Family Food Management Interview Guide –Adolescent Daughter

Introduction:
State purpose of interview, context and use of information
Assure confidentiality including confidentiality with other family members
Ask permission to have the session audio taped
Ask if there are any questions before starting

The purpose of my research is to learn how you make decisions about food. I am particularly interested in how you decide what food to eat. Food is very personal and we are all unique but families influence each other. I am interested in how your family influences you, how being in a sport influences you, how your friends influence you, and so forth. I also want to learn if you feel you influence your mother when it comes to food and eating. What advice does she give you about food and eating? What are the meanings food and eating in your family?

It is important to know that I am not making judgments about your specific food choices or how you manage food. I simply want to understand all the factors that influence your decisions… to understand the meaning behind those decisions. All responses are totally and completely confidential.

In the interview we will cover the following general areas. They make up what I will refer to as the family food system.

- General family information
- Work, school and sport schedules
- Food planning, shopping, preparing
- Eating away from home
- Food choices
- Food and eating rules
- Messages communicated about food
- Influences of sport
- Daughter’s influence on mother, father – impact of sport
- Food Rules
• Eating Attitudes questionnaire
• Parenting style/ family function questionnaire

General Information

Age
Grade

Tell me about your involvement in sports. At what age did you start and what sports did you enjoy?

Schedules

Tell me about your regular or typical routine for eating in any one day.
Let’s use yesterday. Explain what you did from the time you woke up until the time you went to bed and include the times you ate and where you ate.

Is this a typical day?

Describe the difference between a day you have an event and a regular practice day and how that affects your schedule.

Describe the effect of your sport schedule on your family.

Describe the eating schedules on the week end. How do they differ from during the week?
If you could change anything about schedules what would it be?

**Food shopping and meal preparation**

Describe the routine for food shopping and include who typically does the shopping and how that person decides what to buy.

Describe any influence you have on these decisions.

Who typically does the cooking?

In what ways do you help with cooking or preparing food?

In what ways is this different or similar to when you were younger?

If you could change anything about shopping and preparing food, what would it be?

**Eating out**

How often and where do you eat out?

Describe any rules you have about eating out.

If you could change anything about eating out, what would it be?
**Food choice**
How would you describe your food and eating. What type of an eater are you?

Is there a type of eater you could never be?

Are there foods you cannot eat …. Why….?

Describe what you typically eat on a week day.

Describe what you typically eat on a week end.

How does this differ from when you were younger?

How do you and your mother interact around food and eating?

What messages does your mother communicate to you about food and eating?

Your father?

How similar or different are your food habits from your mother’s?

How does she influence your food and eating?

Describe any messages you would give to your daughter regarding food and eating.
What are your 5 most favorite foods?

What are your 5 least favorite foods?

I am going to go through a list of certain foods and I would like you tell me whether you eat this food and in what form, whether you like this food, avoid it, or have never tasted the food and how often you eat or drink it.

<table>
<thead>
<tr>
<th>Food</th>
<th>Like/dislike/avoid/never tasted</th>
<th>Form/type</th>
<th>How often do you eat this food?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Cheese</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Yogurt</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soy foods: tofu, etc.</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Nuts</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peanut butter</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
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<td></td>
<td></td>
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<tr>
<td>Chicken/turkey</td>
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<td></td>
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<tr>
<td>Beef</td>
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<td></td>
<td></td>
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<tr>
<td>Fish</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Starchy vegetables</td>
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<td></td>
<td></td>
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<tr>
<td>Legumes</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Vegetables</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Fruits</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juice</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cereal</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crackers, popcorn</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pasta</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Rice</td>
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</tr>
</tbody>
</table>
Butter, margarine, mayo, salad dressing
Desserts
Soda
Water
Coffee, tea
Alcohol

**Food Rules**

Describe any rules or expectations you have for yourself about food and eating.

Describe any rules or expectations your mother has for you or your family about food and eating.

How do these rules or expectations differ from when you were younger?

In what way did you have an influence on those rules?

Describe any struggles around food.

Describe any influence your involvement in a sport has on your food and eating? The families’ food and eating?

**Physical Development**

Are you happy with your weight? How would you want to change it?

Describe any influence appearance has on your food and eating.
Do you or others make comments about body size? Give an example.

Describe any comments made by your parents about body size when you were growing up and now.

Describe the role of exercise in your life now and when you were growing up.

What messages do you get from your parents about physical activity?

What messages do you give your family about physical activity?

**The Meaning of Healthy Eating**

What is your definition of healthy eating?

What would be your mother’s definition?

Your father’s?

What type of messages would you give your daughter about healthy eating?
I have three separate questionnaires I would like to have you complete on your own. Remember all questions are confidential and anonymous. If you are uncomfortable with any of the statements or questions please feel free to not respond.

One of the questionnaires deals with your attitudes, beliefs and practices regarding food, eating and dieting. There are no right or wrong responses. Choose those that best describe you and your situation.

The other questionnaire relates to your family and how it functions. Please choose the response that best describes your family situation.

A third questionnaire relates to your mother’s parenting style.

Take as much time as you like to complete these questionnaires and that will end our interview for today.
# EATING ATTITUDES TEST (EAT-26)

1. Height  
2. Current Weight  
3. Desired Weight  

Please check a response for each of the following questions:

<table>
<thead>
<tr>
<th>Question</th>
<th>Always</th>
<th>Usually</th>
<th>Often</th>
<th>Sometimes</th>
<th>Rarely</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Am terrified about being overweight.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>2. Avoid eating when I am hungry.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>3. Find myself preoccupied with food.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>4. Have gone on eating binges where I feel that I may not be able to stop.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>5. Cut my food into small pieces.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>6. Aware of the calorie content of foods that I eat.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>7. Particularly avoid food with a high carbohydrate content (i.e. bread, rice, potatoes, etc.).</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>8. Feel that others would prefer if I ate more.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>9. Vomit after I have eaten.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>10. Feel extremely guilty after eating.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>11. Am preoccupied with a desire to be thinner.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>12. Think about burning up calories when I exercise.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>13. Other people think that I am too thin.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>14. Am preoccupied with the thought of having fat on my body.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>15. Take longer than others to eat my meals.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>16. Avoid foods with sugar in them.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>17. Eat diet foods.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>18. Feel that food controls my life.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>19. Display self-control around food.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<td>☐</td>
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<tr>
<td>20. Feel that others pressure me to eat.</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
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<td>☐</td>
</tr>
</tbody>
</table>
21. Give too much time and thought to food.  
22. Feel uncomfortable after eating sweets.  
23. Engage in dieting behavior.  
24. Like my stomach to be empty.  
25. Enjoy trying new rich foods.  
26. Have the impulse to vomit after meals.

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ALMOST NEVER</td>
<td>ONCE IN A WHILE</td>
<td>SOMETIMES</td>
<td>FREQUENTLY</td>
<td>ALMOST ALWAYS</td>
</tr>
</tbody>
</table>

**FACES III**

**DESCRIBE YOUR FAMILY NOW:**

_____ 1. Family members ask each other for help.
_____ 2. In solving problems, the children’s suggestions are followed.
_____ 3. We approve of each other’s friends.
_____ 4. Children have a say in their discipline.
_____ 5. We like to do things with just our immediate family.
_____ 6. Different persons act as leaders in our family.
_____ 7. Family members feel closer to other family members than to people outside the family.
_____ 8. Our family changes its way of handling tasks.
_____ 9. Family members like to spend free time with each other.
_____ 10. Parent(s) and children discuss punishment together.
_____ 11. Family members feel very close to each other.
_____ 12. The children make the decisions in our family.
_____ 13. When our family gets together for activities, everybody is present.
_____ 14. Rules change in our family.
_____ 15. We can easily think of things to do together as a family.
_____ 16. We shift household responsibilities from person to person.
_____ 17. Family members consult other family members on their decisions.
18. It is hard to identify the leader(s) in our family.

19. Family togetherness is very important.

20. It is hard to tell who does which household chores.