Family Food Management Interview Guide – Mother of Adolescent

Introduction

State purpose of interview, context and use of information
Assure confidentiality
Ask permission to have the session audio taped
Ask if there are any questions before starting

The purpose of my research is to gain an understanding of how you as a parent of a teenager involved in a sport, manage and make decisions about food. I am particularly interested in how you personally are influenced to make decisions about food. Food choice is very personal and we are all unique but families influence each other. I am interested in how your daughter influences this food system.

Also, I want to stretch the thinking back to when you were an adolescent and the way your parent(s) influenced the family food and eating. What was important to you and your parents especially your mother when you dealt with food and eating? How have your habits changed over time and what has caused those changes? What are the meanings food and eating have for you and how does that effect your parenting role and style?

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…. Mother, father – as adolescents and now
- Food and eating rules – as an adolescent and now
- Messages communicated about food
- Influences on daughter’s food choices – impact of sport
• Daughter’s influence on mother, father – impact of sport
• Food Rules
• Eating Attitudes questionnaire
• Parenting style/ family function questionnaire

**General Family Information**
How long have you and your family lived in this community?

Tell me about your current and prior jobs.

List all people in household based on their relationship to you and note their relationship to you, their age, job, and/or schooling.

**Person in household by relationship to mother**

<table>
<thead>
<tr>
<th>Age</th>
<th>Job</th>
<th>Schooling</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Mother</td>
<td></td>
<td></td>
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<tr>
<td>2. Daughter</td>
<td></td>
<td></td>
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<tr>
<td>3. Others</td>
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</tbody>
</table>

**Schedules**
Tell me about your regular or typical routine for eating and that of your family in any one day. Consider work and school schedules. Let’s use yesterday. Explain your schedule from the time you woke up until the time you went to bed and include the times you ate and where.

Is this a typical day?

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

Describe the effect on your family.
Describe the eating schedules on the week end. How do they differ from during the week?

Describe the similarities and differences to when you were a teen.

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 your daughter has on these decisions.

Who typically does the cooking?

Describe any way your daughter is involved.

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

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 a teen? 

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

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

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

How does she influence your food and eating? 

Describe any messages you 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 to compare your use of that food when you were a teen and to your use now. Note any differences in the type of food you choose.

<table>
<thead>
<tr>
<th>Food</th>
<th>Like/ dislike/ avoid</th>
<th>Form/ type</th>
<th>How often now?</th>
<th>How often as a teen?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td></td>
<td></td>
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<tr>
<td>Cheese</td>
<td></td>
<td></td>
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<tr>
<td>Yogurt</td>
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<tr>
<td>Soy foods: tofu, etc.</td>
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<td></td>
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<tr>
<td>Nuts</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peanut butter</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Chicken/turkey</td>
<td></td>
<td></td>
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<tr>
<td>Beef</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Starchy vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Legumes</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Vegetables</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Fruits</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Juice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cereal</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crackers, popcorn</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pasta</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter, margarine, mayo, salad dressing</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Desserts</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
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 you have for your family about food and eating.

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

Describe any struggles around food you had growing up.

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

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

How does her sport involvement influence her eating?

**Physical Development**

How would you describe your daughter’s physical growth and development.

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.

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

What messages did 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 daughter’s definition?

What type of messages do you give your daughter about healthy eating?

What messages did your mother give to you 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.

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

The third questionnaire asks about how 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. Highest Adult Weight (excluding pregnancy)______
4. Lowest Adult Weight _____  5. Desired Weight __________

Please check a response for each of the following questions

<table>
<thead>
<tr>
<th>Please check a response for each of the following questions</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>
</tr>
<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>
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<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>
<td>□</td>
<td>□</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>
<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>
<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>
<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>
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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>
<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>
<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>
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<tr>
<td>19. Display self-control around food.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>20. Feel that others pressure me to eat.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
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<tr>
<td>21. Give too much time and thought to food.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>
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. □ □ □ □ □ □ □


FACES III

1 2 3 4 5
ALMOST NEVER ONCE IN A WHILE SOMETIMES FREQUENTLY ALMOST ALWAYS

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.