

## **Semi-structured interview guide**

**Introduction:** Hello, my name is Joy Chiekwe and I want to thank you for taking the time to meet with me today. As a reminder, I am interested in learning more about your preferences and facilitators relating to being physically active and exercising with a cancer diagnosis. I am also interested in learning about if there are any potential barriers and if there are ways to improve your barriers to physical activity and exercise at any level. Participants in this study all identify as African, Caribbean, or Black and reside in Nova Scotia and have all been diagnosed with cancer.

As a Black health professional and someone who works with cancer patients and survivors every day, I have become interested in exploring the views and beliefs of ABC patients regarding exercise as a means of managing the impact of a cancer diagnosis on quality of life.

### **Section 1: Background**

1. What community do you currently reside in?
2. How many years have you been there?
3. Cancer Dx
4. Month and year of Cancer Dx
5. Cancer treatment history

### **Section 2: Exploring Physical Activity and Exercise Knowledge**

1. Can you describe to me in your own words what physical activity means to you? Is it the same as exercise?
2. Are you aware of the benefits of physical activity on your overall health? Can you list 3 benefits, barriers, and limitations to exercise in African, Caribbean, or Black cancer survivors?
3. Has a health care provider ever told you about the benefits of physical activity after a cancer diagnosis? What did they say?
4. How much physical activity and exercise should someone do each day? In a week?

### **Section 3: Barriers and Facilitators to Physical Activity and Exercise**

1. Is it easy/hard to be physically active in your neighborhood? What makes it easy? What makes it hard?
2. Are there any groups or programs in your neighborhood that promote health and physical activity?
  - a. If no, do you think you would participate if there were programs?
  - b. If yes, do you participate?
3. Has your cancer diagnosis impacted your view on being physically active and exercise? How so?

### **Section 4: Exercise Trials**

1. Would you be more inclined to exercise if there was an exercise program for cancer patients/survivors? Why or why not?

Thank you for taking the time to answer my questions, we are all done. Your answers and suggestions very valued.