

ChemoFit Study – Topic Guide

1	I would like to start by asking what motivated you to take part in this home-based exercise programme? (Prompt: what information did you receive specifically that meant this programme appealed to you?)
2	Could you tell me about anything that you particularly liked or disliked about the programme?
3	What kept you motivated to keep going with the programme?
4	What sort of information do you believe was essential to help you make a decision about whether to take part or not? (Prompt: What information (if any) do you think was needed that you didn't receive?)
5	Which part of the exercise programme did you find most easy to follow and complete? (e.g., increasing step count, strengthening exercises)
6	Did anyone need any extra support to complete the exercise programme at home (Prompt: who/where from)?
7	Did anyone use any sort of equipment while taking part in the programme? (Prompt: clothing, activity monitors). What else might have been useful?
8	What are your thoughts about undergoing a series of examinations before and after completing the exercise programme? (Prompt: what are the advantages/disadvantages; provide reassurance? Are they needed long-term?)
9	Are there any barriers to completing the exercise programme at home? (Prompt: other health problems; time, costs, need for support [practical/emotional])
10	Did anyone have any anxieties about completing the exercise programme at home?
11	What were your expectations of the exercise programme? Did you achieve what you wanted to?
12	Would you recommend this programme to other patients? (Prompt: If yes, why? If no, why not?)