Method This study constitutes the qualitative part of a feasibility study which evaluates a digital information tool. A qualitative design was employed where individual interviews were undertaken. The semi-structured question guide focused on the participants’ experience of the active health information process prior commencing a course of radiation therapy. A deductive approach was used taking a stance in the three main domains of health literacy: functional, interactive, and critical health literacy.

The digital information tool

The tool consists of two separate but coherent applications: 1) virtual reality which offers a simulated visit to the high-tech environment at the radiation treatment clinic, 2) information application with a focus on cancer and radiation therapy.

Results To promote and maintain health applying apprehended health information requires a person-centred approach where mutual beneficial proficiency incorporate the individuals experience, characteristics, and cognitive abilities. Adequate patient information may not only promote improved HL and reduce distress but also foster a valuable relation between the individual and the healthcare professional. A relation valuable not only viewed from a person-centred approach but one which favour positive outcomes such as patient satisfaction, increased self-efficacy, and sense of preparedness before commencing radiation therapy.

Message A better understanding of women’s preferences to access, understand, appraise, and apply health information will facilitate improved development of health information resources to meet the specific needs of the individual person. Furthermore, an increased understanding of the use of digital technology can provide important guidance in the co-design of digital health interventions.