

Focus group discussion guide – English Version

Dietary patterns, nutritional status and body composition in relation to predicted cardiovascular risk among the population of the Districts of Kegalle and Ratnapura, Sri Lanka

- Thank you for joining us today to participate in the diet diary activity focus group discussion. A focus group is an interview with a small group of people (mostly less than 10 participants) at once to share the ideas and gain an understanding of a particular topic.
- Today we want to discuss about your diet and the diet diary. Your perceptions of diet, filling a diet diary as well as the facilitators and the barriers for filling it.
- There will be 10 participants from Kegalle District. The length of time you can expect to be in this group is 40 to 60 minutes.
- I am Dr. XXXXXXXXXX and I am part of the research team. We will start by talking about your role as a participant in this study, obtaining informed consent, and completing a brief questionnaire. Then I will start the focus group.
- We welcome your responses in Sinhala or Tamil languages.
- There are no right or wrong answers to these questions. You are free to talk anything relevant to topic, I am really interested in what you think or what your experience is.
- Some of the questions at the beginning will sound general, I use those questions as an opening to the topic where I want to understand your general thoughts/ideas about the topic.
- Some of the questions might sound bit repetitive since I want to make sure you got plenty of opportunities to tell me your thoughts and ideas. If you feel that you have told me everything relevant to the sub topic, please let me know and we can move on to the next sub topic questions
- If you don't understand a question, please let me know I can clarify many times.
- If you do not want to answer any question, that is also allowed, just let me know.
- You can choose to stop the discussion at any time, if you do not wish to continue it further.
- At the end of the discussion if you have any diet related questions I am happy to answer and clarify your doubts.
- If you are ready to begin we can start now.

1. I am going to start with some questions about your diet or what you eat daily. What sort of ideas or information do you have regarding diet? When I say diet what sort of ideas comes into your mind when I say diet? How do you describe the general view of diet?
2. How many meals do you usually take per day? Including short meals like snacks and main meals.

3. Do you know the nutrient categories that consist in your diet?
 - a. Have you heard of macronutrients such as carbohydrates, protein and lipids (fat)?
 - b. Have you heard of micronutrients such as vitamin, iron, zinc, iodine?
 - c. What do you think about a balanced diet?
4. Do you think about the nutrient categories when you prepare your meal? What are the other factors you take in to account when you prepare your meal? [taste, menu, financial status, fuel availability, meals to send to the schools for kids, with whom you are going to eat etc]
5. Do you think your weight depends on your meal? Why do you think so?
6. What are the difficulties you faced when you filled the given 7-day food diary?
7. What are the interesting things you feel about the diary?
8. Do you think it is a difficult task to fill the diet diary to assess your calorie intake? If so why?

Is there anything else you would like to talk about your meals and eating pattern other than the things we talk about? Do you want to add something or did we miss anything you did want to mention related to the topic of the discussion?

Thank you so much for your time.

I am going to stop the recording now.