Food Choice Processes of Older Adults – Interview Guide

Introduction:

Restate purpose of interview, context, and use of the information
Assure confidentiality
Ask permission to be taped
Ask if there are any questions before beginning

Icebreaker:

Tell me about what you ate today. Is this typical?

Personal Factors:

Do you have any favorite foods?
Have they always been your favorites?
Why do you like them so much?
Do you have any strong dislikes?
Have you always disliked them?
Why do you dislike them so much?

Personal System:

Tell me how you do your food shopping.
Do you have a set of rules when you shop?
When do you make exceptions?
What are the foods that you always buy, and that you eat most often?

Life Course:
What are some of your food habits or preferences that have come out of your childhood or past?
How has your eating changed? What was the circumstance behind this change?

Ideals:
Do you eat the way you would like to?
What do you wish you could change and why?

Resources:
Does the way that your kitchen is set up affect the types of foods that you buy? How?

Social Framework:
Who makes the most decisions regarding what foods are eaten in your house?
How do the people you live with influence your food choices?
How do your choices differ at home than at someone else’s home?

Food Context:
Have you always lived in Upstate New York?
If no: When you lived somewhere else, did your food choices differ?
Are your food choices different at different times of year?

Values:
What factors do you consider when making food choices?
What is the most important? What is the least important?
Do these levels of importance ever change in different situations?
Locus of Control:

Please tell me how you feel about the following statements in relation to your food choices:

I have complete control over my food choices.

Many times I feel that I have little influence over the foods that I eat.

What other people eat does not affect my food choices.

I have very little chance of getting the food that I want when they conflict with other people’s choices.

Wrap Up:

Is there anything else about how you make decisions about food that you want to tell me?