

Annex 1.



Unia Europejska
Europejski Fundusz Społeczny



Dear Participants,

As participants of the National Skin Cancer Prevention Programme, you are educated on risk factors and early symptoms of skin cancers and methods of self-check for skin lesions. Therefore, we would like to invite you to take part in an **anonymous survey** to help us assess whether that education has contributed to improving your knowledge on skin cancer risk factors and you habits in terms of skin lesion self-examination (including by using mobile apps). Thank you for participating and please complete this survey to the best of your knowledge.

METRICS

Gender:

- Female
- Male
- Other

Age:

- 15-49
- 50-64
- 65+

Education level

- Primary or less
- Lower secondary
- Secondary (general, technical, vocational)
- Post-secondary
- High

Place of residence

- Rural
- Urban below 50,000
- Urban 50,000-250,000
- Urban 250,000-500,000
- Urban over 500,000

SURVEY

1. Skin cancers, including melanoma, represent a significant social issue (select one answer)
 - Strongly agree
 - Agree
 - Neither agree nor disagree
 - Disagree
 - Strongly disagree
2. Regular self-exam of skin lesions allows early detection of skin cancer (select one answer)
 - Strongly agree
 - Agree
 - Neither agree nor disagree
 - Disagree
 - Strongly disagree
3. Excessive exposure to sunlight may increase the risk of skin cancer (select one answer)
 - Strongly agree
 - Agree
 - Neither agree nor disagree
 - Disagree
 - Strongly disagree

4. Using a solarium increases the risk of skin cancer (select one answer)

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

5. Using sunblock can prevent skin from sunburn (select one answer)

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

6. In spring and summertime one direct sunlight should be avoided in the following hours (select one answer):

- 08:00 am – 10:00 am
- 11:00 am – 3:00 pm
- 3:00 pm – 7:00 pm
- Time of day does not matter

7. List positive effects of UV radiation (multiple answers possible)

- Synthesis of vitamin D that protects against rickets and tuberculosis
- Synthesis of vitamin A that protects against cataract and skin cancer
- Lower risk of skin cancer
- Nice tan
- Production of happiness hormones
- Skin looks younger
- Formation of anti-oxidants and anti-oncogenes in the skin
- Nothing comes to my mind

8. List negative effects of UV radiation (multiple answers possible)

- Increased risk of skin cancer and melanoma

- Skin tanning
- Damage to skin's genetic material (DNA)
- Formation of free radicals
- Faster skin ageing
- Reduced stock of anti-oxidants that sweep free radicals away
- Nothing comes to my mind

9. Out of the following factors, select three that you believe to contribute the most to skin cancer

- Genetic factors (family history of skin cancers)
- Sunburns
- Smoking tobacco
- Stressing lifestyle
- Overuse of alcohol
- Use of solarium
- Age
- Lack of physical activity
- Gender
- Eating habits (deficiency of vitamins and minerals, excess of sugar and fats)
- Failure to use sunblock

10. What does SPF stand for? (select one answer)

- Extent of sunburn
- Sun protection factor of a given cream or lotion
- Type of cancer caused by sunburn
- One of skin phototypes

11. Do you use UVA/UVB sunblock when staying in the sunlight?

- Yes, I apply it half an hour before going out and regularly while sunbathing
- Yes, I apply it several times during each sunbathe
- Yes, I apply it once, usually before leaving home

- Yes, occasionally (e.g., when the weather is exceptionally sunny)
- No

12. When do you use sunblock?

- Whenever I leave home
- On holiday
- Only when I stay on a beach all day
- I don't use it at all

13. Have you ever experienced sunburn?

- Yes, very often, when I was a child
- Yes, occasionally, when I was a child
- Yes, whenever I try to get tanned
- Yes, every year, at my first attempt to get tanned
- No

14. How do you spend your leisure time on sunny spring or summer days?

- At home (watch TV, play games)
- Indoor sports, swimming
- Outdoor activities (jogging, cycling)
- Travel to hot countries, at least for a couple of days
- Other.....

15. How much time do you spend outdoors in a sunny weather in spring or summer?

- 2-3 hours daily
- A few hours on weekends
- Holiday only

16. Have you ever used a solarium?

- Yes, regularly (more than once a month)
- Yes, regularly (usually once a month)
- Yes, occasionally (before summer season, important event etc.)

- Yes, I used to but not very often (e.g., more than five years ago)
- No

17. Do you examine your skin lesions?

- Yes
- No (proceed to question 21)

18. How often do you examine your skin lesions?

- Once a month or more often
- Once every six months
- Once a year or less often

19. How do you examine your skin lesions?

(multiple answers possible)

- Observe them
- Touch them
- Take pictures and compare them with previous ones
- Use a mobile app
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-
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20. Which of the following lesions would encourage you to consult a doctor? (multiple answers possible)

- Asymmetry (change in the form of the lesion from round to asymmetrical)
- Borders (irregular, ragged borders of the lesion)
- Colour
- Size
- Rate at which the appearance or size of the lesion changes
- Touch sensitivity, pain
- Bleeding

21. Have you visited a doctor to have your lesions (i.e. spots) checked?
- Yes
 - No (proceed to question 24)
22. What kind of a doctor was it?
- GP
 - Dermatologist
 - Surgeon
 - Oncologist (clinician, radiation therapist, chemotherapist, etc.)
23. How often do you have your skin lesions examined by a doctor?
- Regularly, once a month or more often
 - Regularly, once every six months
 - Occasionally, when I'm worried with something
24. Have you had a dermoscopy or videodermoscopy?
- Yes
 - No (skip questions 25-27)
25. Where did you have dermoscopy or videodermoscopy performed? (multiple answers possible)
- GP surgery
 - GP surgery under the National Skin Cancer Prevention Programme
 - Dermatologist surgery
 - Dermatologist surgery under the National Skin Cancer Prevention Programme
 - Surgical oncologist surgery
 - Surgical oncologist surgery under the National Skin Cancer Prevention Programme
 - Other surgery
 - Public event or other campaign action related to cancer prevention
26. When did you have dermoscopy or videodermoscopy performed?

- Today
- Last week
- Last month
- Last year
- More than a year ago

27. How did you learn about dermoscopy or videodermoscopy?

- From a doctor
- At events related to skin cancer
- From friends / family
- From media (paper, radio, TV, leaflets, posters, newsletters)
- From social media (website, Facebook, Instagram, etc.)
- From the website of the National Skin Cancer Prevention Programme (www.wco.pl/ppns)
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28. Have you ever heard about mobile apps that support the monitoring of skin lesions (i.e. those training how to self-examine lesions, enabling taking pictures of lesions, sending reminders of the next self-examination date)?

- Yes
- No (skip questions 29-30)

29. If you have heard about mobile apps that support the monitoring of skin lesions, then which of the following? (multiple answers possible):

- DermoScanner
- Dermocheck
- SkinCheck
- Miiskin
- SkinVision
- Other
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30. Do you use any of these apps?

- Yes, I use the app called
- I don't use it as it is (multiple answers possible):
 - Useless
 - Paid
 - In a foreign language (English)
 - I don't need it, I know how to examine skin lesions
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31. Do you have any comments on improving the efficacy of the National Skin Cancer Prevention Programme:

- No
- Yes, I think that (multiple answers possible):
 - it is hard to find a centre performing examinations under the Programme
 - it is easy to find a centre performing examinations under the Programme
 - it is hard register for examination
 - it is easy to register for examination
 - education is not needed
 - the educational part is too long
 - the educational part is too short
 - there's no point in examining skin lesions by a GP without a dermoscope or videodermoscope; GPs should be enabled to examine lesions at least by a dermoscope
 - there's no point in examining skin lesions by a GP without a dermoscope or videodermoscope; participants should be enabled to have their lesions examined with a dermoscope by a dermatologist or surgical oncologist

- the Programme should not end up with identifying suspected/malignant lesions, as leaving the patient alone with such a diagnosis is unethical! The Programme should be extended to include the removal of the suspected/malignant with histopathological examination!
- the patient should be allowed to participate in the Programme again i.e. after two years
- the risk of cancer grows with age; therefore, I think that professional inactivity or age 65+ should not exclude participation in cancer prevention programmes!
- it's very good that such a programme has been implemented and should be continued.
- Other
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Thank you for your time!

Annex 2.



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PROJECT PARTICIPANT'S STATEMENT OF KNOWLEDGE

UPGRADE

In view of the participation in the "Programme for skin cancer prevention and public awareness raising in the western macro region", ref. POWR.05.01.00-00-0004/18-00/77/2018/762 implemented by the Greater Poland Cancer Centre and its partners: the Wielkopolska Union of Healthcare Employers and Melanoma Patients Association, under the priority axis 5 Support for health area of the Knowledge Education Development Operational Programme (POWER) 2014-2020, Action 5.1 Preventive programmes

1. Following the training, do you declare to have gained more knowledge on skin cancers, in particular with regard to self-exam and skills in using modern technologies supporting self-exam:

- yes, score/10 (where 10 is the highest mark)
 no

2. Following the training, do you declare the intent to change your lifestyle to a healthier one?

- yes
 no