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Semi-Constructed Interview Guidelines

Research Topic: Assessing and Improving Health Literacy and Wellbeing in Thai Families at Risk of NCDs: The Development of a Culturally Relevant Health Behavior Model and a Positive Psychology and Health Literacy Program

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This study uses a research and development design and employs a multi-phase method approach. The population under study is heterosexual married couples (i.e. male and female spouses) between 35 and 59 years of age, have at least one child and have been living together for at least 5 years.

Beginning with Phase 1 of the present project, this phase is a qualitative, case study using an in-depth interview method with male and female spouses who have good health with a total of 6 couples or 12 participants living in regional health district communities which have a low level of health literacy. The findings of a survey from the Health Education Division, Ministry of Public Health in 2016 showed that among the 12 regional health areas, the 6th regional health area, the 12th regional health area and the 4th regional health had the lowest average scores on health literacy which were 64.07, 64.81 and 68.10 respectively. In contrast, the 7th regional health area showed the highest average score of 82.90. Therefore, Phase 1 f uses purposive sampling to identify suitable samples in terms of their levels of health literacy. Within each area, the following regions are available for sampling (1) communities in regional health area 6 include Chachoengsao, Sakaeo, Prachinburi, Samutprakan, Chanthaburi, Chonburi, Trat and Rayong provinces, (2) communities in the 12th regional health area include Phatthalung, Trang, Narathiwat, Pattani, Yala, Songkhla, Satun provinces and (3) the communities in the 4th regional health are include Nonthaburi, Pathumthani, Ayutthaya, Saraburi, Lopburi, Singburi, Angthong, and Nakhonnayok provinces. The provinces finally selected all with a low level of health literacy are **Chachoengsao province** in the 6th health area, **Singburi province** in the 4th regional health area to represent communities in rural areas, and

Yala province in 12th regional health are to represent communities in suburban areas that have borders with Malaysia To summarise, the case study areas in Phase 1 of this research are these **3 provinces with 2 couples from each province**. The inclusion criteria for selecting participants are that they are healthy heterosexual married couples living in the community, are between the ages of 35 and 59, have at least one child, are domiciled in the community or have been living in the community for more than 10 years, have no history of diabetes, high blood pressure and/or heart disease, and who have given consent to provide health information to the researchers.

Objectives	Questions in the Interview
Aim: To understand health situations and conditions of families with good health who live in communities with low health literacy	
1. To gather general information about the interviewees	<p><u>Introductory questions</u></p> <p>1. to begin with , I would like to ask you about your general background.</p> <p>Can we cover the following information?</p> <p>What is your age, your highest level of education, primary job, number of children and their ages, and the length of time you have lived living in this community? How is your health? Do you have any underlying disease?</p>
2. To study the health of the community and the sources of health information in the community	<p>2. How healthy is the community you are living in?</p> <p>1) Evaluate the overall health of people in the community. Is it good or not so good? Please provide examples.</p> <p>2) What e illnesses do people suffer from or what are the main causes of death of people in this community?</p> <p>3) What do you think are the causes of sickness? For instance, what are some of the personal factors? What are some of the social factors?</p> <p>4) What sources of health information do people use within the community? Such as the internet, media, television, broadcast and important people in the community, and etc.</p>
3. To assess the health state of the interviewee's	3. Within the past 1-2 months,

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<p>family members and to study approaches to health-management adopted by the individual and his/her family during times when they are well and when they are ill</p>	<p>1) Could you please evaluate your family members' health? Are they healthy or not?</p> <p>2) Talking about the family members who are healthy, how do they take care of their health during any time when they are sick and also what do they do to preserve their health when they are well?</p> <p>3) For the family members who are ill, how do they take care of their own health?</p> <p>4) Do your family members take care of each other's health? If so, in what ways?</p>
<p>4. To study how interviewees understand what qualities make up wellbeing in their family and to explore the approaches to healthy wellbeing used in the interviewee's family</p>	<p>4. How can the term 'healthy wellbeing in family' be described?</p> <p>1) In your opinion, what is the meaning of family wellbeing?</p> <p>2) What are the characteristics of good wellbeing in family? (Including body, mind, psychological, emotional, social, spiritual and etc.)</p> <p>3) How do you develop healthy wellbeing? Could you please provide examples of things that happen in your daily life?</p>
<p>5. To examine the self-care strategies used during illness and the accessibility of health information to interviewees</p>	<p>5. Self-management, availability of information and accessibility of services</p> <p>1) Can you tell us how you take care of yourself when you are ill?</p> <p>2) How do you access information about health and health care services? And from which sources?</p> <p>3) How do you use the information you collect to care for your own health?</p>
<p>6. To provide an understanding of health promotion and the strategies of health promotion used by</p>	<p>6. Self and family health promotion</p> <p>1) In your opinion, what is the meaning of 'health promotion'? What do you need to do to make members in your family healthy?</p>

Objectives	Questions in the Interview
individuals and their families	2) Which strategies do you use to promote your own health and your family's health in your daily life such as when preparing food, asking them to exercise, mediation , etc.?
7. To study the approaches adopted by the interviewees to prevent chronic diseases and the other health-related strategies used to maintain good health	<p>7. Non Communicable Chronic Disease or NCD prevention</p> <p>1) How and which approaches do you use to protect yourself from non-communicable chronic diseases such as diabetes and high blood pressure? Examples of approaches used in a daily life are regular check-ups, self-monitoring, be more careful about food, exercise, emotion control and etc. Also, please give us an example of each approach.</p> <p>2) How do you help other members in your family prevent non-communicable chronic diseases?</p> <p>3) Are there any special techniques that you and your family personally use to protect yourselves and avoid illnesses?</p>
8. To find out the sources of community support aiming to promote the good health of the interviewees and their families	<p>8. Conditions in the social environments</p> <p>1) How does your family support you to have good health? Please give examples</p> <p>2) How does your community promote and support good health? Please give examples</p> <p>3) Do the beliefs, values and culture of your community affect how you take care of your health? What are they? And how do they affect you? Please provide some examples</p> <p>4) What knowledge and experience have you got both from the past and present that you can use to take care of your health and that of your family?</p>
9. To study cognitive styles such as hope, perceived self-efficacy, optimism and	9. Conditions of cognition and mind

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the psychological strengths of interviewees that may influence health and wellbeing in family	<p>1) In terms of how you think about the health care of yourself and your family, what factors influence your thinking about how you all live, about work and about living happily alongside other people?</p> <p>2) How do the following relate to how you take care of your health and your family's health: 1) Living a hopeful life 2) Self-efficacy in your own abilities 3) Optimism and 4) Resilience or psychological strength to adapt and face problems? Can you please provide examples or situations in each area and how they positively affect your health?</p>
10. To examine positive experiences that can influence health behavioral changes	<p>10. Successful and unsuccessful experiences in health care</p> <p>1) Among the health care situations we have been discussing, there are both successful and unsuccessful experiences. Can you please give examples?</p> <p>2) How have these experiences affected your health care practices? Have you made changes?</p>
11. To find out any approaches to modification and reinforcement of positive thinking for health care that have resulted	<p>11. Approaches to the reinforcement of positive psychology perspectives</p> <p>1) Have you or someone you know had any experience of a situations related to following? 1) Having a hopeful life 2) Self-efficacy in your own abilities 3) Optimism 4) Having Resilience or psychological strength to adapt and face difficulties that led to positive outcomes. What did you or that person do? Can you give examples? For example, you take care yourself for being with your family longtime.</p> <p>2) How have you used other people's experiences to build your own positive thoughts and perceptions?</p>
12. To examine the approaches used to promote the health literacy	<p>12. Promotion of health literacy</p> <p>1) With regard to how you take care of yourself, can you tell me the ways which you can use to access health information?</p>

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of the individual and the family	2) How and in what ways do you pass on the health information you mentioned to your family members or to other people?
13. To study the use of health information in self practices	<p>13. Information and knowledge management and the application of such knowledge</p> <p>1) When you learn about health information from many sources, how do you choose the information to apply to your own health care and your family's?</p> <p>2) How do you compare health information and decide which information is the most accurate to use for your health care?</p>