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.

|  |  |  |
| --- | --- | --- |
|  |  | 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?*  |  |