

Tailored Data-Profile

TOPICS

H5. *The following are topics of interest of many people. Could you tell me which 2 of the following are of most interest to you?*

If H5 = 1, then **Fertility**

If H5 = 2, then **Treatment Advances**

If H5 = 3, then **Chronic Pain**

If H5 = 4, then **Weight Gain**

If H5 = 5, then **Physical Activity**

If H5 = 6, then **Nutrition**

If H5 = 7, then **Sleep**

If H5 = 8, then **Effects of Treatment and Smoking on Infants**

If H5 = 9, then no topics chosen

ACTIVITY LEVEL

B7. *How many days per week are you at least moderately physically active?*

Days per week = ___

B8. *Approximately how many minutes do you participate in moderate physical activity on the days that you are active? Minutes per day = ___*

If $B7 \geq 5$ and $B8 \geq 30$, then **Active**

If $B7 < 5$ or $B8 < 30$, then **Inactive**

WEIGHT GAIN

If topic 1 or topic 2 = Weight Gain and activity level = Inactive:

Your answers to the survey suggest that you are not moderately physically active on a regular basis. Some people find that increasing their physical activity levels can help them manage their weight. And the good news is that people don't need major athletic workouts to shape up - 30 minutes of exercise per day or even 3 10-minute sessions can be enough. Another advantage of being more active is that it often helps people who have had a childhood cancer or similar illness think, look, and feel better. Because people's activity level abilities may vary, you'll have a chance to set up an individualized program with your peer counselor, if you'd like.

If topic 1 or topic 2 = Weight Gain and activity level = Active:

Your answers to the survey suggest that you are moderately physically active on a regular basis. This is great news! You may want to think about whether being even more active would be helpful in managing your weight. Your peer counselor can provide you with more information on increasing your activity level even further, if you'd like.

If topic 1 or topic 2 = Nutrition, and didn't choose weight gain topic, and activity level = Inactive:

Physical activity can be an important strategy for dealing with weight problems. Your answers to the survey suggest that you are not moderately physically active on a regular basis. Some people find that increasing their physical activity levels can help them manage their weight. And the good news is that people don't need major athletic workouts to shape up - 30 minutes of exercise per day or even 3 10-minute sessions can be enough. Another advantage of being more active is that it often helps people who have had a childhood cancer or similar illness think, look, and feel better. Because people's activity level abilities may vary, you'll have a chance to set up an individualized program with your peer counselor, if you'd like.

PHYSICAL ACTIVITY

If topic 1 or topic 2 = Physical Activity, and *didn't* choose weight gain topic, and activity level = Active:

Your answers to the survey suggest that you are moderately physically active on a regular basis. This is great news! You may want to think about whether being even more active would be helpful in managing your weight. Your peer counselor can provide you with more information on increasing your activity level even further, if you'd like.

If topic 1 or topic 2 = Physical Activity and *chose* weight gain topic:

Physical activity is an important part of reducing your risk of developing some of the long-term problems of treatments you received. And not only is physical activity good for both your mind and body, it's been shown that it can also be a helpful strategy for quitting smoking!

PAIN LEVEL

F8. *How much pain do you currently have as a result of your cancer, leukemia, tumor, or similar illness, or its treatment?* 1 No pain 2 Small amount 3 Medium amount 4 A lot of pain 5 Very bad, excruciating

If F8 = 1 or 2, then Don't have pain

If F8 = 3 or 4 or 5, then Have pain

CHRONIC PAIN

If topic 1 or topic 2 = Chronic Pain and pain level = Have pain:

Luckily, there are many types of treatments that can control pain, like medication, radiation, and skin stimulation. Some people benefit from alternative forms of pain control, such as biofeedback, relaxation techniques, and acupuncture. Because different treatments and techniques work for different people, you'll need to explore what's best for you. Your peer counselor can give you more information and help you learn more about the different choices.

If topic 1 or topic 2 = Chronic Pain and pain level = Have pain:

Some people benefit from alternative forms of pain control, such as biofeedback, relaxation techniques, and acupuncture. Because different treatments and techniques work for different people, you'll need to explore what's best for you. Your peer counselor can give you more information about pain control strategies if you're interested.

SLEEP

If topic 1 or topic 2 = Sleep and pain level = Have pain:

Problems with sleeping may develop if you are struggling with pain.

MOOD/BSI

G3. *Would you say you have been distressed or bothered in the past seven days by [problems]:*

1 Not at all 2 A little bit 3 Moderately 4 Quite a bit 5 Extremely

If G3a, e, q, r, s = 4 or 5 for three or more of these questions, then Anxious:

If G3d, f, g, h, o, t = 4 or 5 for three or more of these questions, then Depressed:

SLEEP

If topic 1 or topic 2 = Sleep and mood/BSI = Anxious:

Some people develop sleep problems when they are feeling anxious.

If topic 1 or topic 2 = Sleep and mood/BSI = Depressed:

Some people develop sleep problems when they are feeling “down.”

If topic 1 or topic 2 = Sleep and mood/BSI = Anxious and Depressed:

Some people develop sleep problems when they are feeling anxious or “down.”

STAGES OF CHANGE

- C1. *How many times in the last 12 months have you tried to quit smoking cigarettes and stayed off or at least 24 hrs.?*
of times = ____
- C2. *Are you seriously thinking about quitting smoking in the next **month**?*
1 Yes 2 No
- C3. *Are you seriously thinking about quitting smoking in the next **six months**?*
1 Yes 2 No

If C3 = 2, then Precontemplation

If C2 = 2 and C3 = 1, then Contemplation

If C1 ≥ 1 and C2 = 1, then Preparation

If stage = Precontemplation:

These next sections will reflect some answers you gave about smoking and what you think about it.

Something to Think About (Contemplation or Preparation)

If stage = Contemplation:

Smoking is an important issue for people who have survived childhood cancer (or similar illness) to think about. Many people don't know that they are at a greater risk for developing a new cancer, even if the first cancer wasn't in the lungs. And smoking can make the late effects of some treatments more likely and more severe.

If stage = Preparation:

Smoking is an important issue for people who have survived childhood cancer (or similar illness) to think about. Many people don't know that they are at a greater risk for developing a new cancer, even if the first cancer wasn't in the lungs. And smoking can make the late effects of some treatments more likely and more severe.

If stage = Preparation or Contemplation and had chemotherapy:

Chemotherapy can affect the heart and can lead to future problems with the lungs. Smoking can severely affect the function of both of these body systems. This can make any late effects much more serious.

If stage = Preparation or Contemplation and had radiation:

Radiation can lead to future heart disease. The effect that radiation has depends on the dose given (the more radiation, the greater the chance for late effects). Radiation therapy can also cause problems with the lungs or lung disease. Smoking can severely affect the function of both of these body systems. This can make any late effects much more serious.

If stage = Preparation or Contemplation had chemo and radiation or combination:

Chemotherapy and radiation can both affect the function of the heart and can lead to future problems. Both therapies can also contribute to late effects involving the lungs and lung disease. Smoking can severely worsen the effects of these therapies. This can make problems with these body systems much more serious.

If stage = Preparation or Contemplation and female:

For women, the late effects of some treatments combined with smoking can increase their risk of cervical cancer. Women who have had a childhood cancer or similar illness and who smoke also have a bigger risk of bladder cancer.

If stage = Preparation or Contemplation + Type of treatment - from LTFUS:

Body sketch appears based on treatment type.

Readiness to Quit

If stage = Precontemplation:

Like a lot of smokers, your answers to the survey suggest that you are not ready to quit. That's OK - all former smokers begin right where you are. Although you're not ready now, you may decide to make some changes in the future.

If stage = Contemplation:

Like many smokers who have had childhood cancer or a similar illness, your answers indicate that you want to quit, but you aren't quite ready.

If stage = Preparation:

Like many smokers, your answers to the survey questions suggest that you are ready to quit. That's great! Now you just need the tools to move forward.

DECISIONAL BALANCE

- C6. A. *Smoking cigarettes relieves tension . . .*
B. *I'm embarrassed to have to smoke. . .*
C. *Smoking helps me concentrate . . .*
D. *My cigarette smoking bothers other people . . .*
E. *I'm relaxed and therefore more pleasant when smoking. . .*
F. *People think I'm foolish for ignoring the warnings about cigarette smoking. . .*
- 1 Not Important 2 Slightly Important 3 Moderately Important
4 Very Important 5 Extremely Important

If sum of questions 'b,' 'd,' and 'f' > sum of questions 'a,' 'c,' and 'e,' then Pros < Cons.

If sum of questions 'a,' 'c,' and 'e' > sum of questions 'b,' 'd,' and 'f, then Pros > Cons.

If sum of questions 'a,' 'c,' and 'e' = sum of questions 'b,' 'd,' and 'f, then Pros = Cons.

Feelings About Smoking

If Pros = Cons:

You have an equal amount of good and bad feelings about smoking. You realize that there are some things you like about it, but you also recognize that there are just as many drawbacks.

If Pros > Cons:

You have a lot of good feelings about smoking and have fewer concerns about it. You may want to take another look at the benefits of smoking - and whether or not they really **do** outweigh the drawbacks for you.

If Pros < Cons:

You have a number of concerns about your smoking, and that you may sometimes find it to be annoying or unpleasant. You might want to think more about whether or not smoking is really worth the trouble - or if it's time to think about taking steps toward quitting. Quitting smoking means you'll be decreasing your chances of developing a new cancer. It also means that you'll be reducing your risk of developing late effects that can come from [cancer type] and its treatment.

PERCEIVED VULNERABILITY

- C7. A. *I am worried about the effects of bad health habits such as tobacco use because I was treated for cancer.*
E. *The chances are high that I will have serious health problems if I smoke or use tobacco now or in the future.*
1 Strongly Agree 2 Agree 3 Not Sure 4 Disagree 5 Strongly Disagree

If 'a' = 1 or 2 OR 'e' = 1 or 2, then **Smoking hurts health.**
If 'a' > 2 and 'e' > 2, then **Smoking doesn't hurt health.**

Feelings About Smoking

If **Smoking hurts health:**

Your answers also suggest that you realize that smoking can hurt your health. You are right to be worried - because of your medical history, smoking puts you at a greater risk for developing a new cancer. The treatments for many types of cancer can also affect the heart, circulatory system and lungs. These body systems are all made much worse by smoking.

If **Smoking doesn't hurt health:**

While it's true that smoking can have different effects on each person, there are many ways that smoking can hurt people who have had a childhood cancer or similar illness. For example, smoking can greatly increase your risk of developing a new cancer. And the treatments for many types of cancer can affect the heart, circulatory system and lungs. These body systems are all made much worse by smoking.

ADDICTION

- B12. *How many minutes after you wake up do you smoke your first cigarette?*
Minutes = ____

If ≤ 30 minutes, then **Addicted.**
If > 30 minutes, then **Not Addicted.**

Nicotine Dependence

If **Addicted and Precontemplation:**

Your smoking pattern suggests that you may have a physical dependence on nicotine. This can make it harder to quit smoking, but not impossible! You might find that nicotine-replacement therapy is especially helpful. It can lessen withdrawal symptoms and has been found to help smokers quit.

If you do decide you are ready to quit over the next 4 months, [**p.c. name**], your peer counselor can arrange for you to get free nicotine patches, if you'd like. You can also learn about other medicines that can help you quit smoking.

Even though you don't want to quit smoking now, this might be a good time to think about the things that get in the way. This will make it easier for you if you decide to quit in the future. There may also be some other health goals you would like to work on now with your peer counselor.

If **Addicted and Contemplation or Preparation:**

Your smoking pattern suggests that you may have a physical dependence on nicotine. This can make it harder to quit smoking, but not impossible! You might find that nicotine-replacement therapy is especially helpful. It can lessen withdrawal symptoms and has been found to help smokers quit. When you are ready, your peer counselor can arrange for you to get free nicotine patches, if you'd like. You can also learn about other medicines that can help you quit smoking.

When you think the time is right for you to quit smoking, [name of p.c.] can help you figure out the next steps. [Name of p.c.] will also be able to help you learn about other healthy changes - like being more active, for example. These new habits can help you with quitting and improve your overall health.

If Not Addicted and Precontemplation:

Your smoking pattern suggests that your smoking is more of a habit and less of an addiction. You might find that nicotine-replacement therapy is helpful. It has been found to help smokers quit, even if they are not addicted to nicotine.

If you do decide you are ready to quit over the next 4 months, [p.c. name], your peer counselor can arrange for you to get free nicotine patches, if you'd like. You can also learn about other medicines that can help you quit smoking.

If Not Addicted and Contemplation or Preparation:

Your smoking pattern suggests that your smoking is more of a habit and less of an addiction. You might find that nicotine-replacement therapy is helpful. It has been found to help smokers quit, even if they are not addicted to nicotine.

When you are ready, your peer counselor can arrange for you to get free nicotine patches, if you'd like. You can also learn about other medicines that can help you quit smoking.

STAGES OF CHANGE

If C3 = 2, then Precontemplation

If C2 = 2 and C3 = 1, then Contemplation

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Something to Think About (Precontemplation)

If stage = Precontemplation:

Smoking is an important issue for people who have survived childhood cancer (or similar illness) to think about. Many people don't know that they are at a greater risk for developing a new cancer, even if the first cancer wasn't in the lungs. And smoking can make the late effects of some treatments more likely and more severe.

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If stage = Precontemplation + Type of treatment - from LTFUS:

Body sketch appears based on treatment type.

Next Steps

If stage = Precontemplation:

You aren't ready to quit smoking. That's OK. Your peer counselor can work with you on other kinds of health-related goals. Some of these may make it easier for you to quit smoking in the future if you want to do so later.

If stage = Contemplation:

You're thinking about quitting smoking. Maybe you aren't ready to do it right now or might not be sure about what to do next. Your peer counselor will help you get ready during your phone calls. Your peer counselor will also arrange for you to get free nicotine patches, if they're needed.

If stage = Preparation:

You're ready to quit smoking. You've already taken a big step in getting control of your own health and future! You can do it, and your peer counselor will help. Your peer counselor will also arrange for you to get free nicotine patches, if they're needed.

Tailored Data-Profile Key

All headings in **GREEN** represent one of the seven BFR Criteria.

- directly following these headings are the survey questions that correspond to the BFR
- following the survey questions are the responses in **RED** that generate each possible output
- included within each of the seven **GREEN** headings are **BLUE** sub-headings as well

All sub-headings in **BLUE** represent each section on the tailored feedback report (personalized fact sheet) that includes tailored materials.

- within each section are the tailored messages that correspond to the **RED** criteria names

GREEN tailoring BFR Criteria topics appear in the order in which they will appear on the feedback report (Topics → Something to Think About → Readiness to Quit → Feelings About Smoking etc . . .). That is why **STAGES OF CHANGE** appears twice: contemplation/preparation receives it in a different place than precontemplation. If sections don't appear on this report (such as "Some basic facts about cancer treatment" or "Something to think about" or topics such as "Fertility"), it is because those sections do not include tailored material that is dependent on questions from the baseline survey. With regard to topics, this excludes the actual choosing of the topic itself of course.

BLUE sub-headings appear in the order in which it is possible for survey-dependent tailored messages to appear on the tailored feedback report (personalized fact sheet).

