

# **The Diary/interview method: Researching Nutrition Information Seeking Behaviour**

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# Aim, questions and ethics

Aim:

- to explore nutrition information accessed and used by people with type 2 diabetes and their partners/carers.

Research question:

- What nutrition information are people with type 2 diabetes and their partners/carers using and how is the nutrition information acquired actively or passively?

Ethics:

- Approval from the University of Hertfordshire



# Research Design



- Mixed methods qualitative
- Diary/interview method
- Unstructured solicited diary for 4 weeks
- Diary method was refined and developed
- Qualitative interview with annotated topic guide
- Interviews transcribed verbatim and diaries typed up.
- Analysis was thematic using NVIVO



# Participants

- Twenty participants
  - nineteen people with type 2 diabetes (six men, 13 women)
  - one partner (one woman) who did not have diabetes
- Age range of 52 to 84 years
- Length of time since diagnosis range from 0.5 - 23 years
- Nineteen diaries and interviews





# The diary instructions



Wed 24/05/2017 21:39

Mcclinchy, Jane

Nutrition Information for people with type 2 diabetes

To Mcclinchy, Jane

Bing Maps

Dear Participant

It was very nice to meet you this week

Hope all is well with you and the diary!

Just to let you know that anything about food is useful! Eg conversations, recipes, websites newspapers/radio/food labels

Many thanks again for your help with the research project

Kind regards

Jane



Day .....*Monday*.....Date *2<sup>nd</sup> February*  
 Have you come across any information about what to eat today?  
 Record for each piece of information:

- the type and source and summary of the information
- were you able to use the information?
- did you search for the information or just came across it?

**How should I make a record?**

Use the diary or call or email researcher

Save a copy or glue into diary or take a photo

**Examples**

*Breakfast: Breakfast cereal label; has less sugar than others I usually have. I have photographed the label.*

*During day: Radio programme- sugar is worse than fat in the diet. Is this true?*

*Evening: Chicken casserole recipe in paper (saved a copy).*



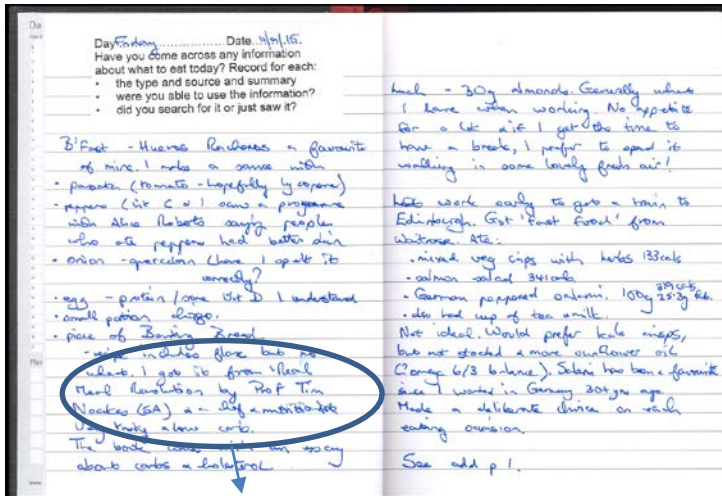
# The diaries-completion

Average 20 days (range 5-85)

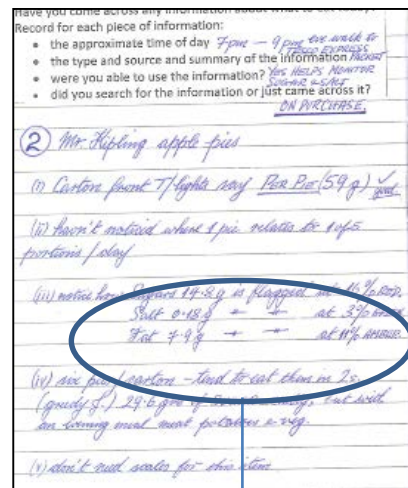
Detailed record

Analytical

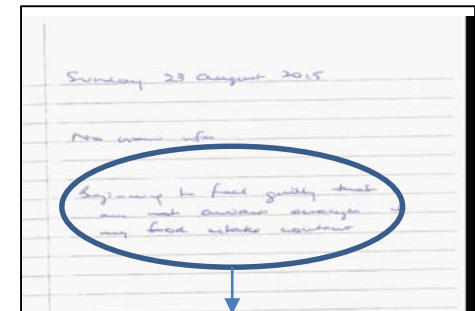
Daily log



..I got it from 'Real Meal Revolution' by Prof Tim Noakes USA



iii notice how Sugars 14.8g is flagged at 16% RED	
Salt 0.18g	at 3% GREEN
Fat 7.9g	at 11% AMBER



Beginning to feel guilty that I am not aware enough of my food intake.

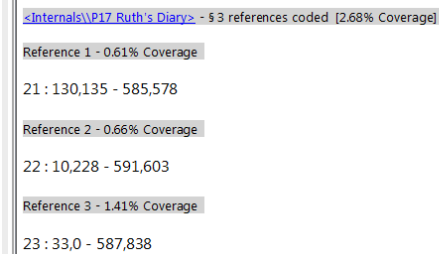




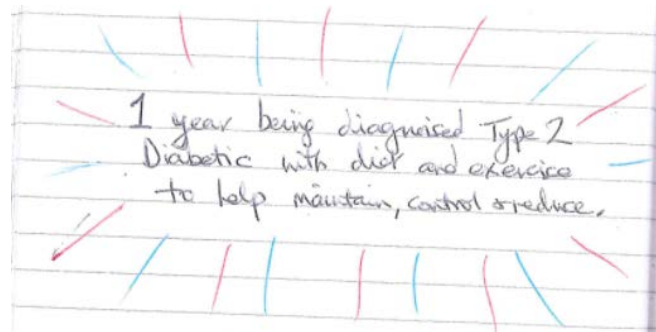
# Challenges

- Diary collection
- Interview time scale
- Diary analysis

## PDF in NVIVO



## Section of diary



## Typed diary

1 year being diagnosed Type 2  
Diabetic with diet and exercise  
to help maintain, control and  
reduce.

- Ethical issues-handwriting, confidentiality





# Participant experiences

Participants found the diary process useful, were engaged in the process and found their own method of completion

- *I found I took more notice of the nutrition information around me. (Gary)*
- *I was surprised that you did not want me to write down everything I eat! (Ruth)*
- *I was relieved I did not have to write something down every day. (Victoria)*
- *I took my diary with me everywhere I went. (Theresa)*
- *I wrote my diary in the evening. (Christopher)*





# Discussion



- Utility of the unstructured diary approach.
- The diary/interview process enabled further reflection by participants and exploration of the records made.
- Future studies could include data collection on diary collection day.
- Paying attention to the interview venue could have resulted in further discussion around information collected and used within the home.
- The diary/interview approach could be more widely used in food related research

