

Main inclusion: >18 year old patients with colorectal adenocarcinoma within 12 months of completion of main cancer treatment
Main exclusion: persistent/recurrent disease, current cancer treatment

Eligible patients will be sent introductory letter about the study followed by preliminary contact by case manager (est. n = 760)

Do not wish to participate est. n = 304

Interested individuals will be contacted by research staff for eligibility screening; eligible patients will be invited to participating sites for informed consent and baseline assessment (est. n = 456)

Random allocation to one of the three intervention groups or the usual care group

Intervention (n = 168)

Usual care (n = 56)

Will receive 5 general leaflets on healthy lifestyle plus
“Moving Bright, Eating Smart” intervention programme

Will receive 5 general leaflets on
healthy lifestyle

PA group
Pedometer for monitoring
1 face-to-face visit in the
first month

Dietary group
Food diary & eating
utensils for monitoring
2 face-to-face visits in the
first 4 months

PA & dietary group
Pedometer, food diary &
eating utensils for monitoring
2 face-to-face visits in the
first 4 months

Loss to follow
up est. n = 3

Months 1 to 6
(1) Fortnightly motivational phone calls; (2) Monthly stage-matched information pamphlets;
(3) Quarterly newsletters; (4) Quarterly group meetings

Interim assessment at 6 months post-randomization

Months 7 to 12
(1) Fortnightly motivational phone calls; (2) Monthly stage-matched information pamphlets;
(3) Quarterly newsletters; (4) Quarterly group meetings

Loss to follow
up est. n = 17

Loss to follow
up est. n = 3

Assessment at 12 months post-randomization

(n = 151) 12 months follow-up
Assessment at 18 and 24 months post-randomization

(n = 50)