

Appendix B TIDIER checklist

BRIEF NAME	
Provide the name or a phase that describes the intervention	Multimodal interventions including: Exercise, nutrition and psychological support, underpinned by behaviour change support.
WHY	
Describe any rationale, theory or goal of the elements essential to the intervention	This trial is designed to support long-term health and well-being. To do so patients need to be supported to engage in exercise, consume a healthful diet based on current guidance and recommendations and address any psychological needs. Evidence suggests behaviour change interventions underpinned by theory are more successful than those without. Therefore, an evidence-based theoretically informed behavioural change support intervention is being embedded within the SafeFit Trial.
WHAT	
Materials: Describe any physical or informational materials used in the intervention, including those provided to participants or used in intervention delivery or in training of intervention providers. Provide	<p><u>Participants</u></p> <p>Goal setting sheet to record goals set and achievement (or not)</p> <p>SMARTER planning sheet to support goal setting</p> <p>Participants will be provided with links to the following dietary resources depending on individual needs/preference:</p> <p>The World Cancer Research Fund provides information for the general public on diet to reduce the risk of cancer https://www.wcrf-uk.org/</p> <p>‘Eating well when you have cancer’ from the Royal Marsden Hospital https://www.royalmarsden.nhs.uk/your-care/living-and-beyond-cancer/eating-well</p> <p>‘Eating well during cancer’ from the World Cancer Research Fund https://www.wcrf-uk.org/uk/health-advice-and-support/eat-well-during-cancer</p> <p>Macmillan information on the Build Up diet: http://be.macmillan.org.uk/Downloads/beMacmillan%20PDFs/MAC13614_Buildingupdiet_lowres_E03_P08_20200206_KA.pdf</p>

information on where the materials can be accessed (e.g. online appendix, URL).	<p>Eatwell guide (NHS): https://www.nhs.uk/live-well/eat-well/</p> <p>Macmillan information and video: https://www.macmillan.org.uk/cancer-information-and-support/treatment/preparing-for-treatment/eating-well-and-keeping-active</p> <p>Resources for nutrition during exercise: https://www.royalmarsden.nhs.uk/your-care/living-and-beyond-cancer/eating-well-keep-fit and NHS: https://www.nhs.uk/live-well/eat-well/food-and-drinks-for-sport/</p> <p>British Dietetic Association https://www.bda.uk.com/resource/sport-exercise-nutrition.html</p> <p>Non cancer specific diet https://www.bda.uk.com/food-health/food-facts/all-food-fact-sheets.html</p> <p>Participants will be provided with links to the following psychological support resources depending on individual needs/preference:</p> <p>Stress and anxiety: https://www.nhs.uk/conditions/stress-anxiety-depression/feel-better-and-happy/</p> <p>Relaxation: https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/</p> <p>Managing anxiety: https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/</p> <p>Relaxation techniques: https://www.cntw.nhs.uk/resource-library/relaxation-techniques/</p> <p>Sleep https://www.sleepstation.org.uk/articles/ https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/ https://www.nhs.uk/oneyou/every-mind-matters/sleep/</p> <p>Mindfulness: http://www.velindrecc.wales.nhs.uk/mindfulness-app</p> <p>Tools for problem solving and letting go of worry: https://www.nhs.uk/apps-library/worrytree/</p>
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	<p>Links to Macmillan Cancer Support online chat, online community https://community.macmillan.org.uk/ and telephone support line will also be available.</p> <p><u>Cancer Exercise Specialists</u></p> <p>Trainers will be provided with copies of all participant documents in addition to a training manual including:</p> <ul style="list-style-type: none">- Escalation plans for any physical, metabolic or mental health concerns- A webinar regarding psychological support is delivered by a clinical psychologist. Lasting 50mins, this covers use of open questions (when, why, how, what, who etc), reflection, elaboration, clarification, focus on feelings, questions to draw on personal skills and resources e.g. 'what has worked well in the past?', the Confided, Helped, I, Professional, Summaries (CHIP) model (ref) as well as communication tips to support remote communication. A supporting document is provided including key concepts covered.- Similarly, a webinar providing dietary advice in accordance with the WCRF guidance, will be delivered by a consultant dietitian. This emphasises the purpose of the intervention to guide participants in dietary goal setting in accordance with guidance described by the World Cancer Research Fund and British Dietetic Association. Additional resources addressing nutrition and exercise, information on first line dietary advice for people experiencing side effects of treatment such as a poor appetite will also be provided.- Healthy Conversation Skills: A highly interactive and experiential live online training session will be delivered by accredited Healthy Conversation Skills trainers in one session lasting 3 hours. The training is the online version of the Royal Society for Public Health accredited Healthy Conversation Skills eMECC Lite face-to-face training. It promotes an empowering, person-centred and solution-focused approach supporting people to change their behaviour. The training equips trainees with skills to create and identify opportunities to hold conversations about health and wellbeing, to explore individuals' barriers and facilitators to making change and taking control, to use active listening, and to support individuals to find their own solutions, plan for taking action to implement these solutions, monitor progress and adjust plan and action as needed.- Covid-19 TopMed talks providing an overview of advice regarding exercise, nutrition and psychological support during covid-19 pandemic https://topmedtalk.libsyn.com/topmedtalk-macmillan-cancer-support-mental-well-being-for-the-patient-0 https://topmedtalk.libsyn.com/topmedtalk-macmillan-cancer-support-healthy-eating-and-cancer-0 https://topmedtalk.libsyn.com/topmedtalk-macmillan-cancer-support-get-active-and-feel-good
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	All trainers also complete Introduction to Good Clinical Practice Training
Procedures: Describe each of the procedures, activities, and/or processes used in the intervention, including any enabling or support activities.	<p>Participants receive a minimum of 1 and up to 3 one-to-one sessions with CES in the first month, delivered by telephone or video conferencing depending on participant preference. This reduces to 1 per week for the following 2 months and monthly for the following 3 months.</p> <p>Sessions will include live exercise training and/or discussion regarding previous and ongoing exercise completed by the participant. Participants will be supported to engage in at least one and up to 3 exercise sessions per week including: Aerobic exercise at a rating of perceived exertion of 11-14 (6-20 scale) accumulating 30 minutes per session, resistance exercise of 8-10 exercises for 2x 8-15 repetitions performed in a controlled manner and covering the whole body and range of motion exercise performed through pain free range of motion covering the whole body to be maintained in good alignment for 10-30 seconds, with some movements held for a second set of 10-30 seconds if stiff. These activities will be personalised and tracked in the session completion logs held by the CES.</p> <p>At the start of intervention CES will work through the WCRF health check to identify areas in the diet that would benefit from modification. This examines consumption of fruit and vegetables, wholegrains, red and processed meat, processed foods high in sugar and fat, processed meats, alcohol intake. Trainers support participants to set goals around diet modification throughout the intervention in order to achieve WCRF dietary recommendations. During each consultation CES will discuss any unintentional weight loss and change in nutrition impact symptoms that would require further specialist advice or prevent participants from taking part in exercise, for example, vomiting or diarrhoea.</p> <p>During each consultation CES will open a conversation around emotional wellbeing providing an opportunity for participants to share any concerns such as anxiety, low mood and distress. Core components of active listening, open questioning and empathy will be employed throughout to support emotional wellbeing. The CES will support participants to develop self-management skills, accessing resources and signposting to support services as appropriate. Possible suggested resources include mindfulness and relaxation exercises and Apps, information on anxiety management, problem solving and letting go of worry, available through NHS and Macmillan Cancer Support websites (as described above).</p> <p>The CES will employ healthy conversation skills during each session supporting goal setting and action planning for all three components of the intervention emphasising development of autonomy and self-efficacy to self-manage with the aim of enabling long-term adherence following completion of the intervention.</p>
WHO PROVIDED	

For each category of intervention provider (e.g. psychologist, nursing assistant), describe their expertise, background and any specific training given.	Intervention providers are personal trainers with additional training in exercise referral and/or additional qualifications in Cancer and Exercise Rehabilitation. All CES will have received the SafeFit training package and physical resources outlined above.
HOW	
Describe the modes of delivery (e.g. face-to-face or by some other mechanism, such as internet or telephone) of the intervention and whether it was provided individually or in a group.	All sessions will be delivered one-to-one by telephone or video conferencing.
WHERE	
Describe the type(s) of location(s) where the intervention	Participants home or place of preference.

occurred, including any necessary infrastructure or relevant features	
WHEN and HOW MUCH	
Describe the number of times the intervention was delivered and over what period of time including the number of sessions, their schedule, and their duration, intensity or dose	Sessions last approximately 1 hour with 1-3 sessions per week for 1 month, weekly sessions months 2-3, monthly sessions to 6 months. The content of each session will be personalised. Data on type, intensity and dose of exercise performed, and any nutrition and psychological support goals set will be collected in the session completion logs.
TAILORING	
If the intervention was planned to be personalised, titrated or adapted, then describe what, why, when, and how.	This is a personalised intervention and all elements will be tailored to participant baseline characteristics, needs and preferences and adapted throughout.

MODIFICATION	
If the intervention was modified during the course of the study, describe the changes (what, why, when, and how).	Trial ongoing
HOW WELL	
Planned: If intervention adherence or fidelity was assessed, describe how and by whom, and if any strategies were used to maintain or improve fidelity, describe them.	<p>Attendance at each scheduled session will be documented throughout the duration of the trial using session completion logs. CES will return session completion logs weekly during weeks 1-12 and monthly during weeks 16-24, documenting the content of each session. These logs will be regularly reviewed by the research team. Trainers will be offered group supervisions once every two weeks to address any concerns during the trial.</p> <p>Fidelity checks: approximately 20% of trainers will have 2 sessions (initial assessment and one follow-up call) assessed against a bespoke implementation checklist to assess fidelity of intervention delivery including assessment of competency for delivery of Healthy Conversation Skills.</p>
Actual: If intervention adherence or fidelity was assessed, describe the extent to which	Trial ongoing

the intervention was delivered as planned	
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