

## IN-PERSON DISCUSSION GROUP SCHEDULE

### Understanding the Impact of Lifestyle on Food Choices among people over 65 in Scotland

#### Welcome:

Welcome to our 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 provide us with today.

We are here to discuss some of the lifestyle factors that impact upon the food choices of people over the age of 65 in Scotland.

#### Housekeeping:

The toilets are located [mention the location]. We will have a short comfort break in about 40 minutes, however, please feel free to leave the room whenever necessary. Please remember to maintain confidentiality during breaks. Avoid discussing the discussion group topics or other participants with anyone outside of this room, if you think of anything relevant when you are outside of the room, please feel free to share upon your return.

We have refreshments available, please help yourself whenever you'd like.

As far as I'm aware, there isn't a fire drill planned. Therefore, in the unlikely event of a fire alarm or emergency situation. Please follow my instructions promptly. Please leave your belongings in the room, we will evacuate the building immediately following the emergency exit route. Once outside, we will gather at the designated assembly point, which is [mention the specific location for your focus group]. We will only re-enter the building when permitted by the fire wardens to do so.

I appreciate that some topics may be emotionally sensitive for some participants therefore if anyone needs to take a little break from the focus group for whatever reason there are a couple of chairs outside of the room where you can have a breather before returning in.

#### Consent:

You have all completed the online consent form or agreed to the audio recording when signing up on the phone. As I mentioned on your arrival, please ensure that you have read and understand the information sheet and have completed the consent form, did anyone have any questions about today's group discussion?

Please be assured that participation in this 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 up to 2 hours and will be audio recorded to ensure accuracy; the audio

file will be saved on a password protected computer. Please understand that due to the nature of a group discussion, withdrawal of individual data may not be possible once the audio recording of the discussion has started 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 - 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 on your note pad.

Does anyone have any questions before we begin?

**Start of recording:**

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

To get started, let's go around in a clockwise direction starting with me and introduce ourselves. Let's keep our introductions concise to our name and how we normally shop, cook, and eat.