More than 330,000 men live with prostate cancer in the United Kingdom, and more than 44,000 are diagnosed with prostate cancer each year (Prostate Cancer UK, 2016). In the United States, more than 3,085,209 live with prostate cancer, and about 161,360 will be diagnosed in 2017 (National Cancer Institute, 2017). Newer palliative therapies for metastatic prostate cancer have improved survival rates (Gilson, Manickavasagar, & Chowdhury, 2015), so a larger number of men are requiring ongoing supportive care.

Treatment for metastatic prostate cancer aims to reduce systematic testosterone levels, which can be achieved surgically or chemically by chemical castration (also known as androgen deprivation therapy [ADT] or androgen suppression therapy) (National Institute for Health and Care Excellence, 2014). Men undergoing ADT experience a range of symptoms that negatively affect quality of life and increase the need for supportive care interventions. Side effects...