

## **Group Interview Guide – EFICAN Project Facilitators**

*(Confidential and Voluntary Interview – Estimated Duration: 90 minutes)*

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 instructors for their participation and contribution to the program.
- Explain the purpose of the interview:
  - "This interview aims to gather insights from your experience as facilitators of the physical activity sessions in the EFICAN project. We would like to understand your observations on the impact of the program on participants and any challenges or successes you encountered."
- Reiterate confidentiality and voluntary participation:
  - "Your responses will be kept confidential, and you are free to share your thoughts openly. You may skip any question or leave the interview at any time."
- Ask if they have any questions before starting.

### **2. Personal Experience as Facilitators**

- "Can you briefly introduce yourselves and describe your role in the EFICAN project?"
- "What was your experience like leading the physical activity sessions?"
- "How did your expectations of the program compare to your actual experience?"

### **3. Observations on Participants' Experience and Progress**

- "From your perspective, how did the women initially respond to the program?"
- "What were the most significant physical, emotional, or psychological changes you noticed in the participants over time?"
- "Were there any moments where you observed a shift in confidence, motivation, or group cohesion?"
- "Did you notice any differences in how participants engaged with physical activity at the beginning versus the end of the program?"

#### **4. Challenges and Areas for Improvement**

- "What were some of the main challenges you encountered as facilitators?"
- "Did you notice any difficulties or barriers that affected the participants' engagement with the program?"
- "What strategies did you use to support participants who faced challenges?"
- "What aspects of the program do you think could be improved or adapted to better support participants?"

#### **5. Reflections on the Role of Physical Activity in Recovery**

- "In your opinion, what is the role of physical activity in the recovery process of breast cancer survivors?"
- "Beyond physical benefits, how do you think exercise contributed to the participants' emotional well-being and social connections?"
- "Did you personally gain any insights or learnings from this experience?"

#### **6. Recommendations for Future Programs**

- "What recommendations would you give for future facilitators of similar programs?"
- "How do you think programs like EFICAN could be integrated into healthcare or university settings?"
- "If you could make one major change to the program, what would it be?"

#### **Closing the Interview**

- Thank the instructors again for their time and valuable insights.
- Reassure them about confidentiality and the use of their responses.
- Offer to share the study's findings with them once finalized.
- Ask if they have any final thoughts or comments.