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:
Initiation Phase:

Tell me a little bit about yourself and how you found your way to the Dean Ornish program.

When you first heard about the Ornish program, what was your reaction, particularly to the diet?

When you were considering joining the program, what did you think about? What were your considerations?

What made you believe that this program may work for you?

Tell me how you ate before starting the program? How did it change after you started the program?

Individual Factors:

How long have you had heart disease? Try to describe for me your experience with the disease since it’s onset. What have you done in the past to try and control it?

Tell me some of the other people and places you received information or assistance in learning about and dealing with your heart disease?

What are your thoughts on your ability to control your disease?
Describe for me some of the physical symptoms and sensations you were experiencing in the year prior to starting the Ornish program.

**Environmental Factors:**

What was your spouse/significant other’s reaction to your joining the Ornish program?

Did you have someone close to you take part in the retreat?

What role did the other members of your program group play at the early phase of the program?

How do you get to the program site downtown? How often did this affect your decision to join?

**Maintenance Phase:**

**Individual:**

Tell me what your overall view of the program has been thus far. Describe to me your feelings about it and what role it has played in helping to manage your disease?*

What have been your results on the program to date? Are you where you expected you would be?*

What is your overall belief about the program’s effect on your heart disease?*

Describe to me how you went about making the changes in your diet. (For groups 1 and 2: What were some of the phases you went through over the past year + since you went on the program).*

Describe to me what being a vegetarian means to you. Have you always felt this way?

How much control have you felt you had over the diet aspect of the program?*

How much effort has been involved in following the diet aspect of the program?*

How likely is it that you will be following the diet next year?

What has been the hardest part of the diet change?*

What have holidays and social gatherings been like for you since being on the Ornish diet?*

Have you modified the program rules in any way to meet your personal needs? How do they differ from the standard program rules?

**Environment:**
Describe to me what your spouse’s/significant other’s role has been throughout this program.*

Did he or she change their eating as a result of you going on the program?*

From whom have you received the most support for your diet change? From whom have you received resistance or conflict?

Who does the meal preparation in your home? Do you primarily eat out or at home?

Describe to me a meal at home. Describe to me an experience when you ate out. Have you been able to find the products you need/want at your local grocery stores? When do you run into most problems?*

On the whole, how would you describe people’s reaction to your diet? Is it different in different places?

Program:

What has the program done specifically to help you change and maintain your diet?

What do you believe are the key components of the program that have helped you change and maintain your diet? How does the diet component compare to the other components?

Construct Validity questions related to Beliefs and Expectations Questionnaire:

What do you think the program researchers are asking you when they asked you following question:

Show questionnaire and go through each questions.

Note: Items with Asterisks will not be asked to group 4 – the baseline group just starting the program.