

In-Depth Interview Guide for EFICAN Project Participants

(Confidential and Voluntary Interview)

Note: The interviews were conducted as part of the evaluation of the EFICAN program (Exercise and Cancer), a structured 12-week supervised resistance training intervention developed by the research team for breast cancer survivors.

1. Introduction and Purpose

- Thank the participant for their time and willingness to share their experiences.
- Explain the purpose of the interview:
 - "We are conducting this interview to understand your experience in the EFICAN project and how physical activity has influenced your recovery process. Your insights will help us improve the program and support future participants."
- Reiterate confidentiality and voluntary participation:
 - "Everything you share will be kept confidential. You can skip any question you are not comfortable answering and stop the interview at any time."
- Ask if they have any questions before starting.

2. Personal Experience and Motivations

- "What motivated you to join the EFICAN project?"
- "What were your expectations before starting the program?"
- "How did you feel when you first began participating?"

3. Experience in the EFICAN Project

- "Can you describe your experience in the program?"
- "How did you feel during and after the physical activity sessions?"
- "What were the most meaningful aspects of the program for you?"
- "Were there any challenges or difficulties you faced? How did you overcome them?"
- "What role did the group dynamic play in your experience?"

4. Impact on Physical and Emotional Well-being

- "In what ways has the program influenced how you perceive your body?"
- "Has your approach to physical activity changed after participating in EFICAN? If so, how?"
- "Did the program influence your daily habits, relationships, or overall well-being?"

- "What emotions emerged throughout your participation in the project?"

5. Reflections and Future Considerations

- "Looking back, what stands out the most about your journey in EFICAN?"
- "What suggestions would you make to improve the program?"
- "Do you think this type of program should be integrated into standard healthcare or university initiatives? Why or why not?"
- "Is there anything else you would like to share about your experience?"

Closing the Interview

- Thank the participant again for their time and valuable contributions.
- Reassure them about confidentiality and how their responses will be used.
- Offer to share the study's findings with them once finalized.