

Handout 2: Synthesis practical

	Extract from included study	Possible theme(s)
1.	<p>“...and the things that you learn, read up on, and listen to [on the radio and TV] and that sort of stuff. And just deciding whether [dietary supplements are] good for you or not. Sometimes you hear something and decide right away that it isn't for you. Sometimes you hear something and you might decide to try it for a week or whatever. Trial and error, or common sense, or whatever works for you. I think that you basically know how you feel after you take them.’ (comparison group, woman, 55 years)”. Reedy et al 2005</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1. Family input into decision-making <input type="checkbox"/> 2. <u>Media input into decision-making</u> <input type="checkbox"/> 3. Health professionals input into decision-making <input type="checkbox"/> 4. An individual's own health <input type="checkbox"/> 5. Negatives <input type="checkbox"/> 6. Benefits <input type="checkbox"/> 7. Other / New theme? <u>Experience of taking agents</u>
2.	<p>“A few felt that they had been doing everything right (diet, physical activity, screening) before they were diagnosed, yet they still got cancer: ‘Well, I was kind of shocked that I had the mass. But then you never know about cancer. I had been eating broccoli and all of the things that they said would help you avoid cancer. And then it didn't. But, of course, that happens, too. But it was a real shock because I thought I was eating right all along’. (colorectal cancer survivor, man, 82 years)” Reedy et al 2005</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1. Family input into decision-making <input type="checkbox"/> 2. <u>Media input into decision-making</u> <input type="checkbox"/> 3. Health professionals input into decision-making <input type="checkbox"/> 4. An individual's own health <input type="checkbox"/> 5. Negatives <input type="checkbox"/> 6. Benefits <input type="checkbox"/> 7. Other / New theme? <u>Ability to manage own health</u>
3.	<p>“The stimulus for dietary change was most often due to themselves ... being diagnosed with—or having symptoms of—a chronic disease (eg, diabetes, high blood pressure, heart disease, high cholesterol): ‘I had a light stroke and an ulcer. I started looking at eating more vegetables and more fruits and not a lot of red meat—chicken, fish—and taking the appropriate</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1. Family input into decision-making <input type="checkbox"/> 2. <u>Media input into decision-making</u> <input type="checkbox"/> 3. Health professionals input into decision-making <input type="checkbox"/> 4. An individual's own health <input type="checkbox"/> 5. Negatives <input type="checkbox"/> 6. Benefits

	<p>vitamins to help supplement what I don't eat'. (comparison group, man, 64 years)" Reedy et al 2005</p>	<p><input type="checkbox"/> 7. Other / New theme?</p>
<p>4.</p>	<p>"I won't take them ... because I can't swallow the big tablets, all of these huge tablets" (woman, 69 years, taking many herbal and vitamin preparations)" George et al 2004</p>	<p><input type="checkbox"/> 1. Family input into decision-making <input type="checkbox"/> 2. Media input into decision-making <input type="checkbox"/> 3. Health professionals input into decision-making <input type="checkbox"/> 4. An individual's own health <input type="checkbox"/> 5. Negatives <input type="checkbox"/> 6. Benefits</p> <p><input type="checkbox"/> 7. Other / New theme?</p>
<p>5.</p>	<p>"A few felt that they had been doing everything right (diet, physical activity, screening) before they were diagnosed, yet they still got cancer: 'Well, I was kind of shocked that I had the mass. But then you never know about cancer. I had been eating broccoli and all of the things that they said would help you avoid cancer. And then it didn't. But, of course, that happens, too. But it was a real shock because I thought I was eating right all along'. (colorectal cancer survivor, man, 82 years)" Reedy et al 2005</p>	<p><input type="checkbox"/> 1. Family input into decision-making <input type="checkbox"/> 2. Media input into decision-making <input type="checkbox"/> 3. Health professionals input into decision-making <input type="checkbox"/> 4. An individual's own health <input type="checkbox"/> 5. Negatives <input type="checkbox"/> 6. Benefits</p> <p><input type="checkbox"/> 7. Other / New theme?</p>

6.	<p><i>"I take glucosamine and chondroitin for my arthritis. I started taking it probably 4 or 5 years ago and it was real expensive then, it wasn't massively produced. It was getting too expensive and I quit taking it. It was like 2 or 3 weeks later and I could tell the difference. I hurt. I started taking it again and it [arthritis pain] got better. So, I do believe in it. Luckily, it has gotten cheaper.."</i> Oldham et al 2004</p>	<input type="checkbox"/> 1. Family input into decision-making <input type="checkbox"/> 2. Media input into decision-making <input type="checkbox"/> 3. Health professionals input into decision-making <input type="checkbox"/> 4. An individual's own health <input type="checkbox"/> 5. Negatives <input type="checkbox"/> 6. Benefits <input type="checkbox"/> 7. Other / New theme?
7.	<p><i>"This participant reported regular intake of several dietary supplements but also expressed caution: 'No, I am not into the health food supplements, and here again. I have not been convinced that they make a difference ... It may do more harm than it does good. So, just because of all the conflicting reports, I just am continuing to do with what I feel safest with'. (colorectal cancer survivor, woman, 58 years)"</i> Reedy et al 2005</p>	<input type="checkbox"/> 1. Family input into decision-making <input type="checkbox"/> 2. Media input into decision-making <input type="checkbox"/> 3. Health professionals input into decision-making <input type="checkbox"/> 4. An individual's own health <input type="checkbox"/> 5. Negatives <input type="checkbox"/> 6. Benefits <input type="checkbox"/> 7. Other / New theme?
8.	<p><i>"[My experience] is that a lot of these things are not worth the paper they are printed on; I might give them away. (Man, 78 years, taking three vitamin preparations and marine lipid extract.)"</i> George et al 2004</p>	<input type="checkbox"/> 1. Family input into decision-making <input type="checkbox"/> 2. Media input into decision-making <input type="checkbox"/> 3. Health professionals input into decision-making <input type="checkbox"/> 4. An individual's own health <input type="checkbox"/> 5. Negatives <input type="checkbox"/> 6. Benefits <input type="checkbox"/> 7. Other / New theme?

9.	<p>“Others talked about genetics and wondered how much they could really “control” whether they developed cancer, or any other chronic disease, again. .. ‘I am not convinced enough about what causes cancer to make me change. I have changed some, but I haven’t changed drastically in my diet, activities, or whatever. Cancer is still pretty much a mystery to me. I am beginning to think it’s more what genes you have and what you are exposed to that maybe have a tendency to make those genes more prone towards cancer or other conditions. Stress adds to it as well’. (colorectal cancer survivor, woman, 58 years)” Reedy et al 2005</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1. Family input into decision-making <input type="checkbox"/> 2. Media input into decision-making <input type="checkbox"/> 3. Health professionals input into decision-making <input type="checkbox"/> 4. An individual’s own health <input type="checkbox"/> 5. Negatives <input type="checkbox"/> 6. Benefits <input type="checkbox"/> 7. Other / New theme?
10.	<p>“My daughter has Crohn’s disease and she was advised by her specialist ... he suggested that she went on to fish oil [capsules] every day. She thought it was doing her good and I thought, well, it might do me good” George et al 2004</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1. Family input into decision-making <input type="checkbox"/> 2. Media input into decision-making <input type="checkbox"/> 3. Health professionals input into decision-making <input type="checkbox"/> 4. An individual’s own health <input type="checkbox"/> 5. Negatives <input type="checkbox"/> 6. Benefits <input type="checkbox"/> 7. Other / New theme?