Department of Epidemiology

& Public Health

Health Behaviour RESEARCH CENTRE

**Lifestyle Advice for young survivors: focus groups & interviews**

**Focus Group and Interview Schedule**

**Aim: To explore Teenage and Young Adult Cancer Survivors views about lifestyle and how they would like to receive such advice.**

**Introductions & House-keeping**

* Introduce self and the aim of the group meeting.
* Check the length of the session is okay for everyone.
* Highlight fire exits and where the bathrooms are.
* Remind participants that discussion is confidential and that views shared within the group should not be discussed outside the room.
* Remind participants to say their name before they speak so we can identify who is talking and when.
* Remind participants that if they wish to leave at any time they are free to do so.
* Check everyone is okay and comfortable.

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|  |  | Prompts |
| **Participant Introductions** | *’Can you please tell us your name, age, your cancer diagnosis and what treatments you are currently or have previously received’* | * When diagnosed * Type of cancer * Treatment * Recovery |
| **Lifestyle** | *‘What is a healthy lifestyle to you?’* | * Healthy eating * Physical Activity * Alcohol & Smoking * Sun Safety |
|  | *‘Have any of you ever tried to change your health behaviour since your diagnosis with cancer - What changes did you make?* | * Where you successful? * Did you feel supported to make these changes? |
|  | *What challenges have you faced when you have tried to change your lifestyle?* | * Barriers   + Lack of support?   + Time?   + Health? |
|  | *‘Have any of you ever been given advice about lifestyle from a health professional, what did they tell you?* | * Healthy eating * Physical Activity * Alcohol & Smoking * Sun Safety |
|  | *‘What kind of information would you like to receive about lifestyle?’* | * Healthy eating * Physical Activity * Alcohol & Smoking * Sun Safety |
| **Sources of information** | *‘Has anyone ever tried to go and find information out for themselves - Where did you look, what did you find?’* | * Online * Social workers * App * Good experience/ bad experience |
|  | *Did anyone assist you in finding out this information?* | * Parent * Sibling/ Friend * Social Worker |
| **Delivery** | *‘When do you think lifestyle advice should be given to young people who have had a cancer diagnosis’* | * Before treatment, post treatment, at late effects clinic |
|  | *‘Who would you want to talk to about this kind of information?’* | * Social Worker * Doctor * Nurse * Parent * Trusted Friend |
|  | *How do you think information should be given out?* | * Online * Internet * Leaflet * Group counselling * App |
|  | *Where should this information be made available?* | * Internet (home) * in clinics (hospital) * by social workers (in the community) |
|  | *What do you think about setting goals or keeping a log?* | * Suggest other BCT * Self-help manual? |
|  | *How should information look?* | * Small bitesize pieces of information? * Lists? * Facts? * Instructions? * Pictures? |
|  | *How would you feel about participating in a group programme?* |  |
|  | *What are your thoughts about an app to support behaviour change?* | * Good/ Bad? * Explore why? |
|  | *Do you have any advice for us as we develop and design a lifestyle intervention for young people who have had a cancer diagnosis.* |  |
| **Conclusion** | *Anything else?* |  |