

Appendix 1. Numbers and proportions of men (n=142) using TrueNTH services by care pathway

TrueNTH services	Active surveillance (n=16)	Radiation (n=6)	Surgery (n=28)	Treatment completed (n=58)	Advanced disease (n=34)
Nutrition support	11 (69)	2 (33)	15 (54)	31 (53)	21 (62)
Exercise prescription	8 (50)	3 (50)	14 (50)	42 (72)	22 (65)
Psychosocial support	1 (6)	0 (0)	3 (11)	8 (14)	3 (9)
Sexual health	0 (0)	0 (0)	4 (14)	6 (10)	0 (0)
Continence support	0 (0)	0 (0)	2 (7)	6 (10)	1 (3)

Appendix 2. Psychological distress and weekly leisure-time activity of men (n=142) by care pathway

	Time point	All men (n=142)		Active surveillance (n=16)		Radiation (n=6)		Surgery (n=28)		Treatment completed (n=58)		Advanced disease (n=34)	
		n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)
Total GHQ score	T0	125	2.3 (3.3)	16	0.3 (1.0)	4	0.8 (1.0)	24	2.8 (2.6)	52	2.1 (3.6)	29	3.5 (3.8)
	T2	99	2.0 (3.2)	13	0.9 (1.6)	3	0.0 (0.0)	18	2.1 (3.0)	42	1.9 (3.2)	23	3.1 (3.8)
	T4	92	1.9 (3.1)	13	0.4 (1.1)	2	0.0 (0.0)	16	1.4 (2.6)	37	2.1 (3.4)	22	2.8 (3.6)
Change over time		79	<i>p</i> =0.10	11	<i>p</i> =0.31	2	<i>p</i> =0.50	14	<i>p</i> =0.11	33	<i>p</i> =0.24	19	<i>p</i> =0.14
Total weekly leisure-time activity score (LSI)	T0	119	31.1 (28.9)	16	36.4 (22.1)	4	58.8 (31.1)	24	34.6 (33.9)	50	28.9 (26.9)	25	24.2 (29.7)
	T2	93	39.5 (49.0)	13	37.2 (24.8)	3	79.7 (30.4)	16	30.7 (30.6)	39	50.4 (68.0)	22	22.6 (14.6)
	T4	89	37.9 (35.4)	13	37.9 (19.2)	2	48.5 (20.5)	16	36.8 (35.7)	35	42.0 (44.8)	23	31.7 (27.2)
Change over time		72	<i>p</i> =0.08	11	<i>p</i> =0.36	2	<i>p</i> =0.47	14	<i>p</i> =0.82	30	<i>p</i>=0.046	15	<i>p</i> =0.46

Notes: T0 = at enrolment, T2 = 6 months following enrolment, T4 = 12 months following enrolment.

Total GHQ mean score ranges from 0 to 12; a higher score indicates a greater severity of psychological distress.

A higher LSI scores means a higher level of leisure-time activity.

Appendix 3. Proportion of men (n=142) reporting satisfactory experience of the health care system during diagnosis and treatment

Domain	Measures	T0		T2		T4		Change over time	
		n	n (%)	n	n (%)	n	n (%)	n	test
		Diagnosis						n	test
Information, communication & education	Completely understood the diagnosis	121	93 (77)	96	71 (74)	86	68 (79)	69	$p=0.52$
	Were given written information about the diagnosis and it was easy to understand	122	68 (56)	96	57 (59)	89	57 (64)	54	$p=0.63$
		Treatment						n	test
Coordination, integration of care, continuity & transition	Were offered a written assessment & care plan	121	33 (27)	97	33 (34)	89	35 (39)	37	$p=0.047$
	Were given the name of a Clinical Nurse Specialist for treatment support	121	54 (45)	95	50 (53)	90	47 (52)	55	$p=0.21$
Respect for patients' preferences	Adequate involvement in decisions about care & treatment	122	69 (57)	97	61 (63)	90	53 (59)	72	$p=0.10$
	Patients' views were taken into account during treatment	119	61 (51)	94	57 (61)	90	47 (52)	57	$p=0.19$
Information, communication & education	The possible side effects of treatments were explained in an understandable way	121	65 (54)	97	60 (62)	90	51 (57)	71	$p=0.40$
	Were given written information about the side effects of treatments	118	76 (64)	93	54 (58)	87	46 (53)	54	$p=0.63$

Notes: T0 = at enrolment, T2 = 6 months following enrolment, T4 = 12 months following enrolment.