



APPENDIX 1

« MIND THE HEART » PROJECT

FOCUS GROUP DISCUSSION GUIDE

ENGLISH VERSION

INTRODUCTION

Thank you for agreeing to participate in this focus group discussion. This discussion is part of a multi-site participatory action research project, « MindTheHeart », funded by Movember Foundation Canada and the New Brunswick Health Research Foundation that aims at raising awareness for psychologically healthy workplaces for men living with or at risk of HD.

The purpose of this focus group is for the research team to understand the needs, expectations and preferences of men at risk of or living with HD, with regard to interventions such as mental health promotion, mental health prevention, and mental health interventions for MD/AD/TRD. The information gathered will help the research team to design interventions that meet the specific needs of men with HD to prevent or early detect and treat co-occurring mental health issues.

Before we start the discussion, allow us to clarify some points.

1. Could you all kindly verify that you have already signed the consent forms stating your voluntary participation in this focus group?

Yes

No

2. The duration of the focus group discussion will take 90 to 120 minutes in which you have the right to leave the group at any point in time.
3. The whole session will be audio recorded to ensure the accuracy of the information that you provide. However the consent forms that you have signed will ensure that all the information that you share today shall be confidential and anonymous.
4. Please note that each of you confirms that you are aware that anything said during the meeting has to be kept confidential and that you understand that you are not allowed to disclose any information or any names related to this focus group.

Would anyone like to ask any question or has any clarification related to this focus group before we start?

Before we start, could you please take a few minutes to complete this general information sheet? (Give them the information sheet below)

Date: _____

The objective of the following form is to collect general information about you. You can be assured that the information collected will remain confidential and anonymous.

- 1- Age
- 2- City of residence
- 3- Familial status (tick as apply).
 Single (never married)
 Married
 Common law partner
 Divorced
 Widow
 Other (specify): _____.
- 4- Level of education: (tick as apply).
 Not schooled
 Primary
 Secondary
 College
 University
 Other (specify): _____.
- 5- Employment status: (tick as apply).
 Employed
 Retired
 Sick leave
- 6- Preferred language for health services (tick all that applies).
 French
 English
 Others (specify): _____.
- 7- What is your ethnicity? (tick all that applies).
 White/Caucasian
 Black (ex., Haitian, African, Jamaican, Somalia)
 Latino/Hispanic
 Asiatic (ex., Chinese, Japanese, Vietnamese)
 Middle East
 Native/First Nation/Mixed-Race
 Pacific Island
 Other (specify): _____.

Health status

- 1- Are you suffering from, have you ever suffered from or are you at risk of heart disease?
(if yes, please specify)
- 2- Are you suffering from a mental health issue?
(if yes, please specify)

FOCUS GROUP DISCUSSION GUIDE

A. Patient Experience

How would you describe your experience with the mental health issues that you have been experiencing following your HD?

- Physical well-being (performing your daily activities, energy levels and physical activity)
- Emotional well-being (interest in sex, experienced feelings, mood and relationships with others)
- Mental health issues (mood and anxiety, ability to make ‘good’ decisions and be productive)
- Financial situation
- Employment situation (absence from work, productivity, demotions, arguments with colleagues and supervisors, stigma, loss (advantages, respect, confidence...))
- For many men, self-reliance and being competitive are important characteristics. How about you? What are important manly characteristics for you? How might that have changed with HD and mental health issues?
- How do you deal with those changes?

B. Health Promotion and Prevention Needs

What do you know about the link between HD and mental health issues in men?

- Health literacy/Knowledge/Health education
- What do you wish you had known or done that might have helped you avoid HD and mental health issues?
- For other men experiencing HD and mental health issues, what are the most important pieces of information about the link between HD and mental health issues and how might they be best conveyed?

Regarding risk reduction for HD and mental health issues: What kind of information about mental health and HD do you think will be most useful for you?

- Type of information (statistics, recommendations, health advice, explanations...)
- Communication channels: (read, audio or visual media, seminars, peer education, educational materials, others specify...)
- Location of information delivery (workplace, health care services, community, media)
- Timeliness of information delivery (moment/delay)
- Websites, apps, social media, men testimonies as a source of information, interest and use

C. Health Services and Clinical Care

What is your experience with the health care that you were provided due to your HD and mental health issues needs in the last five years?

- How connected are you to the health care system and specialist heart and mental health services?
- Relevance of care: Many men tell us they don’t want to rely on medications to ensure their mental health or treat specific ailments such as depression? What is your perspective/experience? What is your advice to health care providers about working with male patients who have experienced HD and/or mental health issue?
- Utilization of services: Lots of men are reticent to use professional mental health services – why might that be? What about you, what challenges did you have in seeking heart or mental health care?
- Availability and access to care? (existence of men-sensitive services, factors related to utilization of services: psychologist, insurance coverage, social services...)
- What were some of the areas that you suggest be improved? (your expectations)

Could you please describe your experience with your health care professional (family doctor, cardiologist, nutritionist, kinesiologist, social worker, psychologist, and counselor) regarding information about mental health issues and heart disease?

- Information/Education provided: What type of patient are you? One who likes to be told what to do or would you rather be more involved in the decision making and strategies? Please provide an example of that round your HD and/or mental health issues?
- Perceived expectations and needs
- Patient/Clinicians dynamics (communication, relationship, openness, empathy and shared-decision making)
- Proposed improvements: Can you provide an example of a positive interaction/relationship with a specific health care professional? What are the characteristics of a great health care professional?
- How does the gender of the health care professional influence that relationship?
- Some men like to lead – others like clear instructions. What is your preference and experience of interacting with health care professional?