# Supplementary material 8

# Patient service survey

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You are invited to participate in a research project titled “‘Fit for surgery’ or ‘fit for life’? Exploring the potential of using the perioperative encounter to promote regular exercise and physical activity: an expanded evidence synthesis”.

This means we are looking at the potential for using pre and postoperative support to promote physical activity and to improve patients’ long-term health and wellbeing following an operation.

The study is being conducted by the Patient Safety Research Unit, University Hospitals of Morecambe Bay NHS Trust, alongside colleagues at the University of Lancaster, Sheffield Hallam University and patient and public involvement representatives.

We are searching for studies about physical activity for surgical patients. We are also talking to patients and staff, and collecting information about what methods are used to encourage people to be more physically active, who are involved in delivering and setting up these methods or services, and how people feel about them. This survey will help us to understand some of the experiences you have had relating to physical activity promotion.

This survey you should take about 20 minutes.

Your participation in this survey is voluntary and you can withdraw at any time. You can choose not to answer any question. We will collect your answers and compare them with other survey responses in order to conduct analysis and produce a final report. Your survey responses are anonymous and your computer IP address (a number that is associated with your computer or internet connection) will be excluded from the results. If you are interested in taking part, please refer to the participant information sheet which can be downloaded [here](https://www.lpsru.org/blank-page-1). The survey is managed by Envoy and you may access their privacy policy [here](https://envoy.com/privacypolicy/). If you have any questions regarding the project or the survey, please do not hesitate to get in touch with us. If you prefer a paper copy of the questionnaire, please let us know and we will arrange for this to be mailed to you including a freepost return envelope.

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**About you**

1. Please could you tell us a bit about your current health situation? [Text box]
2. What does your operation mean for you? Please tick all that apply [5 tick boxes with function to tick all]
   1. To improve my quality of life
   2. To improve my physical function / help me conduct normal activities of daily living
   3. To improve my chance of survival
   4. Not sure
   5. Other, please specify [text box]
3. What does quality of life mean to you? [Text box]
4. Do you feel in control of your general health? [Tick box with function to mark only one]
   1. Yes, very much
   2. Yes, most of the time
   3. Sometimes
   4. Not usually
   5. Not at all

**Physical activity promotion**

1. Since you were advised to have your operation, have you been encouraged to use a service that promotes physical activity? [3 tick boxes function to mark only one]
   1. Yes, I have used this service but have now finished using it
   2. Yes, I am currently using this service
   3. Yes, but I have not started using this service yet
2. Please tell us about the first time, since you were advised to have your operation, that someone encouraged you to do more physical activity or to become more active? [Text box]
3. Please tell us how this made you feel? [Text box]
4. Which of these statements are important to you? Please tick all that apply: [8 tick boxes with function to mark all]

Being physical active will:

1. Help me recover from my operation
2. Help my operation go well
3. Increase my chance of surviving my operation
4. Help me to be fitter
5. Help me to lose weight
6. Help me feel happier
7. Improve my mental wellbeing
8. Help me to be healthier
9. Help me to socialise

**About your experiences**

1. Since you were advised to have your operation have you used a service that encouraged you to be more physically active, please tell us what worked for you? [Text box]

If you have not yet used this service, please skip to Question 12.

1. Thinking about the service you have used, please tell us about something you feel could be improved or done differently? [Text box]
2. If you have had your operation, how long have you continued to be more physical active? [Text box]
3. What sort of support have you received from other people in your life to be more physically active? [Text box]
4. Do you have any ideas that could help to support people to be more active? Please tell us about these below.

[Text box]

Thank you very much for sharing some of your experiences. We look forward to talking with you during a focus group discussion

**Final webpage**

By clicking the ‘Submit’ button below, you are consenting to participate in this study, as it is described in the participant information sheet, which you can download here. If you did not yet download and keep a copy of this document for your records, we recommend you do that now.

Many thanks for your support with our study