

Referral by oncologists/urologists in Western Australia, Queensland and New South Wales

Screening, familiarisation session and baseline testing

Patients stratified and randomised (n = 240)

Exercise
(n = 80)

Exercise + Psychosexual
(n = 80)

Usual Care
(n = 80)

Receive allocated
intervention for 6 months

Receive allocated
intervention for 6 months

Maintain usual care for
6 months

Post-intervention testing

Post-usual care testing

Receive allocated
intervention for 6 months

6 month follow-up testing (questionnaires only)

Post-intervention testing

1 year follow-up testing

6 month follow-up testing
(questionnaires only)

1 year follow-up testing