



“One stroke, with twenty-two people”: exploring prostate cancer survivors' participation in dragon boating

Isabella V. Cinà, Katie M. Di Sebastiano & Guy E. Faulkner

To cite this article: Isabella V. Cinà, Katie M. Di Sebastiano & Guy E. Faulkner (2020): “One stroke, with twenty-two people”: exploring prostate cancer survivors' participation in dragon boating, Journal of Psychosocial Oncology, DOI: [10.1080/07347332.2020.1725215](https://doi.org/10.1080/07347332.2020.1725215)

To link to this article: <https://doi.org/10.1080/07347332.2020.1725215>



Published online: 17 Feb 2020.



Submit your article to this journal [↗](#)




View related articles [↗](#)



View Crossmark data [↗](#)



“One stroke, with twenty-two people”: exploring prostate cancer survivors’ participation in dragon boating

Isabella V. Cinà, BKin, Katie M. Di Sebastiano, PhD, and Guy E. Faulkner, PhD 

School of Kinesiology, The University of British Columbia, 210-6081 University Boulevard, Vancouver, Canada

ABSTRACT

Purpose: This study qualitatively explores prostate cancer survivors’ experience in joining a dragon boating team and its possible impact on their wellbeing.

Design: Qualitative data analysis.

Sample: Eleven prostate cancer survivors from a dragon boat team.

Methods: Semi-structured interviews and thematic analysis.

Findings: The findings support physical benefits of dragon boating, however, the positive impact on the men’s psychosocial wellbeing was more salient. Participation in dragon boating was important for establishing a social support system and positively reframing their cancer experience.

Practice Implications: Dragon boating is a novel health promotion strategy for men with PC. Seeking to replicate the positive characteristics of dragon boating in the design of future physical activity interventions should be explored.

KEYWORDS

Qualitative; prostate; survivorship; exercise/nutrition; quality of life

Prostate cancer (PC) is the second most common cancer in men; however, survivorship rates are exceptionally high and in 2019 there was an estimated 3.6 million PC survivors in the US alone.^{1,2} PC is associated with a variety of physical and psychological side effects³ which are positively correlated.⁴ Physical activity can counteract both the adverse physical and psychological side-effects of PC and is associated with significantly lower all-cause and PC-specific mortality risk.^{5,6} Both resistance and endurance exercise improve treatment-related side-effects (incontinence, fatigue), muscle strength, aerobic fitness, flexibility, and quality of life in PC survivors.⁷⁻¹⁰ Despite the benefits, the majority (~87%) of PC survivors are not meeting recommended physical activity guidelines,^{8,11} and this inactivity is related to higher global distress, anxiety, and poorer quality of life.¹²

CONTACT Guy Faulkner, PhD  guy.faulkner@ubc.ca  School of Kinesiology, The University of British Columbia, 210-6081 University Boulevard, Vancouver, Canada.

© 2020 Taylor & Francis Group, LLC

Structured supervised exercise programs are the gold-standard for PC survivors,^{13,14} however, these types of programs are not always feasible or appealing. Few studies evaluate the effectiveness of alternative unsupervised exercise or team-based sports for PC survivors. One such study by Brunn et al.¹⁵ demonstrated that football (soccer) for men with PC improved health, social capital, sense of masculinity, and overall quality of life while increasing and sustaining physical activity levels. Dragon boating has shown similar positive changes in breast cancer survivors. These findings warrant further investigation into alternative types of physical activity programs for this population.

Originating from traditional Chinese culture, dragon boating involves one boat with twenty paddlers, one steer-person, and one drummer,¹⁶ and has grown in popularity as a team-based source of physical activity for breast cancer survivors. Dragon boating improves participants' strength and mobility, while improving health-related quality of life and physical, emotional, and spiritual wellbeing.¹⁷⁻¹⁹ Dragon boating also increases breast cancer survivors' acceptance of their bodies, sense of achievement and empowerment and being on a team with a shared cancer experience cultivates a sense of safety and comfort.^{17,18} It can help transition the participants from the isolation of treatment to a community working together, which may lead to posttraumatic growth through a positive interpretation of a negative experience.^{17,20,21}

Dragon boating has the potential to improve quality of life of female cancer survivors; however, to our knowledge, no studies have explored dragon boating for PC survivors. The aim of this descriptive study was to explore the perceptions of PC survivors' participation in dragon boat racing and its impact on their psychosocial wellbeing.

Methods

Participants

A convenience sample of eleven men from the first Canadian dragon boat team for PC survivors, 'Butts in a Boat', participated in this study. The men first joined together in 2016 to race in a one-off festival event. Recruitment for the first team was largely dependent on word-of-mouth and snowball recruiting via the Prostate Cancer Supportive Care Program at the Vancouver General Hospital and through leaflets distributed by Prostate Cancer Foundation British Columbia (PCFBC). Participating in and winning the race inspired the men to later form the team 'Butts in a Boat'. The men practice once per week (including one hour on the water) and compete in one to three regattas per racing season (May-October). Ten participants were at least in their second year of dragon boating and one

was no longer on the team. The men were 66.8 ± 5.6 year old (range: 56-73), predominantly Caucasian ($n = 10$) and married ($n = 10$). The participants were retired ($n = 5$), or employed full- or part-time ($n = 6$), and had a post-secondary education ($n = 7$) or completed high school ($n = 4$). Initial diagnosis occurred between 2 to 20 years before the start of the study (6.1 ± 5.2) and four men had experienced PC recurrence. Nine men described their cancer as localized and two as metastasized. Six men had undergone multiple treatments for PC including hormonal therapy, surgery, radiation therapy and chemotherapy, whereas five participants solely underwent surgery. All PC characteristics were self-reported.

Procedure

Following institutional ethics approval, the first author attended a dragon boating regatta to introduce the study to the team and observed the competition environment. Field notes were taken throughout the research process. Interested participants were invited to contact the first author by email, following which they received the consent form and confirmed participation. The volunteers participated in an audio-recorded semi-structured interview which lasted between 35 to 75 minutes. Ten interviews were conducted in a private room at the community center where the team holds their dragon boat practices and one was conducted over phone. Open-ended questions were used to explore personal accounts of participants' dragon boating experience. The interview guide probed how they became involved in dragon boating (e.g., What attracted you to join the team?), how paddling has impacted them physically (e.g., Have you experienced any physical changes associated with the effects of PC treatment?), how participating may have influenced their psychosocial wellbeing (e.g., Please describe how you feel participating may have affected your emotional wellbeing?), and if they have faced any challenges since joining the team. The first author was a graduate research assistant with a Bachelor of Kinesiology degree and she has received training in research methods.

Data analysis

Audio-recordings were transcribed and the data were stored and organized using NVivo 12 Pro. Familiarization of the data was gained by re-reading the transcripts during which codes were created and refined as broad patterns were identified within and across participants' perceptions and experiences. A thematic analysis, guided by the coding and analysis framework proposed by Braun & Clarke,²² was conducted by the first author to identify and analyze patterns related to the perceived physical and psychosocial

benefits of participating in dragon boat racing.²³ The analysis was an iterative and active process in which this framework was not applied in a linear manner. A thematic map was created to explore the relationship between codes and contributed to the identification of themes and sub-themes. The coauthors acted as ‘critical friends’²⁴ throughout the data collection, analysis, and writing up of the manuscript to encourage critical exploration and alternative interpretation of the data. A report was provided to participants with an invitation to submit any feedback to the researchers. No feedback was received.

Results

Participants described several physical health benefits of dragon boat racing, but most participants perceived the psychosocial benefits to be more salient. Dragon boating increased physical activity levels significantly for about half ($n = 6$) of the participants while the rest felt that it added-on to their typical routine. The majority of the manuscript focuses on how dragon boating facilitated opportunities for social support and for positively reframing their cancer experience.

Psychosocial health

While dragon boating was initially seen as an opportunity to increase physical activity or try a new sport most men reported that the psychosocial benefits were particularly rewarding and were linked to the unique nature of dragon boating.

The nature of dragon boating

Six men expressed that joining a team sport was out of character. However, dragon boating itself provided a foundation for the psychosocial benefits experienced by the majority of the participants. “*One stroke, with twenty-two people,*” was described as the heart of dragon boating. To move the boat, the paddlers have to move in perfect synchronization and every member has an important role to play.

“In dragon boating, you’re like one of the cogs in a wheel. And when that wheel starts turning, all the cogs are going with it. Everybody is together. So without one of those cogs, the wheel is not going to turn.” –Matthew

Many of the men explained that no matter the varying skill levels within the boat, each paddler is of equal value and no teammate puts themselves above others. This setting forms a bond between teammates, “*that forces a certain responsibility to the person next to you as opposed to being better than the person next to you.*”(Peter) It became clear for all the participants

that being a member of the team was not about the individual gains, but about a commitment to the sport and to their teammates. This included ensuring the boat was filled with enough paddlers at each practice. Although one participant was not enthusiastic about the sport he similarly felt a commitment to the team and said that in dragon boating, “*you [have] to do what people are telling you and you can’t let down the team.*”(Sullivan) The interviewees asserted that the nature of dragon boating is the underlying factor that created a team dynamic with positive support, mutual respect, and camaraderie.

“It’s not a cutthroat attitude of ‘me better than you’. [...] it’s a commonality that everybody fits in together, so it’s a real interesting team dynamic, [...], everybody’s of equal value– what you’re trying to create is one stroke with twenty-two people, right?” –Mitchell

Overtime the camaraderie that developed through dragon boating helped build trust amongst the men both on the water as teammates and off the water as a support system.

Social support

New social network. Initially not anticipated, dragon boating has been a vehicle to form new and meaningful social connections with other PC survivors. “*The fact this has formed a sort of- male social group which has real value to men, like, so it’s a very big surprise to having found that out ...*”(Peter). Joining the team increased the social activity of the majority of the participants and the commonality of being both paddlers and having PC makes this social network unique. One participant explained:

“Well, I think it’s just the people you meet, the fact that you make new friends [...] you’re meeting people who are similar. That’s the other part of it. Where do you find a group of people who are similar, same age group, similar background?” –Jonathan

Retirement, age, and being new to the city were reported as challenges to forming a social network. Integrating into the dragon boating community formed a main social network for two participants who were fairly new to the city. Additionally, two others felt that they lost social connections upon retiring, however dragon boating allowed them to regain such social interactions. The men socialize outside of practice going for drinks after practice, meeting up for coffee, or attending PC gym classes together. For many, increasing their social activity was an important addition to their week and being able to connect with other men with PC was a meaningful foundation to their new social network.

“So I don’t have a network of guys I can go to. [...] But this has allowed me again to connect with guys that have, there’s a commonality between us. Not only are we paddling together but we have a common piece of that fact about prostate cancer defines us differently than perhaps it does anyone else we hang out with.” –Ryan

For two participants, who described themselves as introverts, being on the team was an opportunity to be more social through practices and the occasional team get-together.

“It has actually made me a little more social, I tend to be a bit of a loner, more than a bit in fact. It’s really only sports teams that get me at all sociable really.” –Evan

Give help, get help. All men reported sharing their personal cancer experiences with their teammates. The majority felt that sharing information and hearing others’ experiences is important. It enables them to learn about different treatments and what to expect if someone is about to go through a similar treatment. It is a means of educating themselves and gathering information about PC that some feel is not always easy to access otherwise.

“... the biggest thing is helping to educate yourself about the condition that you’re in, because it’s not always easy to get that information from your doctor. So I think that it’s almost like a self-help group and I’m not big into self-help groups normally, but this has been a good part of it.” –John

Several participants felt that they did not have many friends they can talk to about their cancer experience and noted the value of being able to, “*get things off [their] chest,*” and discuss how to deal with different scenarios with peers that have also lived through PC.

“I’ve got other friends that have never had cancer, prostate cancer, they have no idea what you’re going through. [...] Even your spouse like she’s lived through it with me but she doesn’t know everything that’s going on up here. Whereas the other guys do.” –Matthew

Some participants highlighted, however, that the primary reason for sharing experiences was not for personal gain, but to help others, describing it as a “*team effort.*” One participant explained that he tried to only share positive comments about his experiences to help put others in a positive mindset.

“Well, I think it helps me. It’s the feedback loop trying to help other people - it’s a two-way enterprise.” –Jonathan

Two men noted that they were less likely to share personal experiences, but they were willing to share if it could help others and felt they have also benefitted from their teammates openly discussing and sharing information.

Not cancer-focused. Connecting with, and gaining support from others with PC, in a physical activity setting was different to many traditional cancer support groups that several men had experienced. In particular, the focus was less on the disease itself:

“I mean yes you have a common reason for being there and you help each other about that common reason the prostate cancer. But it doesn’t define the interaction whereas the traditional prostate cancer support group, cancer defines the interaction. What defines the interaction is that we’re dragon boating...” –Evan

Age, paddling, and commitment to exercise were described as other important commonalities between these men. Since they have this common bond of PC, they do not always feel the need to talk about it. The primary focus is paddling and the participants reported never feeling pressured to share personal experiences. The social atmosphere on the team was described as being casual, jovial, and personal. While the commonality of PC exists, the lighthearted and sport-based environment facilitates the interactions amongst teammates and enhances the supportive group dynamic. A participant explained:

“... maybe it’s just a group of guys, but they banter back and forth with each other, we kind of made fun of each other, sarcastic humour at times, but also recognize that when guys are hurting or challenged, we’re there to support.” –Ryan

Reframing their cancer experience

Reaffirming their capacity. Dragon boating is competitive, which cultivates a sense of purpose and promotes a shift in self-perception. This purpose creates a foundation upon which these men are able to prove to themselves and others that PC does not limit their capacity.

“... as prostate cancer survivors this is our dragon boat, this is our chance and our time to get out there and paddle.” –Matthew

Participants explained that racing is not crucial to their paddling experience, but it presents a common goal to work toward. Participants described a feeling of personal accomplishment for participating at their age and with their medical condition, as well as inspiration and motivation through their teammates’ capacity to participate. Five participants acknowledged that they have a disease, however they also reported that dragon boating allowed them to recognize that cancer was not controlling their lives and that they were not defined by it. The men felt that by paddling they were in charge of their own physical and mental wellbeing and they received positive affirmation by seeing themselves and their teammates participating in a physically demanding sport.

“I can apply to whatever I want to do and I can put the time in, put the effort in and put the physical effort in. So, yeah, it’s gaining control of your life or maintaining control of your life. [...] So, it’s positive affirmation and feedback towards being able to maintain control.” –Ryan

Dragon boating promoted a positive shift in how several of these men perceive their own physical and mental capacity.

Shift in appraisal of their cancer experiences. Additionally, seven men described that being a part of a PC group elicited a positive shift in how they perceive their cancer experience. Two men noted that having this commonality with other men makes them feel like they are not alone in their experiences.

“I just see myself differently but at first, I didn’t and now it’s not so much seeing myself differently as now I can see other guys that are the same as me, so I don’t feel so different, which is good.” –Craig

Two participants noted that since joining the team, they feel that others might see them differently as well. Coming to terms with cancer is a difficult journey and one participant expressed that being able to help his teammates has changed how he deals with his own cancer. Not only did participants experience a shift in attitude toward their cancer experiences. They believe that had it not been for their diagnosis they would not have started dragon boating, gained new social experiences, or other physical activity opportunities. After starting paddling five men joined an additional PC exercise group and three men joined other dragon boat teams.

“There’s a lot of things that have opened up for me that if it wasn’t for prostate cancer, I wouldn’t have done. In a lot of ways it’s been really good for me.” –Matthew

Two participants described taking on new challenges and opportunities since being diagnosed as one described, *“Just because you have cancer here, it’s not a death sentence, it’s really a wake-up call sometimes and that’s how it has been for me.”*(Ronald) Another, who is no longer on the dragon boat team, did not report a positive experience in this regard since attending practice once per week was a continuous reminder for him that he had cancer.

“You’re around people with prostate cancer and you’re kind of with birds of the same feather. But at the same time, it’s like every week I’m reminded, okay, it’s prostate cancer, this is why I’m doing it. [...] it’s a constant reminder.” –Sullivan

Mixed responses were reported when prompted about how a recurrence on the team might impact them. Several participants felt it would not negatively impact them since, *“it’s almost expected,”* or that, *“they all know that any of [them] could get a bad report.”* While other participants, who felt it may be distressing, also expressed that being on the team would be helpful in providing that person with support during a challenging time.

Discussion

We aimed to qualitatively explore men’s experience after joining a PC survivor’s dragon boat team. There is a significant body of research examining dragon boating in the breast cancer community, and our study aligns with

this work. Dragon boating may be a vehicle for positive physical, social, and psychological benefits in men with PC. Physical activity levels increased for several participants and presented new opportunities to join additional physical activity programs. This led to improvements in self-reported physical fitness and health. Overtime the team evolved into a social support system which subsequently fostered psychological growth with the psychosocial benefits attributed to the unique nature of dragon boating.

Cancer peer support groups providing a sense of community, and informational and practical support have been identified as an important source of psychosocial support.^{25,26} However, given certain stereotypes of masculinity, men are less likely to seek psychological support given the stigma associated with support seeking^{27–30} and PC survivors specifically report high levels of emotional distress, social isolation, and anxiety.³¹ In the current study, participants reported that they never attended or did not return to past support group meetings. Some felt that the PC groups were run like business meetings, offered little opportunity to bond with other men, highlighted the cancer identity, and were not uplifting. These findings are in line with evaluations of unmet needs and dissatisfaction with cancer supportive care.^{32,33} A review by King et al.³⁴ on PC support groups found that value was placed on the reciprocal nature of peer support, developing a sense of belonging, and receiving emotional support from men experiencing similar challenges. While initially unexpected, the social and emotional support of dragon boating impacted the men in similar ways described by King and colleagues,³⁴ which makes dragon boating an attractive alternative to traditional support groups. Studies on breast cancer survivors and dragon boat racing have also documented the importance of giving and receiving social, informational, and emotional support.^{17,21,35,36} Dragon boat racing appears to successfully engage men in physical activity by deliberately targeting masculine norms (i.e., an interest in sport and competition),³⁷ which may be the ‘drawing card’.³⁸ However, once on the team, most men reported being responsive to giving and receiving social support, identifying it as a valuable aspect to their participation.

Posttraumatic growth, psychological growth in which individuals surpass levels of functioning from before facing a distressing life event,³⁹ has been seen as a product of peer support for cancer survivors.^{40,41} A sense of connection and shared first-hand understandings allows cancer survivors to find positive meaning in their cancer experience which promotes this growth.^{41,42} This growth has been previously documented for breast cancer dragon boaters and now for PC dragon boaters. Through the sharing and exchanging of information and personal experiences several participants showed signs of psychological growth manifested as a positive shift in their

attitude and appraisal of their cancer experience. Further examination of posttraumatic growth in the context of sport participation in male cancer survivors is warranted.

Structured supervised exercise interventions are the global standard for positive health outcomes in cancer survivors.^{13,14} While the evidence is less strong for unsupervised exercise,⁷ there is limited research on the possible benefits of sport participation or other recreational physical activity groups. Similar to the findings reported by Brunn et al.¹⁵ the primary focus of 'Butts in a Boat' was the sport itself, which de-emphasized the disease and patient identity while still providing a space for exchange of information and personal experiences. Unlike field sports, the synchronicity and dependence on each other to create one stroke in dragon boating cultivates a deep sense of camaraderie and a foundation of support amongst teammates. These characteristics are also described by breast cancer survivors involved in dragon boating.^{19,36} It is also a late-entry sport that does not require previous experience in any form of paddling. Additionally, men with lower fitness levels or lower-body mobility issues are most likely able to participate, despite the physically taxing nature of dragon boating. For these reasons dragon boating may be an ideal sport for PC survivors as they are an older population and treatment maybe localized to the lower body.

Dragon boating is an attractive sport in this context, however there are certain barriers to forming a team, such as equipment, location, and group-size. As well the sport itself may not appeal to all PC survivors. Sport groups in general may be an effective way for male cancer survivors to avoid social isolation and access peer support, particularly for those for whom traditional support groups do not appeal. Other sport-based or supervised exercise programs could broadly incorporate some of the characteristics of dragon boating. Most notably, fostering a similar team dynamic through cooperation and teamwork. Working together toward a common goal, possibly through competition, may enhance a sense of camaraderie and unity amongst the group. Increasing motivation and commitment to one another may drive continued participation unlike the typical low adherence to traditional male cancer support groups.^{12,37,43} This type of environment has the potential to cultivate social connections amongst the men and promote positive psychological growth as shown in the current study.

While this is the first study to explore dragon boating among male cancer survivors it is not without limitations, including the generally positive experience of the participants and the homogenous nature of the sample. Other than one participant, who is no longer dragon boating, all the men were current members of 'Butts in a Boat'. Past members, who have

decided not to continue paddling, may have different experiences than those reported here. We invited all past and current members of the team and we interviewed all who consented to participate. Additionally, the participants in this study were predominantly Caucasian, well-educated, and married. Thus, caution is required in generalizing the findings to all PC survivors. Future studies should investigate how PC physical activity interventions impact the experiences of men from a broader range of social, cultural, and economic backgrounds. Finally, participants were also at different stages of their experience of prostate cancer (for instance, localized disease vs. metastatic disease, two years out vs. 20 years out). Any posttraumatic growth associated with dragon boating may have occurred at other times in the lives of different participants.

Physical activity improves quality of life in men with PC and recreational physical activity interventions may be attractive supportive care options for PC survivors with both physical and psychosocial benefits. Joining a sport-focused care group may increase social support and elicit positive psychological growth and future interventions may benefit from integrating the unique characteristics of dragon boating into peer support programs for male cancer survivors.

Acknowledgments

The authors would like to thank the 'Butts in a Boat' participants for sharing their experiences for this research study.

Disclosure statement

The authors declare no conflict of interest.

Funding

The authors received no specific funding for this work.

ORCID

Guy E. Faulkner  <http://orcid.org/0000-0001-8898-2536>

References

1. American Cancer Society. Cancer Treatment & Survivorship Facts & Figures 2019-2021. Atlanta; 2019.
2. Miller KD, Nogueira L, Mariotto AB, et al. Cancer treatment and survivorship statistics, 2019. *CA Cancer J Clin.* 2019;69(5):363–385. doi:10.3322/caac.21565

3. Fowler JEJ, Terrell FL, Renfro LD. Co-morbidities and survival of men with localized prostate cancer treated with surgery or radiation therapy. *J Urol.* 1996;156(5): 1714–1718. doi:[10.1016/S0022-5347\(01\)65489-2](https://doi.org/10.1016/S0022-5347(01)65489-2)
4. Orom H, Biddle C, Underwood W, Nelson CJ. Worse urinary, sexual and bowel function cause emotional distress and vice versa in men treated for prostate cancer. *J Urol.* 2018;199(6):1464–1469. doi:[10.1016/j.juro.2017.12.047](https://doi.org/10.1016/j.juro.2017.12.047)
5. Kenfield SA, Stampfer MJ, Giovannucci E, Chan JM. Physical activity and survival after prostate cancer diagnosis in the health professionals follow-up study. *JCO* 2011; 29(6):726–732. doi:[10.1200/JCO.2010.31.5226](https://doi.org/10.1200/JCO.2010.31.5226)
6. Friedenreich CM, Wang Q, Neilson HK, Kopciuk KA, McGregor SE, Courneya KS. Physical activity and survival after prostate cancer. *Eur Urol.* 2016;70(4):576–585. doi:[10.1016/j.eururo.2015.12.032](https://doi.org/10.1016/j.eururo.2015.12.032)
7. Baumann FT, Zopf EM, Bloch W. Clinical exercise interventions in prostate cancer patients—a systematic review of randomized controlled trials. *Support Care Cancer.* 2012;20(2):221–233. doi:[10.1007/s00520-011-1271-0](https://doi.org/10.1007/s00520-011-1271-0)
8. Chipperfield K, Fletcher J, Millar J, et al. Factors associated with adherence to physical activity guidelines in patients with prostate cancer. *Psychooncology* 2013;22(11): 2478–2486. doi:[10.1002/pon.3310](https://doi.org/10.1002/pon.3310)
9. Kirschner-Hermanns R, Jakse G. Quality of life following radical prostatectomy. *Crit Rev Oncol Hematol.* 2002;43(2):141–151. doi:[10.1016/S1040-8428\(02\)00026-4](https://doi.org/10.1016/S1040-8428(02)00026-4)
10. Thorsen L, Courneya KS, Stevinson C, Fosså SD. A systematic review of physical activity in prostate cancer survivors: outcomes, prevalence, and determinants. *Support Care Cancer.* 2008;16(9):987–997. doi:[10.1007/s00520-008-0411-7](https://doi.org/10.1007/s00520-008-0411-7)
11. Thederan I, Chandrasekar T, Tennstedt P, et al. Poor adherence to international cancer prevention recommendations among patients with prostate cancer: first results from the MARTINI-lifestyle cohort. *European Urology Focus* 2019;pii: S2405-5669(19)30006-9.
12. Galvão DA, Newton RU, Gardiner RA, et al. Compliance to exercise-oncology guidelines in prostate cancer survivors and associations with psychological distress, unmet supportive care needs, and quality of life. *Psychooncology* 2015;24(10):1241–1249. doi:[10.1002/pon.3882](https://doi.org/10.1002/pon.3882)
13. Buffart LM, Newton RU, Chinapaw MJ, et al. The effect, moderators, and mediators of resistance and aerobic exercise on health-related quality of life in older long-term survivors of prostate cancer. *Cancer* 2015;121(16):2821–2830. doi:[10.1002/cncr.29406](https://doi.org/10.1002/cncr.29406)
14. Sweegers MG, Altenburg TM, Chinapaw MJ, et al. Which exercise prescriptions improve quality of life and physical function in patients with cancer during and following treatment? A systematic review and meta-analysis of randomised controlled trials. *Br J Sports Med.* 2018;52(8):505–513. doi:[10.1136/bjsports-2017-097891](https://doi.org/10.1136/bjsports-2017-097891)
15. Bruun D, Bjerre E, Krstrup P, et al. Community-based recreational football: a novel approach to promote physical activity and quality of life in prostate cancer survivors. *Ijerp.* 2014;11(6):5567–5585. doi:[10.3390/ijerp110605567](https://doi.org/10.3390/ijerp110605567)
16. Sofield THB, Sivan A. From cultural festival to international sport - the Hong Kong dragon boat races. *J Sport Tour.* 2003;8(1):9–20. doi:[10.1080/14775080306242](https://doi.org/10.1080/14775080306242)
17. Mitchell T, Yakiwchuk C, Griffin K, Gray R, Fitch M. Survivor dragon boating: a vehicle to reclaim and enhance life after treatment for breast cancer. *Hlth Care for Women Int.* 2007;28(2):122–140. doi:[10.1080/07399330601128445](https://doi.org/10.1080/07399330601128445)
18. Ray HA, Verhoef MJ. Dragon boat racing and health-related quality of life of breast cancer survivors: a mixed methods evaluation. *BMC Complement Altern Med.* 2013; 13(1):205. doi:[10.1186/1472-6882-13-205](https://doi.org/10.1186/1472-6882-13-205)

19. Harris SR. We're All in the Same Boat": a review of the benefits of dragon boat racing for women living with breast cancer. *Evidence-Based Complement Altern Med.* 2012;2012:1–6. doi:10.1155/2012/167651
20. McDonough MH, Sabiston CM, Crocker P. An interpretative phenomenological examination of psychosocial changes among breast cancer survivors in their first season of dragon boating. *J Appl Sport Psychol.* 2008;20(4):425–440. doi:10.1080/10413200802241857
21. Unruh AM, Elvin N. In the eye of the dragon: women's experience of breast cancer and the occupation of dragon boat racing. *Can J Occup Ther.* 2004;71(3):138–149. doi:10.1177/000841740407100304
22. Braun V, Clarke V. *Successful Qualitative Research: A Practical Guide for Beginners.* 1st ed. London: Sage; 2013.
23. Braun V, Clarke V. Using thematic analysis in psychology. *Qual Res Psychol.* 2006; 3(2):77–101. doi:10.1191/1478088706qp063oa
24. Smith B, Sparkes A. *Routledge Handbook of Qualitative Research in Sport and Exercise.* (Smith B, Sparkes A, eds.). New York: Routledge; 2016.
25. Campbell HS, Phaneuf MR, Deane K. Cancer peer support programs—do they work?. *Patient Educ Couns.* 2004;55(1):3–15. doi:10.1016/j.pec.2003.10.001
26. Goodwin PJ. Group support in breast cancer: realistic hope, realistic benefits. *Expert Rev Anticancer Ther.* 2002;2(2):135–136. doi:10.1586/14737140.2.2.135
27. Ashton WA, Fuehrer A. Effects of gender and gender role identification of participant and type of social support resource on support seeking. *Sex Roles.* 1993;28(7-8): 461–476. doi:10.1007/BF00289608
28. Bland RC, Newman SC, Orn H. Health Care Utilization for Emotional Problems: Results from a Community Survey. *Can J Psychiatry.* 1990;35(5):397–400. doi:10.1177/070674379003500506
29. Rickwood DJ, Braithwaite VA. Social-psychological factors affecting help-seeking for emotional problems. *Soc Sci Med.* 1994;39(4):563–572. doi:10.1016/0277-9536(94)90099-X
30. Weber BA, Roberts BL, McDougall GJ. Exploring the efficacy of support groups for men with prostate cancer. *Geriatr Nurs.* 2000;21(5):250–253. <http://www.ncbi.nlm.nih.gov/pubmed/11035307>. doi:10.1067/mgn.2000.110836
31. Ettridge KA, Bowden JA, Chambers SK, et al. Prostate cancer is far more hidden ...": Perceptions of stigma, social isolation and help-seeking among men with prostate cancer. *Eur J Cancer Care.* 2018;27(2):e12790. doi:10.1111/ecc.12790
32. Carter N, Bryant-Lukosius D, DiCenso A, Blythe J, Neville AJ. The supportive care needs of men with advanced prostate cancer. *Oncol Nurs Forum.* 2011;38(2):189–198. doi:10.1188/11.ONF.189-198
33. Ussher JM, Kirsten L, Butow P, Sandoval M. A qualitative analysis of reasons for leaving, or not attending, a cancer support group. *Soc Work Health Care.* 2008;47(1): 14–29. <http://www.ncbi.nlm.nih.gov/pubmed/18956510>. doi:10.1080/00981380801970673
34. King AJL, Evans M, Moore THM, et al. Prostate cancer and supportive care: a systematic review and qualitative synthesis of men's experiences and unmet needs. *Eur J Cancer Care (Engl).* 2015;24(5):618–634. doi:10.1111/ecc.12286
35. Sabiston CM, McDonough MH, Crocker P. Psychosocial experiences of breast cancer survivors involved in a dragon boat program: exploring links to positive psychological growth. *J Sport Exerc Psychol.* 2007;29(4):419–438. <http://www.ncbi.nlm.nih.gov/pubmed/17968046>. doi:10.1123/jsep.29.4.419

36. Parry DC. There is life after breast cancer”: nine vignettes exploring dragon boat racing for breast cancer survivors. *Leis Sci.* 2007;29(1):53–69. doi:10.1080/01490400600983420
37. Oliffe JL, Bottorff JL, Sarbit G. Supporting fathers’ efforts to be smoke-free: program principles. *Can J Nurs Res.* 2012;44(3):64–82. <http://www.ncbi.nlm.nih.gov/pubmed/23156192>.
38. Bottorff JL, Seaton CL, Johnson ST, et al. An updated review of interventions that include promotion of physical activity for adult men. *Sports Med.* 2015;45(6):775–800. doi:10.1007/s40279-014-0286-3
39. Tedeschi RG, Calhoun LG. TARGET ARTICLE: “Posttraumatic growth: conceptual foundations and empirical evidence”. *Psychol Inq.* 2004;15(1):1–18. doi:10.1207/s15327965pli1501_01
40. Dunn J, Steginga SK, Rosoman N, Millichap D. A review of peer support in the context of cancer. *J Psychosoc Oncol.* 2003;21(2):55–67. doi:10.1300/J077v21n02_04
41. Wilson B, Morris BA, Chambers S. A structural equation model of posttraumatic growth after prostate cancer. *Psychooncology* 2014;23(11):1212–1219. doi:10.1002/pon.3546
42. Schroevers MJ, Helgeson VS, Sanderman R, Ranchor AV. Type of social support matters for prediction of posttraumatic growth among cancer survivors. *Psychooncology* 2010;19(1):46–53. doi:10.1002/pon.1501
43. Thaxton L, Emshoff JG, Guessous O. Prostate cancer support groups. *J Psychosoc Oncol.* 2005;23(1):25–40. doi:10.1300/J077v23n01_02