

Interview # \_\_\_\_\_

### PATIENT ELIGIBILITY SCREENING

#### Eligibility screening (Date \_\_\_\_/\_\_\_\_/\_\_\_\_)

Diagnosed with type 2 diabetes

Cantonese speaking/reading

*How often do you read the newspaper or magazines?*

\_\_\_ *Every day*

\_\_\_ *Once a week*

\_\_\_ *Once a month*

\_\_\_ *Never*

*Do you feel confident filling out forms in Chinese?*

\_\_\_ *Yes*

\_\_\_ *No*

Have you used Chinese medicine (for example herbs, acupuncture) or eaten particular foods to support your health that come from a Chinese medicine principle (such as hot/cold) in last 12 months?

what form? \_\_\_\_\_

**Interview Date** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Time:** \_\_\_\_:\_\_\_\_ **Location:** \_\_\_\_\_

**Focus Group #** \_\_\_\_\_

#### Demographics (do after informed consent)

Number of years in the US?  
\_\_\_\_\_

What is your preferred language/dialect?  
\_\_\_\_\_

Who prepares most of your meals

\_\_\_ Yourself

\_\_\_ Someone else

In general, would you say your health is:

\_\_\_ poor

\_\_\_ fair

\_\_\_ good

\_\_\_ very good

\_\_\_ excellent

Female

Male

Are you using insulin for your diabetes? \_\_\_\_\_

Are you taking pills for your diabetes? \_\_\_\_\_

**PATIENT FOCUS GROUP INTERVIEW GUIDE**

*INTRO: You are here today because you have type 2 diabetes and you use Chinese medicine. Making changes to your diet can be very hard if you have type 2 diabetes. We have created this integrative diet for type 2 diabetes that is OK according to Western medicine and OK according to Chinese medicine. The purpose of this focus group is to share this diet with you today and see what you think. We will ask you many questions like: Does the diet make sense to you? Would you follow it? What parts are familiar and what parts are new? We want you to know that although we have pictures of a bowl or a plate, we know that when you eat, your bowl or plate won't look exactly like this. It's just a matter of proportion or balance.*

*Before we start, please switch off your mobile phones. We are interested in everything that each of you have to say and we want to remind you that each and every one of your experiences and insights are important. So if you hear something that you disagree with, that's ok. You can disagree. If you hear something that you agree with, feel free to chime in and add on. The idea is that the group will hopefully inspire you to share your own story and experiences. As a reminder to everyone, please maintain everyone's privacy in this setting. Whatever is said here today needs to remain private to this group.*

**NOTES**

*Ok, so first, let me walk you through the handouts.*

- 1) Have you heard of *xiaoke* before? Do you have *xiaoke*?
- 2) Do these food suggestions sound appropriate for the conditions described?
- 3) Are we missing anything here?
  - a. Does anything sound wrong to you?

*After going through the diets:*

- 4) After looking at these documents, can you figure out which foods you are supposed to eat?
  - a. Do you like the bowl or the plate picture better? Is it better to have both?
  - b. How do you normally eat? Out of a plate or bowl? Do you eat with a dish in the middle?
  - c. Is the presentation of the diet clear? Confusing? What else can we do to make the presentation more clear?
- 5) Are there any food items on the list that you do not recognize or eat?
- 6) Are there foods you normally eat that do not appear on this list that you wonder about?
- 7) Which do you already follow?
- 8) Which of the suggestions would be most difficult to follow? Why?
- 9) Do you think following this diet would make you more healthy?
- 10) How does reading this diet make you feel compared to the diets that your doctors have told you about? Is it easier or harder than what you are currently doing for your diet?
- 11) Would you be most likely to use this diet if your friends, family, or doctor recommended it or if you heard about it on the radio/TV/newspaper? Explain.
- 12) Who do you usually listen to or get dietary advice from? Ex: Family, friends, TV/Radio/News, Doctors, Nurses, etc.

Supplemental Questions if there is time:

- 13) What are the biggest barriers for you to changing your diet?
- 14) Would you attend a class to learn about this diet if it was taught by a Cantonese speaking health educator?
- 15) Which of the foods on the “do not eat” list would be the most difficult to avoid?
- 16) Do you believe using Chinese medical ideas could be used to help your type 2 diabetes?
- 17) Have you ever talked about Chinese medicine with your Western doctor?
- 18) Do you talk to your health care providers about diet? Which providers? What do they normally say?

*Wrap Up Statements: So that was our last question for today’s focus group. I would like to thank everybody in this room for joining us today. From today’s discussion, we as researchers have learned a lot about different types of dieting, different understandings of what the term “xiaoke” means and your responses and opinions towards the dietary change we have proposed. Your opinions gathered from today will help us improve this diet into a more efficient and realistic approach. Are there any final comments to how we could improve the diet? Thank you.*