

An iterative process of adaption and development with a Patient and Public Involvement group to increase usability of an online website to provide those living with and beyond lung cancer a tailored physical activity program and personalised educational resources.

Jordan Curry, Helen Roberts, Michael Lind, Camille E Short, Corneel Vandelanotte, Holly EL Evans, Mark Pearson, Cynthia C Forbes

Background

Those living with and beyond lung cancer (LWBLC) have reported greater unmet psychological and physiological needs than other types of cancers. Online delivery can provide tailored support, with a vast reach and at relatively low cost.

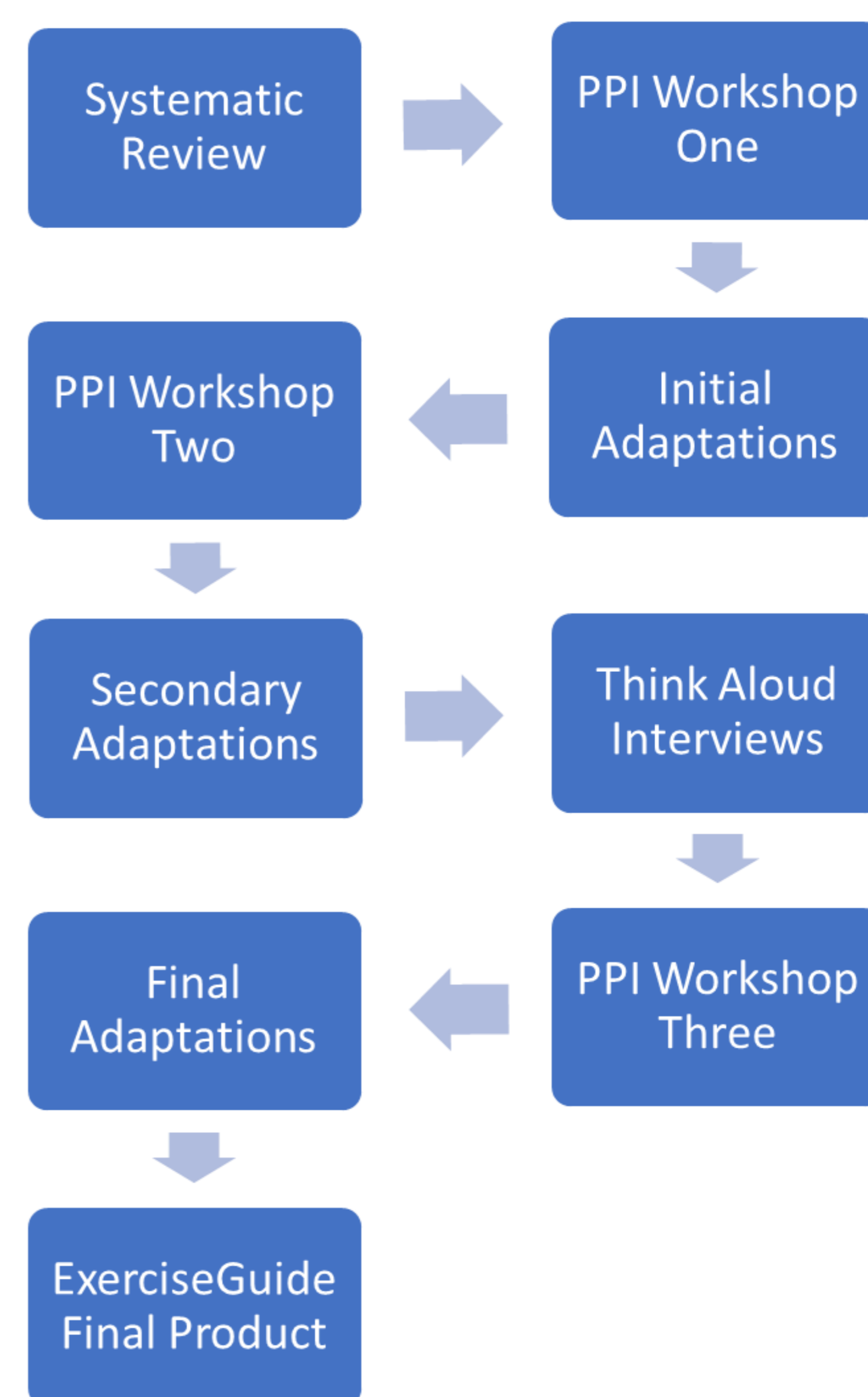
Aim

Adapt and develop an online platform (ExerciseGuide UK) iteratively with a Patient and Public Involvement group and revise collaboratively based on Think Aloud interviews.

Methods

Three Patient and Public Involvement workshops with 3 – 5 individuals living with or carers of those with and beyond lung cancer

- Workshop One:** Explore barriers to physical activity and digital technology for those LWBLC and ideas for website content and layout
- Workshop Two:** Review new content based on workshop one's feedback and discuss new resources and website architecture.
- Think Aloud Interview:** Concurrent Think Aloud interviews with seven individuals LWBLC
- Workshop Three:** Collaborative review of changes

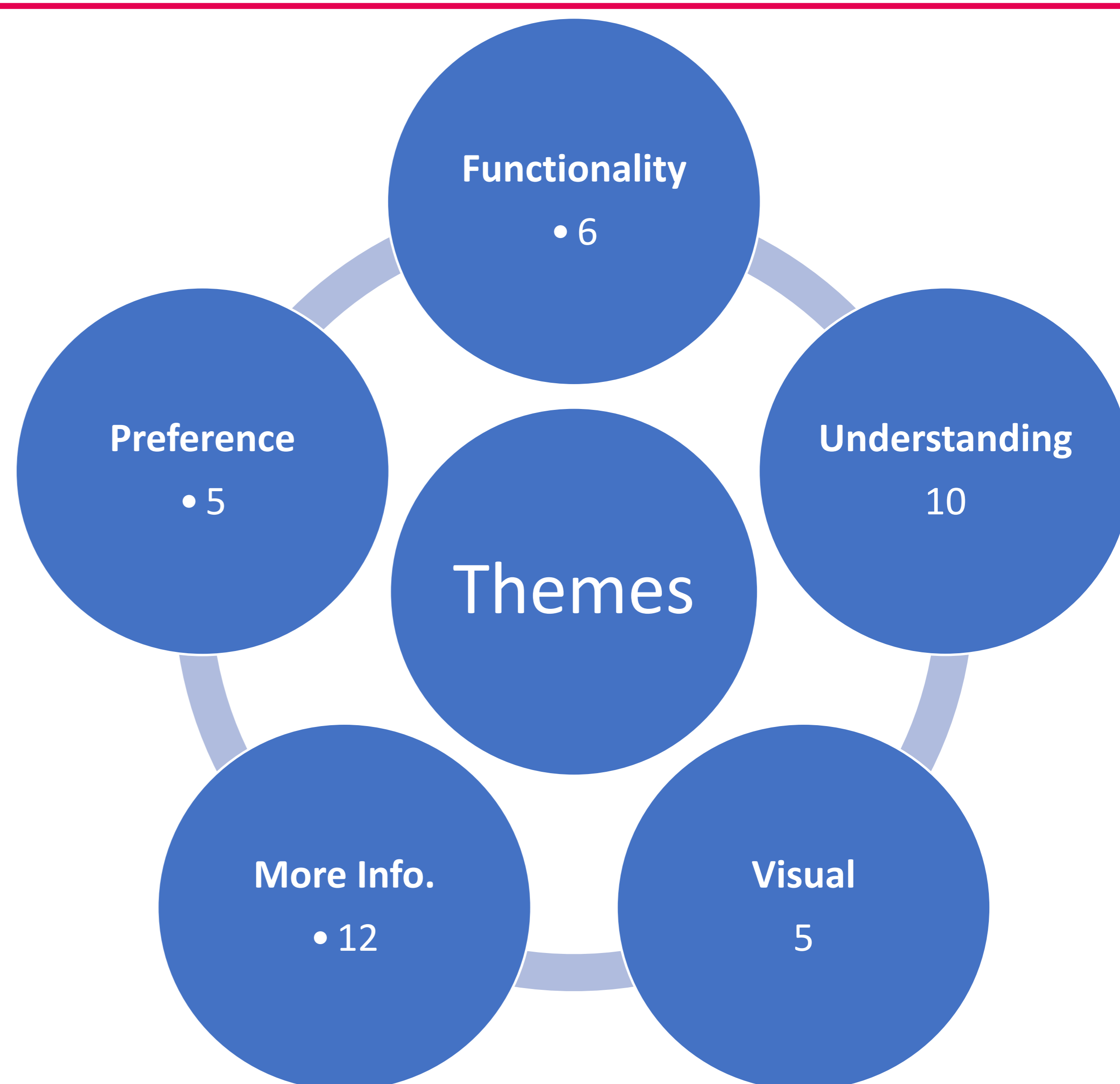


Results

- Five Themes
- Items Discussed: 24
- Rate of Agreement with initially proposed revisions: 46%

Systems Usability Scale (Think Aloud):

- An overall 'excellent' or 'good' SUS was by 5/7 participants
- Confidence: Excellent – Good (5/7)
- Learn Quickly: 6/7
- Not need to learn a lot: 6/7



Conclusion

In total, 54% of the researcher's proposed revisions were disagreed with by the Patient and Public Involvement group. Involving the target population in developing and adapting a digital tool designed to increase activity levels may enhance the usability and relevance of the content. Those LWBLC demonstrated they were able to use the prototype website successfully. All final revisions were agreed upon prior to implementation to ExerciseGuide UK.

This doctoral studentship is funded by Yorkshire Cancer Research