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# Men United: Evaluating the Feasibility and Acceptability of Translating the Danish FC Prostate Cancer Programme to Ireland, Protocol for a Mixed-Methods Study

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## Background

Exercise is vital in prostate cancer survivorship, yet many men face barriers to traditional programmes, particularly gym-based options that may not align with their preferences. The Danish FC Prostate Cancer initiative, a recreational football model, has shown strong feasibility and acceptability by offering a culturally familiar, male-friendly alternative that supports social connection and sustained engagement. Men United will translate this evidence-based programme into an Irish community setting to address gaps in accessible, appealing activity options for men and improve the reach of exercise oncology services.

## Purpose

This study aims to evaluate the feasibility, acceptability, and implementation of delivering a 12-week FC Prostate football-based physical activity programme in Ireland.

## Methods

A mixed-methods feasibility design will be employed. The programme will comprise twice-weekly recreational football sessions delivered over 12 weeks at SETU Arena. Quantitative feasibility metrics will include screening logs, recruitment and retention rates, session attendance, and adherence. Qualitative data will be collected through post-programme focus groups with participating men and semi-structured interviews with clinicians, coaches, and community stakeholders. Field notes and implementation checklists will document fidelity and contextual factors influencing delivery. All qualitative data will be audio-recorded, transcribed verbatim, anonymised, and analysed using a framework-based thematic approach. Participants will be  $\geq 18$  years, English-speaking, and have a non-metastatic prostate cancer diagnosis. Recruitment will occur through oncology services and community referral pathways. Ethical approval has been sought.

## Expected Outcomes

As the study has not yet begun, results are not available. Findings will inform feasibility, acceptability, implementation considerations, and future replication or national scale-up.

## Conclusions

Men United will generate essential evidence on translating an established football-based exercise oncology model into the Irish context, with potential to improve survivorship support for men with prostate cancer.

## Funding

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## Keywords

Prostate cancer; Exercise oncology; Feasibility; Implementation

## Conflict of Interest & Ethical Approval

yes

### **Abstract submitters declaration**

yes

**Author:** SHEEHAN, PATRICIA (SOUTH EAST TECHNOLOGICAL UNIVERSITY)

**Co-authors:** Dr MCGRATH, Aisling (SOUTH EAST TECHNOLOGICAL UNIVERSITY); Dr KEHOE, Bróna (SOUTH EAST TECHNOLOGICAL UNIVERSITY); Dr MURPHY, Kira (UPMC Waterford); Prof. HARRISON, Michael (SOUTH EAST TECHNOLOGICAL UNIVERSITY); Dr CARROLL, Paula (SOUTH EAST TECHNOLOGICAL UNIVERSITY); Dr SHEPPARD, Rory (SOUTH EAST TECHNOLOGICAL UNIVERSITY)

**Presenter:** SHEEHAN, PATRICIA (SOUTH EAST TECHNOLOGICAL UNIVERSITY)

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