Appendix 1 information letter for interviews with the participants

Study title: Promoting Dietary Change and Positive Food Choices for Poor People With Low Income Who Experience Cardiovascular Disease in Pakistan

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Co-Supervisors:

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Background

There is a misconception that heart diseases are the problem of wealthy nations, but in fact it is the major cause of death and disability worldwide. Healthy diets are important for the prevention of heart diseases. However, healthy eating is difficult particularly for people with a low socioeconomic status (SES). Poverty is linked with many risk behaviours such as smoking, unhealthy eating, lack of exercise and obesity. Eating habits are influenced by many factors such as cultural, social and economic. These factors and the persons’ values and beliefs interact with each other and make healthy eating very challenging and sometimes impossible. In this study we wanted to find out that what you eat after you are told that you have heart disease. How do you select these foods and what problems you face while choosing or eating healthy food? This study will help nurses and other health care staffs in understanding the reason why you choose to eat the food after you have heart disease.
Study Procedures

If you decide to participate in this study I will talk to about your views on food choices and healthy diet selection. It will take around 1 to 2 hours of your time. It will be held at a time and place that is convenient for you. I will also ask you to give me some basic information about yourself (e.g. age range, gender, income).

Potential Benefits

There are no direct benefits of this research to you. However, by taking part in this study, you may increase health professional understanding about the factors that promote and hinder in eating healthy diet. Information will help health workers in making appropriate preventive programs for future.

Potential Risk

There are no known risks to you for being in this study. However, some individuals may feel uncomfortable talking about their experience. If you need to take a break or stop completely you will be able to do so. I will make every attempt to meet with you when you are already in the rehabilitation centre or in the hospital for visits.

Confidentiality

The interviews will be audio-taped and then typed. All information you provide in the interview will be kept confidential. Information that revealed your identity (e.g. your real name) will be removed from the records. Your name will not be used in the tape, notes and typed interviews. Instead, you will be assigned a code which is only known to the members of the research team. Your name will be recorded only on the consent form which is locked in separate place than interview data. All information will only be accessible to members of the research team or by the ethics board on request. Data which is stored in the computer will be secured with secret passwords. I will keep your records for at least five years after the study has been completed and one of my co-supervisors in Canada will keep an electronic copy of the data for the same period of time. I may contact you if I need clarifications after I have typed your information. You will have the option of seeing the typed version and of changing things in it if you wish.

Voluntary Participation

Your participation in the study is voluntary. You may withdraw from the study at any time without giving me a reason. You are free not to answer any part of the study or you can stop the interview at any time by just telling me, and you may refuse to answer any question.

Compensation

We will provide you with an honorarium of Rs. 200 to show our appreciation for you spending the time and providing the information.
Future Use of Data

The information collected for this study may be useful for future study to answer other questions or for teaching purposes. If this happens, the ethics board will first review the new study to make sure that your information is used. Your name will not be kept strictly private in any of these situations.

If you have any questions about the study, feel free to contact any time. You may ask questions to Rubina Barolia, Tel: (300)215-0677 or e-mail at barolia@ualberta.ca or Dr. Gina Higginbottom, Tel: (780)492-6761 or Dr Alex Clark Tel: (780)492-8347

If you have any concerns about your rights as a study participant, you may contact Health Research Ethics board at the University of Alberta at (780) 492- 0459. This office has no direct affiliation with the study investigators.

Please keep a copy of this letter for reference.

Participant initials: _________________   Witness initials: _________________

Note for ethics reviewers:

Flesch-Kincaid Grade level is 9.76
Appendix 2 consent form

Part 1:
Title of Project: Promoting Dietary Change and Positive Food Choices for Poor People with Low Income Who Experience Cardiovascular Disease in Pakistan
Principal Investigator: Rubina Barolia Phone Number: 0300-215-0677
Co-Supervisors: Dr. Gina Higginbottom Phone Number: (011) 780-492-6761
Dr. Alex Clark Phone Number: (011) 780-492-8347

Part 2 (to be completed by the research subject):
Yes No
Do you understand that you have been asked to be in a research study? □ □
Have you read and received a copy of the attached Information Sheet? □ □
Do you understand the benefits and risks involved in taking part in this research study? □ □
Have you had an opportunity to ask questions and discuss this study? □ □
Do you understand that you are free to withdraw from the study at any time, without having to give a reason and without affecting conditions of your employment? □ □
Has the issue of confidentiality been explained to you? □ □
Do you understand who will have access to the research information? □ □
Do you agree to have the interview audio-taped? □ □
Who explained this study to you? ____________________________
I agree to take part in this study.
Signature of Research Participant ____________________________
(Printed Name) ____________________________ Telephone Number ____________
Date ____________________________
Signature of Witness ____________________________
I believe that the person signing this form understands what is involved in the study and voluntarily agrees to participate.
Signature of Investigator ____________________________ Date __________________
Appendix 3 demographic data sheet

Title of Study: Promoting Dietary Change and Positive Food Choices for Poor People With Low Income Who Experience Cardiovascular Disease in Pakistan

Please provide me with some of your personal information.

It will take about five minutes to complete this data sheet. I will handle all information provided in a confidential manner.

Thank you in advance for completing this data sheet.

Code # ___________  Gender: Female ___________  Male _________

Age range in years: 30-40 □  41–50 □  51–60 □  61–70 □  70–75 □

Qualifications: Primary □  Secondary □  Graduation □

How long have you been enrolled in the Cardiac Rehabilitation Program? ________________

Where do you live? ____________________________________________________________

How many family members are in your household? ________________________________

What is your monthly household income? ________________________________________
Appendix 4 proposed interview guide

- What do you know about healthy food you need to take after the heart disease?
- Where have you received information about eating food?
- Who provide this information (Rehabilitation staff, Nurse, Nutritionist etc.)?
- Have you provided with pamphlet/booklet regarding diet after heart problems?
- Have you understood the information?
- How much were you able to followed and implement at home?
- Do you know which type of food items is related to the heart problems?
- How much you consume vegetables in your food?
- What are the typical food items you need to limit in diet after you have told that you have heart problems?
- What changes have made in your diet after you have been informed that you have heart disease?
- What difficulties you faced when you have to change the diet?
- What are the factors that helped you changing your diet?
- Tell me about your cooking style at home?
- Do all family members eat the same food cooked at home?
- How is the decisions made regarding which food to cook?
- Which oil do you use for cooking?
- What do you know about healthy oils?
- What type of food you think you have or you can change easily?
- What are the difficulties you face while changing your diet?
- What are your likes and dislikes?
- Does that affect your food choices?
- What do you think about eating food at restaurant or taking street food?
- Would you like to share some more information regarding food/eating?
NOTE: Some of the ideas in formulating these interview guide questions are taken from Clark, Duncan, Trevoy, Heath, and Chan (2011).