

Supplementary File A.

Semi-Structured Interview Guide

Teenage and young adult cancer specialists' views on lifestyle advice delivery

Aims:

- To understand TYA-HP's appraisal of health behavior and current practice regarding the delivery of lifestyle advice.
- To identify TYA-HPs' preference on the best content and format of interventions to enhance their capability to provide advice.

Introduction

- Thank participant for taking the time to participate, ask about their job and how long they have been working with young people with cancer etc.

Tell me about your job role?

How long have you been working with young people with cancer?

- Recap and highlight the purpose of the interview
- 'Thank you for sharing those details with me, we're going to start the main part of the interview now. The purpose of this interview is to understand a bit more about your current practice delivering advice to patients about lifestyle behaviour such as physical activity, diet, smoking, alcohol consumption, and sun safety. We also want to discuss with you how CPD resources could be best developed to help you deliver advice to your patients.'

Section 1. Appraisal of health behavior

How do you define lifestyle behavior?

From this list of six, which health behavior is most important to your patient population?

PA
Diet
Smoking
Alcohol
Drugs
Sun safety

Can you explain why you thought this?

Which of these health behaviors do you focus on most in your clinical practice with your patient population?

PA
Diet
Smoking
Alcohol
Drugs

Sun safety

Can you explain why this is?

Section 2. Understanding current practice

We are interested to know about your experience and current practice of health behavior advice delivery...

Capability Knowledge

Q4. What is your understanding of the evidence of health behavior in TYA cancer outcomes/survivorship?

Q5. Have you heard of any health behavior guidelines for TYA cancer survivors?

Capability Skills

Q6. Tell me about a time when you discussed lifestyle with a patient?

- *What steps did you take to help them change their behavior?*
- *How were you able to successfully help them change their behavior?*

Q7. Tell me about a time when you chose not to discuss lifestyle change with a patient?

What are the barriers that stop you providing advice to your patients about [selected health behavior]?

• Link back to examples and situations where they would and wouldn't provide advice.
What helps you provide advice to your patients about [selected health behavior]?

- Resources?
- Time availability?

Opportunity Physical

What are the resources at your disposal to deliver advice on [selected health behavior]?

- Training on these resources?
- Are you aware of any training in advice provision?
- Have you had any training?

Opportunity Social

We now want you to think a little about your workplace and the culture of care in your practice...

How does your workplace provide you with support to incorporate health behavior advice into your everyday practice?

What is the culture in your workplace regarding lifestyle support?

Could you explain whether your colleagues start conversations about lifestyle with their patients?
Do you know if they feel it is important?

Motivation

What value do you think health behavior advice has for young people with cancer?

- Prompt patient outcomes (physical, psychosocial, holistic)

How motivated are you to provide advice on health behavior and why?

- Because told to
- Because feel responsible for
- Because really interested in it
- [Explore why intrinsic/ extrinsic motivation]

Section 3. Intervention preferences

We want to develop a resource for health professionals working with young people with cancer to support them to provide advice on lifestyle behavior....

Earlier in the interview, you talked about [.....] being a barrier to you providing advice to your patients. What kind of support could help you overcome this specific barrier?

- *Prompt on plans, resources or training could be put in place to enhance ability to deliver health behavior advice.*

Prompt intervention functions:

- *Education*
- *Incentivization*
- *Training*
- *Enablement*
- *Modelling*
- *Environmental restructuring*

What kind of content should these plans, resources or training contain?

- *Prompt specific BCTs*
- *Guidance on how to integrate advice provision into practice*
- *Instructions on how to provide advice*
- *Demonstration of best practice*
- *Prompts in the clinic room*
- *Endorsement from professional bodies*

What format would you like the resources to be in for delivery? Why?

- *E-learning*
- *Workshops*
- *CPD training*
- *N.B this is to help you, these resources are for you not for your patient.*

Section 4. Circle back/ reflect on all health behaviors

During the interview you have discussed mainly [selected health behavior]. Could you tell me what you know about [other health behavior]?

What are barriers to discussing and guiding on [other health behavior]?

Repeat questions on existing resources and how any developed resources should look. Identify if [other health behavior] is viewed differently from the health behavior cited first. Question why this is?

You mentioned that to address you felt [...example solution....] was needed. Is this the same for [other health behavior]?

- *Follow knowledge on the topic – explore briefly*
- *Explore barriers to enquiring on health behaviors*
- *Explore barriers to providing advice on other health behaviors*
- *Circle backing to section 2 and 3.*