

Patients' perceived barriers and facilitators to perform Head Matters

	BARRIERS	FACILITATORS
Physical condition	<p>Decreased condition of the head and neck</p> <ul style="list-style-type: none"> - oral complications - throat discomfort - stiffness in neck and shoulders <p>Decreased general condition</p> <ul style="list-style-type: none"> - pain - nausea - weight loss - fatigue 	<p>Increased condition of the head and neck</p> <ul style="list-style-type: none"> - increased appetite - better vocal function - decrease of tumour (size) <p>Increased general condition</p> <ul style="list-style-type: none"> - having regained energy
Treatment related factors	<p>Treatment related barriers</p> <ul style="list-style-type: none"> - hospitalization - time consuming treatment protocols - great time loss travelling to hospital 	
Psychological functioning	<p>Emotional problems</p> <ul style="list-style-type: none"> - anxiety - worrying - panic attacks - finding it difficult to focus 	<p>General sense of psychological well being</p> <ul style="list-style-type: none"> - feeling good - being good-humoured
Motivational issues	<p>Lack of motivation</p> <ul style="list-style-type: none"> - experiencing (no) complaints - lack of confidence that exercising will help - no preference for a self-help program - distraction of daily routine - perceived information overload 	<p>Motivational facilitators</p> <ul style="list-style-type: none"> - simple and easy-to follow exercises - experiencing (direct) benefits of exercising - adapt exercises to one's own ability - enjoying the exercise program with weekly coaching sessions and a face-to-face introduction
Social issues	<p>Social barriers at home</p> <ul style="list-style-type: none"> - time constraints and inability to focus because of being a caregiver <p>Social barriers at work</p> <ul style="list-style-type: none"> - time constraints and inability to focus because of high workload 	<p>Social facilitators at home</p> <ul style="list-style-type: none"> - partner and patient are performing exercises together - partner encourages patient to perform the exercises - partner and family motivate by reporting improved speech function <p>Social facilitators at work</p> <ul style="list-style-type: none"> - performing exercises while being at work - off duty: time to perform the exercises
Technical issues	<p>Technical problems</p> <ul style="list-style-type: none"> - not able to see the videos on the computer - exercises on DVD take too much time - failure to remember login password or website address 	<p>Technical benefits</p> <ul style="list-style-type: none"> - online or DVD exercise demonstrations make it easy to perform the exercises as instructed