

Themes	Subthemes	Notes	Key quotes	Further quotes					
Action planning strategies	Location of kit - e.g., toilet/ bathroom or 'inbox' - e.g., kitchen bench, desk - to help to remember to do it	Highly noticable Serves as a prompt In 'visual inbox'	on the kitchen bench 'that's where we leave mail, that's where we sit at night'... It's right in the middle of the kitchen so it's in view of everybody' -P6	Somewhere where you can see it, yeah, or right next to the toilet on the toilet bench where you say, "Oh yes, I've got to do that again," -P7	P10 cont. Because I want this package to go away. I want this space clear again. I see it every day, it annoys me lying there. Last year, I remember, it took me, actually, a few weeks before I got to it. I procrastinated. But I saw it every single day, and every single day I thought, I want to put this package away	P20 - Yeah just on the bench, which was sort of next to the doorway to the toilet. It's a separate toilet. And every time you walk past it, every time you brushed your teeth... "I must do that, I must do that."	Because it's there it just prompts you, reminds you and every time you look at it you think, I mustn't forget next time I go to do that test, sort of thing. -P11	P10 - Because I had it sitting on the ledge right next to the toilet, I would see it every time I go there, and I wanted to do it. And I wanted -- so it's not something -- I would not normally put anything there. So certainly not, say, an envelope with something in it. So it was meant to be there only for a short period of time	P13. 14, or 15 ?? Well, actually -- well, I thought -- well, first off you get a letter saying that they're going to send you one. And then, right, to me, it's just a routine. So I open it up, if you really want to know, and I know you had that on -- you sent me this little sheet. I leave it in the main bathroom, which is next to the toilet. And I just go and do it. The instructions are very easy to follow. And then I put the little samples in the fridge, and then send them off. I always open it and make sure the instructions, or whatever, haven't changed. And P14 then I put it underneath in a cool place, in the vanity unit in the bathroom. And then, the next time I have to go for number two, I go and use one.
		Systematic it - 'to do' pile/ "action" pile	"If it's there then I see it all the time, so you have to do it. So it's one of those things that if you leave it in your to do pile, then it's going to get done, but if you put it back in the draw it will get missed." - P16	P12 -in our entry area, living room, the dump spot where you drop things when you come in...it's a visible spot where things that need to be actions would usually live, because if they live there for too long I'd probably get growled at for leaving things laying around...it's an action area, things that need to be actioned live there	where is convenient for me to remember, where I put my car keys, where I put my important stuff. -P4				
	Timing of collection and post accessibility	Location - generally all participants lived near a post box or post office - found drop off easy, planned to drop it off when they were already in the area	I drive past a letter box each day, so that wasn't a concern to me	Yep, that was easy. Just went and found the right mailbox and posted it off. I usually drive somewhere, like drive the granddaughter to school so it was easy; there was always one on the way, so that was easy. -P7	P9 I've got a PO box and I just go past there anyway every so often and check the mail, so no, that was no inconvenience, it was just, I guess, in my mind it was the time factor that I had to do it in a -- put it in in the afternoon or something so it wasn't going to -- wasn't sitting out in the thing all day before the mail got collected	P10 [the post office] It's actually in a shopping centre where I normally go shopping. So it's on the way.	P15 - I just sort of -- going into town and it's only a few minutes away so we just -- no it was fine. We just posted it there when we were there for something else.	P12 cont I jumped online and just checked with Australia Post that the local box was one that was cleared, I think, and they said that anything that was in there before 5 o'clock was cleared that afternoon. I just wanted to make sure that it wasn't going to be sitting there for three or four days or anything silly.	
		Most participants completed kit as soon as they could, when they would be at home - plan around bowel movements	"I planned it so I was going to be at home two days in a row and I could get two samples and get it away quickly, so I actually had to plan out which days I was going to do it."	sometimes I do constipated, so I have to think about it if my bowel movement is regular or not -P5	I opened it straight away and I did it as soon as I could and sent it back straight away -P7	P11 - as soon as was practical, I suppose. So it would have been within the week.	P12 I planned to do it fairly rapidly, and I did.		
	Thoughts on reminders	There were mixed opinions on calendar reminders, but all participants used location as a prompt	P16 "I just picked a day and that was the day that I was going to do it. I probably wouldn't want to have it in my calendar. Meeting someone for lunch, having a meeting with a customer, that's a nice thing in the calendar. Doing a stool sample is not a great thing in the calendar"	P17 -- on the kitchen bend so it was there to remind me... In the morning, yeah, I get up first thing in the morning and see it's there, so you don't forget." I'd just leave it somewhere prominent where you are every day, so on a regular basis. So mine's obviously the kitchen bench every morning you go and grab the milk out the fridge or whatever you're doing to make yourself a cup of tea and it's there, it's staring you in the face so you forget." I wouldn't look at the calendar from one year to the next, like I said if it's right in front of my eyes then you can't miss it."	P14 Re reminder? " No, no. No. Because it's important. I mean, it's just like brushing your teeth, isn't it? It comes, and you just know, right, next bowel movement, that's what I do. "	p8 I'm one of these people that I work it all out, write it on the calendar and then that's what my life is, I do everything by that. So I would have worked it out and then I would have just had it in there because then it would have been handy for me to grab to do when I needed to do it.	P12 I do use a calendar, reminders in my phone for stuff fairly regularly, but I'm pretty sure I didn't. I didn't put it in there.	P 13 But, no, I didn't send a reminder on the phone or anything like that, and I'm not sure how that would work. If you were very regular and you went to the toilet at a set time every day, you might be right, but to my mind, it's a little bit random.	
		Many endorsed SMS or letter reminders	P18 you could, maybe, send a text message. Have you done your kit? Have you done your test? A reminder text, after it's been sent out. Because that way -- that's just a thought. Or even an email. But texts usually work pretty well with people because they've got their phones with them all the time now these days, don't they?	P15 - reminder text would be a good prompt -- similar to sms reminder for medical appointments -- "I know that prompts me to remember an appointment coming up"	P8 - Well possibly if it wasn't returned within a fortnight maybe an SMS or some sort of reminder might be handy. Some people may have just put it down and forgotten about it... if they haven't done it fortnight, three weeks, just jog their memory.				
		Suggestions from participants	Fridge magnet, sticky note, boxes to tick on instructions	P19 maybe give us a sticker or like a fridge magnet that you could put maybe on your shower screen or your cistern or something there you could just go on your tiles on your bathroom might be nice to um ...ah yeah that you peel off and you put it on there just to remind you that it's in the cupboard waiting to be used	P11 [for husband] putting a sticker on his computer, you know, like a sticky note or something on his computer screen or something like that would have helped him remember.	P14 If there were boxes to tick for prompting ... You have these little boxes. Okay. Yes. Or as you were doing the test, like I've got to do this, this, and this. I mean, you tell us that you've got to tick different things on the instructions, anyway, now			
Coping planning - strategies to overcome barriers	Addressing autonomy concern	Personal information - comfortable sharing. Often treating it as other medical information sharing - normalising	It's the same as a normal blood test' p6 'you put the same information down and -- so no, I don't have an issue with that at all.' P6	P16 -- "No, I'm not that precious with it. I've got a My Gov account and my online health records, so I don't really have an issue with it. No"	P8 Well they don't ask for anything that I'm not prepared to give the doctor, sort of thing. I mean, they ask your personal details and who your doctor is, and I'm very happy for my doctor to get the results.	P10 I thought, it's available to me. I want to know. It's available, it's for free, why not?			
		Sense of personal responsibility to complete kit	P14 Well, I'm responsible for my -- we're all responsible for our own health, aren't we?... it's for my own benefit	P6 'So no, I think it's stupid putting it off. Well -- and if you do, you only have yourself to blame and that's the way I look at it. You can't blame the system, you can't blame the government. You can't blame the doctors. You have yourself to blame. You've got a test right there. Do the test. I know. Quite harsh but -- ... Cancer is a really direct thing and when it affects you, that's when you realise how direct it is" "you're not going to do anything to prevent it or detect it early. Well, that's on you. " Do the test or you could die."	P5 ... I recognise this is for my health, if you believe I your health, then you have to do it... I am an adult. I am responsible for my own health.	P17 Yeah, fine, fine, no problem, hey. See it's for my benefit, it's sort of appreciated if you see what I mean... I'm definitely motivated to look after myself and that's the point, you have to be, you have to be because you don't know what's going to happen from one day to the next, yeah	P20 I thought "I must do this for myself".		
	Addressing disgust concern	Strategies to overcome any disgust related to completing the kit - i.e., poo/ toilet	It's not the nicest thing to have to do, but you know it's a necessary thing that has to be done, so y modesty and everything has gone long out the window, so collecting a bit of poo doesn't faze me at all anymore.	Like cleaning toilet -- p9, p10, p8 "no worse than cleaning the toilet really", P8 "Like changing a baby's nappy", P18 I've got four kids - I'm used to poo anywhere.	P14 "... the sheets are really good. I mean, it's easy to use. There's no mess, and then you just flush the sheet down the toilet. "	P10 the first time to poke a stick into my own faeces, and the second time of putting it in the fridge. I thought, well, it wasn't really my thing, but I did it anyway.			
		Strategies to overcome any disgust related to putting the sample in the fridge - normalise, put behind things, put in paper bag, put with other medications	P13 No. I think if somebody looked in my fridge, that'd be the least of the embarrassment -- the rest of the food in there. No. Look, we don't have anybody coming and looking in our fridge	P19 - I put it in a paper bag and pop it in the fridge. Yeah that doesn't concern me. All sealed.	P14 we put them in a seal lock bag. And if we had visitors, I'd hide it behind something so they didn't see anything.	straight to the fridge, no issues with storage. I stored where the medication place in my fridge- P5	P15 No it was quite discrete. No not really. It's such a small thing anyway so it was fine.	P10 - the instructions tell me how to close the tube and put into the package, and put it in the fridge. And if I do this, make sure I have clean hands at the same time. But I decided, well, my fridge would stay clean. So I was convinced by the instructions,	
		General strategies to overcome disgust - easier than expected	P20 And yeah it wasn't something I was eager to do, but after I did it I thought, " that's what it's all about? That little procedure? It's really nothing, the screening itself I think it's the thought.	P16 "I've never sat down with a catch all underneath... for that first time it was a bit ... unusual, but yeah, it was fine"... "much easier than I thought"	P15 "... a little bit unpleasant... but then, it was so quick and easy to do, I thought, 'yeah that's not a problem, I'll get over that'. "				
		Focus on motivation/ perspective	P14 I'm doing this for my health. But probably you would think, you normally wouldn't do this, and you think, ugh. But you do it for a reason. You do it for a very good reason. It may save your lives.	Yeah, a bit yucky, hey, but you just do it, that's it, it has to be done -P17	P6 It's not the worst thing you have to do and it's better than dying. So I don't have an issue with it and I -- is it something I want to do every day? Not really, no. But I do it -- I can do it once every two years. It's not a drama.	P7 That it's just so important. Like, you may not have any symptoms, but this will catch it and it's better to catch it early than not -- and leave it too late and then you can't do things to fix it up. So for a little bit of embarrassment of pooing on a stick, sort of thing, it's well worth it.			
	Addressing the physical concern (overlapped with disgust concern)	One participant (P13) did the sample scraping for his wife - noted the challenges of eyesight with reading the instructions, and having to bend down quite low to do the sampling, and fear of messing it up.	P13 "she goes to the bathroom and that falls to me, the sampling and all that, but because of the physical side of it, maybe she's a bit of a chicken too"	she gets afraid she'd mess it up. She gets afraid that with the tissue paper or putting the paper down, she would mess things up and get it all wrong. And I think there is a little bit of a fear of, I can mess things up, I can get it wrong, and it may be to emphasise to people, you will not get this wrong or something like that to give them some confidence in doing the testing."					
		Physically easier than expected - instructions helped	P16 "... opened it and read the instructions and it didn't sound as bad as I thought it was going to be. There are these little fiddly things, you've got a little brush and put it into the thing and then put that in the fridge and, yeah, you think, aw. But once you actually put the cover down it actually worked quite well and it was fairly simple." It's the thought of it more than the actual application	P12 - It was easy. It was simple. Yeah, it wasn't a problem, it was just doing a poo and scraping the thing along the top of it...No, there was no issue. I just put it in the little vial, and I think in the little, from memory, a little plastic bag thing with two pockets. Put it in that, and I think I might have even just put it in the door of the fridge.	"Opened it ... thought the instructions were fairly straightforward and then it was easier to use in my mind I think" - P15				
	Addressing avoidance concern	Use the fear of the outcome as motivation, if anything is there - you want to catch it early	P6 "I'd rather know early than not know at all."	P7 "it's just so important. Like, you may not have any symptoms, but this will catch it and it's better to catch it early than not -- and leave it too late and then you can't do things to fix it up. So for a little bit of embarrassment of pooing on a stick, sort of thing, it's well worth it" I needed to have a wakeup call to get to do mine	P11 If you get on top of a problem earlier, the solution is usually much easier	P10 I need to know. If there's anything that's going wrong, I want it to be caught early. And that's the same thing with any of those cancer tests. So that motivation -- the nervousness of not having the check. If I don't have the check, that I don't know what's going on. I'm more nervous about that, then about waiting for the result.			
		Using motivation from knowing others with cancer, or having experienced cancer themselves	P6 -- "I had a friend that died of bowel cancer and he didn't do the test ... and he could have, quite possibly, been saved if he had have done the test"	P12 -I have lost family members to cancer in the past, not bowel cancer, touch wood, to date. Even my wife's had some cancer scares and stuff, so I suppose it's one other thing that I'm always aware of. Anything I can do to make myself less of a chance of a statistic I'm happy to do it.	P13 A friend of mine disclosed that he did have bowel cancer, and he thought it had been or they thought they had managed to get that all beaten, but that now it's returned, and he's currently under a palliative care program.	P14 [completing the kit] Yeah. possibly the best thing I ever did because it did find something. And since that time -- so it must be over 18 months probably, I've had surgery and it probably saved my life.			
		Proactive approach	P18 - I'm quite a proactive person when it comes to my health. So any test I can get done, I get it done	P16 ", it's just one of those things, 'it's not going to happen to me'. It's all yucky and dirty, I don't want to capture my own poo and send it off to somewhere else. It's just easier to forget about it"... "But then one day you think, yeah, I'd better do it, and so you do it, and it's actually not that bad."	P14 I want to stay healthy. I do not wish to get polyps, or whatever, and then they turn into bowel cancer. And this is a way of checking regularly.	P12 Negative or positive, I want to know			

	Lack of time - addressed by planning	Planning to be home, planning around work days Weekend, or non-work days - participants chose and planned to take the samples when they be home for the bowel motions	P19 [On the weekend I'm] not as busy and um sort of you know you've got the time to do it. Cos it's over 2 days so making sure you've got 2 consecutive days when you know you're right in your own self facilities.	P16 -- work varies = "just a matter of getting two days that I was pretty sure that I was going to be home in sequences. I didn't want to store it for long periods of time"	Just when it's convenient. If I'm rushing out early the next morning, I won't so it then. I'll wait till I'm home and just everything's more relaxed that way. P6	P8 I think the only thing when I read it through was getting the -- you had to have it back and send it on a certain day of the week and with shift work that I was doing at the time, that was going to be a bit tricky. There was something about that that just sticks in my mind a bit somewhere. You had to work out when you were going to do it so that you could then send it on the right day.	P12 Yeah, no I opened it pretty much straight away and read through to check out what was in it. Made sure I understood what I had to do. Yeah, and then as I said, planned around -- I had to try and plan around when there'd be two days that I could have, be in the right place at the right time, and be able to then get it in the mail the next day, sort of thing.		
		Process - read whole thing through when opened kit, assisted with planning, then again when completing it	P6 -- I just sit down and I -- you know, I just make sure I read it properly one time. And then I read it, again, before I start and go, okay, so this is vials and this is the sticker, just to make sure I've got it all right.						
		Made it seem easier to use + addressed disgust somewhat	"Actually, very understandable. A child could actually read the instructions. There's nothing fancy or big words, where you think, what am I supposed to do here? It's very easy to read." - P14						