

## ONLINE DISCUSSION GROUP SCHEDULE

### Understanding the Impact of Lifestyle on Food Choices in Older Adults in Scotland

#### Welcome:

Welcome to our online group discussion. My name is Ellen, and I'll be facilitating this group discussion today. On behalf of the researcher funders the Scottish Environment, Food and Agriculture Research Institutions we appreciate your participation and valuable insights that you will provides us with today.

Today we are going to discuss some of the lifestyle factors that impact upon your food choices.

#### Housekeeping:

Please ensure that you keep your camera on throughout the discussion group, but please ensure that you are in a quite space so that background noise doesn't disturb the other participants. We will have a short comfort break in about 40 minutes, however, if you need a break, please feel free to step away from the online discussion group whenever necessary.

I appreciate that some topics may be emotionally sensitive for some participants therefore if anyone needs to take a little break from the discussion group for whatever reason please step away or mute your microphone and switch off your camera and rejoin if you are comfortable to do so.

#### Consent:

You all received a copy of the participant information sheet and have completed the online consent form.

Please be assured that participation in this online group discussion is entirely voluntary. All information collected during this study will be kept confidential, and any data reported will be anonymised. You will be assigned a unique participant ID number, ensuring that your name and personal information remain confidential.

The focus group will take around 90 minutes and will be audio recorded to ensure accuracy. Please understand that due to the nature of a group discussion, withdrawal of individual data may not be possible after completing the group discussion as it may not be possible for us to distinguish your voice from others on the audio recording or to identify you in the anonymised transcript once analysis has started.

Anonymous quotes may be used for presenting research findings, no names or identifiable information will be attributed to these quotes. After the study's completion, all participant information will be securely disposed of. A copy of the research findings will be available upon request.

#### Etiquette:

To ensure that we have a productive and respectful discussion, please keep the following ground rules in mind:

- Be respectful and courteous to one another.

- Listen actively and avoid interrupting others.
- Share your honest opinions and experiences, if you disagree with a point that has been made, please discuss this – there are no wrong or right answers.
- Stay on topic and let me guide the discussion.
- Please don't worry if I move the discussion along, it is important that we try and cover all the topics today, there will be time at the end to discuss anything that you didn't have the opportunity to mention, so make a note.

Does anyone have any questions before we begin?

**Start of recording:**

I will now start the audio recording. **[Start recording]**.