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
6 month follow-up testing (questionnaires only)

1 year follow-up testing