some examples given for different abilities. For eg, healthy and fit 50yo male is quite 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? Exercising with a partner for some, but other times it's good to find someone in your life, such as a partner, or a friend to keep you accountable. If you are alone, it can be difficult to stay motivated. Having someone to exercise with can help. 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 activity can be more interesting. Another option is to join a sporting club. Belonging to a group provides a social outlet and often helps with motivation." 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?

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 & cheering on bit with groups.

ENGLISH

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QUESTION SUMMARIES

DATA TRENDS

INDIVIDUAL RESPONSES

All Pages

Respondent #10

COMPLETE

Collector:

Started:

Last Modified:

Time Spent:

IP Address:

Web Link 2 (Web Link)

Tuesday, September 19, 2017 2:03:07 PM

Tuesday, September 19, 2017 2:19:10 PM

00:16:02

101.187.208.12

Page 1: Introduction To Survey

Q1

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019

Q2

What is your age?

62

Q3

Where do you live?

Major city

Q4

What is the highest education you have obtained?

TAFE or other tertiary qualification (Cert, Diploma)

Q5

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

Last visit to my urologist was early this year,

Q6

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

Good

Page 2

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1/3

