Aims and Objectives

The aim of this study is to gather the evidence for dietary and lifestyle changes in prostate cancer survivors to inform a dietary and lifestyle intervention for randomised trials. This will involve exploring:

- Motivators and barriers to changes in dietary and lifestyle behaviours
- Sources of information on diet and lifestyle
- Experience and views of dietary and lifestyle interventions
- Preferences for intervention (delivery format)

Introduction

- Thank you for participating
- Introduce self and Uni Bristol
- Introduce the study: what is it about and why (limited information)
- Talk through key points:
  - length of interview
  - interview like a discussion, but will cover key topics
  - no right or wrong answers
  - participation is voluntary, rights to withdraw
  - recording interview (concentrate on what you are saying, accuracy)
- Confidentiality and anonymity, how findings will be reported
- Thank you payment
- Questions?
- Happy to proceed? Sign consent form

START RECORDING
1. Background and medical history
   • Age; household (live alone or with others)
     - relationship with
     - married/widowed/single/partner
   • Place of birth; religion
     - if born outside of UK, where? how long living in the UK
     - follow any religion
   • Main daytime activity
     - working or not: details
   • Other interests/activities
   • Prostate cancer
     - when diagnosed
     - treatment(s)
   • Overall health
     - health conditions that may affect diet/lifestyle
       e.g. diabetes, heart problems, high blood pressure
   • Importance and practicalities attached to food and physical activity
     - family/culture (who does the cooking/food purchase)
     - involvement in sports/food-related organisation (e.g. gym, community allotment)

2. Diet and lifestyle behaviours
   • Eating habits before diagnosis
     - fruit and veg, dairy, meat, high fat/sugar
     - alcoholic drinks, juice
     - supplements, herbal products, others
   • Remained the same?
     IF NO
     - Describe changes
       - adding/removing/change dietary pattern (overhaul)
     - When change
     - Reasons for change
       - perception of diet before diagnosis
       - beliefs (role of diet in prostate cancer)
       - social and/or family pressure
- Reasons for change (continued)
  - control
  - fear of recurrence/improve overall wellbeing

- Maintenance

- Motivators and facilitators
  - wife/partner/family (food purchase and cooking)
  - advice, information (advice from Health Professionals)
  - benefits to health/prostate cancer

- Barriers (especially for maintaining changes)
  - cost, time
  - risk to health/prostate cancer
  - treatment side-effects/fatigue/general health

- Physical activity/exercise before diagnosis
  - Types
  - how often, duration
  - where (gym, local leisure centre, parks)

- Remained the same?

  IF NO
  - Describe changes
  - When change
  - Reasons for change

NB: For PA, similar questions on motivators/facilitators, and barriers.

3. Information provision

- Understanding and awareness
  - explore what healthy eating means
  - know of any healthy eating/PA advice (source of advice)

- Information about diet and lifestyle
  - sources
  - views on information

- Preferences
  - what type of information
  - who should provide information (health professionals)
  - what format
4. Experience and views of dietary and lifestyle intervention

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<thead>
<tr>
<th>Item</th>
<th>Details</th>
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<tbody>
<tr>
<td>Participate in research study - asked to change your eating habits</td>
<td>If YES</td>
</tr>
<tr>
<td></td>
<td>- where/how receive information</td>
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<td></td>
<td>- types (delivery format)</td>
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<td>- duration</td>
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<td>- reasons for participating</td>
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<tr>
<td>If NO, why not? How to promote participation?</td>
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| Participate in research study - asked to change your physical activity| If YES                                                                                                                                         |
|                                                                     | - where/how receive information                                                                                                               |
|                                                                     | - types (delivery format)                                                                                                                     |
|                                                                     | - duration                                                                                                                                   |
|                                                                     | - reasons for participating                                                                                                                   |
| If NO, why not? How to promote participation?                        |                                                                                                                                               |

5. Preferences for intervention

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<tr>
<td>If we ask you to change your eating habits, for example cooked tomatoes, how would you feel about this? (soya products, fish, lycopene supplement)</td>
<td>If POSITIVE</td>
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<td></td>
<td>- duration</td>
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<td>- where/how receive information (leaflets, telephone)</td>
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<td>- what would make it easier/harder</td>
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<td>- when (after diagnosis/treatment)</td>
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<tr>
<td>If NEGATIVE, why? What would make it easier? Different type of intervention?</td>
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| If we ask you to walk extra 30mins everyday, how would you feel about this? | If POSITIVE                                                                                                                                   |
|                                                                         | - duration, type (brisk walking/stroll)                                                                                                       |
|                                                                         | - where/how receive information (leaflets, telephone)                                                                                         |
|                                                                         | - what would make it easier/harder                                                                                                            |
|                                                                         | - when (after diagnosis/treatment)                                                                                                             |
| If NEGATIVE, why not? What would make it easier? Different type of intervention?                                               |                                                                                                                                               |
Closing

- Thank you
- Any questions?
- Summary of results from the study?
- £15 voucher (thank you for your time)

*This topic guide was amended during data collection to include additional questions on concerns about body weight, familiarity with soya products and tomatoes as a feature of a traditional Caribbean diet. They were identified as salient topics in interviews with the first few participants.