Appendix 1. Screenshots of the intervention

Additional screenshots of the CancerCope web program.

Home page
The CancerCope program has six cores for participants to complete.

These are the six Cores for the CancerCope program. During the first week, you are asked to complete The Cancer Journey Core. A new Core then becomes available one week after completing the previous Core. This gives you time to practice the tips and strategies you’ve learned in each Core before moving on to the next one. Previously completed Cores can be reviewed at any time.

**Core 1: Overview**
- Review

**Core 2: Understanding You**
- Review

**Core 3: Managing Your Stress**
- Review

**Core 4: Tackling Problems**
- Review

**Core 5: Taking Care**
- Review

**Core 6: Moving Forward**
- Review
The CancerCope program has high levels of interactivity to encourage use and self-management.

As you look over your thoughts, feelings, and actions during a difficult part of your cancer journey, think about how they compare to thoughts, feelings, and actions during other challenging times. Were your thoughts, feelings and actions similar or different? Consider whether you have a typical way of coping with stress.
Your Values

As you enter your values below, click on the title of the circle if you want to see a reminder of helpful questions for that area. When you have completed each circle of values, click the SUBMIT button.
Steps for Successful Problem Solving

Click a letter to start
The cores contain stories of fictional characters to illustrate the different experiences of others on their cancer journey.

In the early days after his operation, sex was the last thing on Allan’s mind. Initially he was focused on recovering from his surgery - getting his continence back and regaining his fitness.

A few months later his Urologist assured Allan it was time to try things out in the bedroom again, and sent Allan home with some samples of Viagra to try. Allan didn’t have much success with the Viagra that night. After a couple more failed attempts, Allan just stopped trying.

He and Jude continue to be intimate in other ways but it’s not the same. Allan has never felt any pressure from Jude but lately he feels as though their sex life (or lack of it) is the elephant in the room and it’s time to seek help.

Click here to view Allan’s attempt at working through the problem solving steps.
Moving Forward After Treatment

Click the photos of James and Margaret below to read about their experiences moving forward after treatment.
CancerCope users receive tailored feedback based on distress scores and concerns

Based on your Distress Dial reading of 3 this week, CancerCope would like to provide some feedback, just for you:

At times, cancer can leave you feeling stressed and overwhelmed. However, it looks like you are using tools and strategies to keep your distress manageable.

If you find that you become more distressed, or would like to talk to someone about how your cancer is affecting you, call Cancer Council 13 11 20 (Monday – Friday, 8am – 6pm) or Lifeline 13 11 14 (24 hour confidential and anonymous counseling service).

While you may not have experienced any of these specific concerns this past week, do not be alarmed if new concerns pop up in the week ahead. CancerCope will teach you tools and strategies that can help you to cope both now and in the future.
The CancerCope program included assigned behavioural homework supported by the interactive components of the website.

Recommended Goals for the Week Ahead

Consider trying this week’s recommended goals:

1. **Read your recommended readings.**

You did not list any concerns this week so you do not have any recommended readings.

2. **Complete the steps for successful problem solving.** You will find these steps in your Coping Toolbox. Visit My Journal to EVALUATE the outcome once you’ve put your best option into action! Remember, if you are not satisfied with the outcome try your second best option.

3. **Practice being mindful at least once during the week.** Focus your attention on a routine daily task such as drinking your morning coffee or pulling weeds in the garden. Concentrate on how all your senses are experiencing the activity, really notice the details.

4. **Practice relaxation exercise** at least three times during the week. You will find audio tracks for each of the relaxation types in your Coping Toolbox.

5. **Visit your Coping Toolbox** at least once during the week and review the materials from the Tackling Problems Core.
Users are encouraged to regularly review goals they have set previously to monitor their progress.

Reviewing Last Week’s Goal

We would like to know how you got on with your goals last week. Take a look at your goal’s below, and let us know how you went?

Were you able to practice the Slow Breathing exercise over the past week?
- Yes, several times.
- Yes, one time.
- No, I was not able to work on this goal.

Were you able to visit your Coping Toolbox and review materials from The Cancer Journey Core?
- Yes, several times.
- Yes, one time.
- No, I was not able to work on this goal.

That’s okay. Try to find some time during the week to visit your Coping Toolbox. Many people find reviewing information in their Coping Toolbox helps to reinforce what they learn in CancerCope. You can also print information from your Coping Toolbox and read the information during a time that suits you, when you’re not sitting in front of the computer.
The program includes an electronic journal where participants can record their thoughts and feelings and reflect on their progress towards weekly goals.
Participants are able to access their coping toolbox which contains information and resources from completed cores in one area.