You are invited to participate in a research study entitled:

feasibiliTy of virtuAl exeRcise proGram for mEn with prosTate cancer: **The TARGET study**

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Purpose(s) and Objective(s) of the Research:

- On average, 67 Canadian men will be diagnosed with prostate cancer (PCa) each day. Saskatchewan has one of the highest incidence of PCa in Canada, even though our population density is the second lowest among provinces in Canada. Over half of PCa cases are diagnosed in people age 65 or older, with the average age at diagnosis being 66 years. Androgen-deprivation therapy (ADT), the cornerstone of treatment for aggressive and advanced prostate cancer, can lead to a range of deleterious effects including exacerbation of age-related sarcopenia, increased risk for falls, and decreased bone-mineral density. These side effects can lead to an increased risk for bone fractures in men with PCa. Progressive resistance training has positive effects on muscle strength in men with PCa, which can counter the sarcopenic effect of ADT. However, such evidence is

based on in-person programs or home-based programs, which presents three challenges. Recent research found disease- and gender-specific needs among men with PCa in terms of participation in exercise programs and staying physically active. New ways to help men with PCa participate in exercise programs to increase muscle strength are needed, and *an important first step is to understand perceptions, preferences, and perceived barriers to participation with respect to virtually delivered exercise programs for men with PC.* Second, patients with comorbidities, including cancer, are more vulnerable to poor outcomes from COVID-19 infection and have been advised to minimize outings and observe physical distancing. Although COVID-19-related infection and death rates appear to be on the decline, the spread of COVID-19 variants remains an ongoing concern. *It is important to explore alternative avenues to safely deliver exercise programs for this population during resurgences of the COVID-19 or future pandemics*.

- Therefore, the objectives for the TARGET study (feasibiliTy of virtuAl exeRcise proGram for mEn with prosTate cancer) are to 1) *explore* perceptions of older men with prostate cancer (PCa) regarding participation in an online, virtually delivered exercise program as well as preferences and anticipated barriers and 2) *engage* these important stakeholders as participants in the research process.

Procedures:

- The TARGET study is comprised of 2 components:
    - Component 1 is a survey
    - Component 2 is a focus group
- You are invited to participate in this study because:
    1. You are aged 65 or above, of biological male sex as assigned at birth, and a resident of Saskatchewan
    2. You have received ADT for prostate cancer for at least 6 months
- This one-time focus group will occur on Zoom at a time that is deemed convenient for the majority of participants. We anticipate there will be approximately 10-14 participants (including caregivers) in the focus group. You may choose to join the focus group by phone of by video-conferencing, based on your preference.
- To find out more about Zoom's privacy policy please visit: https://explore.zoom.us/en/privacy/
- Please note, USask's agreement with Zoom ensures that all data will be routed through servers in Canada.
- Please be aware that no guarantee of privacy of data can be made with any of the virtual conferencing platforms currently in use.
- The focus group session will not be recorded using any audio or video recording. The principal investigator and the research assistant will be taking notes by hand during the session. Participants are advised that they can turn off their computer's microphone or mute their phone at any time.
- Participants may not make any unauthorized recordings of the content of the meeting session.
- Participants may join the meeting by phone if they choose. Instructions to do so will be provided by the principal investigator, along with the meeting details, when the invitation for the Zoom meeting is sent.

- The focus group will take approximately 60-90 minutes, with scheduled breaks in between. The meeting will entail participants providing their perception and opinions with regard to undertaking exercise programs remotely with the help of technologies. Please feel free to ask questions at any time before, during, or after the group regarding the procedures and goals of the study or your role.
- Before the start of the focus group, the research assistant will phone you to complete a brief, 8-10 minute survey to collect sociodemographic information (e.g. age, gender, living arrangement, education level, functional status) and health- and cancer-related information (e.g. number of comorbidities, years since cancer diagnosis, cancer treatments received). Additionally, prior to the start of the focus group, the research assistant will email you a list of support services, which you may choose to use if the need arises.

Funded by: This study is funded by an Align Grant provided by the Saskatchewan Health Research Foundation. There are no potential conflicts of interests associated with this project.

Potential Risks:

- There are no known or anticipated risks to you by participating in this research. However, discussions related to one's cancer diagnosis, healthcare and treatment experiences might potentially be unpleasant. After the focus group, the principal investigator, who is a registered nurse, will have a debriefing with you to see how you are feeling, and will provide appropriate support as needed, including referral for counselling and other support services. You are also encouraged to contact the researcher by phone if you experience any distress. As mentioned above, prior to the start of the focus group, you will receive a list that contains phone numbers of helplines and free support resources which you may choose to use, in the event that the principal investigator is not available during a moment of distress.

Potential Benefits:

- This study will add to the much-needed knowledge base to inform future research, clinical practice, and organizational support by highlight perceptions of remote exercise programs from the perspective of older patients with prostate cancer, as well as any perceived barriers and support needs associated with undertaking such programs.

Compensation:

- At the end of the focus group meeting, you will receive a $50 gift card of your choice as a token of appreciation of your time. If for any reason you do not stay for the duration of the focus group or withdraw from the study, you will still receive the gift card.
- Any personal information collected as a record of honorarium payment will be stored separately from the data by the principal investigator and may be kept for 7 years in case the University of Saskatchewan is subjected to a financial audit.

Confidentiality:

- Your confidentiality and anonymity are important. At the time of the focus group, you may choose to use a pseudonym (regardless of whether you are join the meeting by phone or by video-conferencing). If you are participating via the video-conferencing

option, you may also choose to turn off the camera in order to protect your identity from other meeting attendees, if you so wish. Only the principal investigator and the research assistant will know your real name and have your contact information, and this contact information will be stored in a password-protected file in a secured server of the University of Saskatchewan. No other people will have access to this file and your consent form will be stored separately from the data collected from you.

- The meeting will be held in a private area of the principal investigator's office that will not be accessible by individuals outside of the research team during the events. It is recommended that all participants take the same precautions.
- You may choose to bring a caregiver to the focus group, if you prefer. Please note that other participants may also bring their caregivers; therefore, those caregivers will be privy to the contributions that you provide during the focus group.
- Please be advised that, while we will not record this focus group, other participants may make an unauthorized recording of this meeting.
- The results of this study will be disseminated to researchers and knowledge users in this field through publication in a peer-reviewed geriatric oncology journal, as well as presented in webinars to audience who are researchers, knowledge users, and clinicians in geriatric oncology and/or oncology.
- All results disseminated will be completely de-identified. To maintain the confidentiality of the participants in publications and reports, data will be anonymized (i.e., permanently remove all direct and indirect identifiers from the data, but not maintain a master-list that would allow for re-identification). At no time will your personal information be released or included in these knowledge disseminations.
- The researcher will undertake to safeguard the confidentiality of the discussion but cannot guarantee that other members of the group will do so. Please respect the confidentiality of the other members of the group by not disclosing the contents of this discussion outside the group, and be aware that others may not respect your confidentiality.

Storage of Data:

- All digital data collected during this research will be stored on a password protected and encrypted hard drive. When not in use, this hard drive will be stored offline in a locked cabinet in the principal researcher's office. To prevent data loss, a back-up of all project digital data will be created and updated after each data collection process and stored permanently on OneDrive, with an physical data in a locked cabinet in principal researcher.
- Any physical notes, data and forms will be kept in a locked cabinet at the principal investigator's office at the University of Saskatchewan.
- 5 years after publication, the hard-drive and its back up will be deleted and reformatted by the principal investigator. Any hardcopy materials will be disposed of in the confidential shredding bins located in the College of Nursing.

Right to Withdraw:

- Your participation is voluntary and you can answer only those questions that you are comfortable with. You may withdraw from the research project for any reason, at any time before, during, or after the data collection without explanation or penalty of any sort.
- Should you wish to withdraw during the survey or the focus group, you may terminate the phone call with the research assistant (during survey) or leave the meeting at any time

(during focus group); however, data that have already been collected in the focus group cannot be withdrawn as it forms part of the context for information provided by other participants. If you wish to withdraw your survey data from the study, you may contact Schroder Sattar at Schroder.sattar@usask.ca, or call 306-337-3817 before December 31, 2023.

- You participation, non-participation, or withdrawal will not affect you access to healthcare services or how you will be treated.

Follow up:

- Preliminary results will be available to be shared approximately 3 months after the focus group meeting. Summary of findings from this study will be available after May 31, 2024. To obtain results from the study, please contact Schroder Sattar for a copy of the study results or the published paper.

Questions or Concerns:

- Contact the researcher (Schroder Sattar) using the information at the top of page 1;
- This research project has been approved on ethical grounds by the University of Saskatchewan Research Ethics Board. Any questions regarding your rights as a participant may be addressed to that committee through the Research Ethics Office ethics.office@usask.ca (306) 966-2975. Out of town participants may call toll free (888) 966-2975.

Consent

SIGNED CONSENT

Your signature below indicates that you have read and understand the description provided; I have had an opportunity to ask questions and my/our questions have been answered. I consent to participate in the research project. A copy of this Consent Form has been given to me for my records.

_____	_____	_____
Name of Participant	*Signature*	*Date*

_____	_____
Researcher's Signature	*Date*

ORAL CONSENT

"I read and explained this consent form to the participant before receiving the participant's consent, and the participant had knowledge of its contents and appeared to understand it.

_____	_____	_____
Name of Participant	Researcher's Signature	Date"

A copy of this consent will be left with you, and a copy will be taken by the researcher.