

Form Approved

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Minority Men Focus Group Questions – Men with type 2 diabetes Revised July 1, 2019

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INTRODUCTION [MEN WITH TYPE 2 DIABETES]

Welcome and introduction of moderator:

My name is <<name of moderator>>. I would like to welcome you to today's group discussion. This evening we would like to hear your thoughts on what you like and don't like about health programs. We will talk for about 90 minutes. My role as moderator is to help guide the conversation and make sure you all get a chance to speak. Thank you for being willing to share your perspectives with us. We look forward to a full discussion.

You were invited to participate in this discussion group because you:

- Are a <<indicate specific group i.e. Black/African American, Hispanic/Latino, American Indian>> man and you have been diagnosed with type 2 diabetes

We want to understand:

- what things make it easier and harder for you to be healthy
- what things would make it easier for you to be in a program that helps you manage your type 2 diabetes
- what you think about some different types of programs that could help you manage your type 2 diabetes
- what do you think the best program to help you manage your type 2 diabetes would look like

We will use this information to:

- modify programs that focus on or consider <<indicate specific group i.e. Black/African American, Hispanic/Latino, American Indian>> men so that the programs better meet the needs of <<indicate specific group i.e. Black/African American, Hispanic/Latino, American Indian >> men

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and help them stay healthy

Set ground rules

- We are video recording this session, so we make sure we accurately capture all that you share with us. After we leave today, we will use the video recording to type out the conversation word for word, without including names or any identifying information, then permanently delete the recording after our analysis is complete. Any reports we create using information from our discussion today will not contain your name, voice, or photograph, and you will not be able to be identified as a participant.
- The final report will not have your name, voice or photo. The notes of this session will contain no information that would allow you to be linked to specific statements.
- This study has been funded by a group of researchers interested in improving the lives of <<Black, African American, Hispanic and American Indian men with type 2 diabetes>>. Your participation will be private.
- If you see someone you know here or bump into someone from this group later on, we ask that you respect each other's privacy.
- There are no right or wrong answers to the questions.
- To protect your identity, we use first names only in group. If it makes you more comfortable, you can use a different name and not your real name. We will write the names you choose on the card in front of you, so it is easier for us to talk to each other. Remember, we will not use your name when we create reports about this discussion
- It is okay if we disagree with each other but please be respectful.
- If there are any questions or discussions that you do not wish to answer or participate in, you do not have to do so; however, please try to answer and be as involved as possible.
- Please no cell phones, tablets, or electronic devices during the session.
- There may be the temptation to jump in when someone else is talking but please wait until they have finished and let only one person speak at a time.
- When you do have something to say, please do so. It is important that we obtain the views of each of you.
- It is okay to ask me to explain if a question doesn't make sense to you.
- *[Moderator - Request additional ground rules from the group]*

Housekeeping: **1) Food, 2) Incentives, 3) Restroom, 4) Break**
[Moderator indicate you will insert short break if needed at half time]

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Brief review of health terms:

To get started, I am going to define a few terms that we will use throughout this study to make sure we are all defining them in the same way throughout our conversation. Feel free to ask me to explain them again if they come up.

- **Healthy:** this means when you are at your best in body, mind, and spirit; it's more than just not being sick.
- **Program:** a set of services or events that are designed to help individuals be as healthy as they can be or to stop people from getting sick, or to help people better deal with the illnesses they have.
- **Health Care Provider/Advisor:** who you go to for medical and health care or information. This could include people such as your doctors, nurse practitioners, physician assistants, diabetes educators, registered nurses, dietitians, pharmacists or community health workers.

- **Before we move on are there any questions or thoughts you want to share?**

[Moderator: Pause to accept feedback, allow reflection and provide a summary of intro before proceeding to questions. Make name tents]

QUESTIONS [MEN WITH TYPE 2 DIABETES]

Guiding Question 1) *format - Round Robin*

To help us all get to know each other, please tell us the name you want to use for this group and describe your favorite meal or food.

[Moderator, begin with yourself]

Guiding Question 2)

We gave you one definition for what “healthy” means, we would like to hear from you what “healthy” means to you?

Probing Questions:

- a) What are your health goals?
- b) Tell us about how your thinking about being healthy has changed over your lifetime.
- c) How does your management of type 2 diabetes fit into you being healthy?
- d) Think about all the things you need to focus on in your life, how important is being healthy compared to other things you have to deal with?
- e) Think about the top three things that are on your mind most of the time, is your health one of them? Why or why not?

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Guiding Question 3)

Please tell us some things you do to try to keep yourself healthy. For example, you can tell us about experiences with food, exercise, going to the doctor.

Probing Questions:

- a) How often do you go to your health care provider/advisor?
- b) How often do you try to do things like eat healthy and exercise? And what does eating healthy and exercise look like for you?
- c) What healthy tips have you learned from your friends and family members?
- d) What motivates you to try to stay healthy?

Guiding Question 4)

What are some things that you have heard from your health care provider/advisor (doctor, nurse, dietician, or community health worker), that help you manage your type 2 diabetes?

Probing Questions:

- a) What are some of the things you have heard from friends or family members about managing your type 2 diabetes?
- b) What does “managing your type 2 diabetes” mean to you?
- c) How often do you see the healthcare provider who helps you manage your type 2 diabetes?
- d) How would you describe a person who is doing a good job of managing his type 2 diabetes?
- e) How do you keep track of the things you have done to manage your type 2 diabetes?

Guiding Question 5)

Please tell us about anything that stands in the way of you managing your type 2 diabetes.

Probing Questions:

- a) What makes it hard for you do to the things recommended to help you manage your type 2 diabetes?
- b) What types of things would make it easier for you to manage your type 2 diabetes?
- c) What gets in the way of you staying healthy?
- d) If you have another illness or health issue you are trying to manage, how does that affect your type 2 diabetes?

Guiding Question 6)

1)

Please describe your experience in diabetes self-management programs. [These programs are designed to help people live better with their type 2 diabetes. Some programs involve meeting with a health care provider to come up with a plan for exercise or physical activity or healthy eating, education on using your medications, or how

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to deal with complications from type 2 diabetes.]

Probing Questions:

- a) If you've had experience with a diabetes self-management program how did you hear about the program?
- b) What did you like about the program you participated in?
- c) What did you not like about the program you participated in?
- d) If you have not had experiences with these programs tell us what you've heard about them.
- e) If you choose not to participate in or you didn't complete one of these programs, please tell us why.

Guiding Question 7

Men with type 2 diabetes are 3x more likely to have erectile dysfunction or ED. How would including ED as a topic influence your decision to participate in a diabetes self-management education program?

Probing Questions:

- a) What would you want to hear about this topic?
- b) Would you like a program that provided information about ways to prevent or delay ED?
- c) Would you be more likely to tell friends about a program that offered this topic?
- d) Have you ever participated in a diabetes self-management program that covered this topic?
- e) Are there other complications associated with type 2 diabetes that would impact your decision to participate in a diabetes self-management or education program?

Guiding Question 8)

Can you think of two or three things that would make it easier for you to participate in a program designed to help you manage your type 2 diabetes?

Probing Questions:

- a) If you could design the perfect program to help you manage your type 2 diabetes what would it look like? What would be its important parts?
- b) How does money, transportation, or finances play a role in participating in these programs?

Guiding Question 9)

We are considering a number of changes to diabetes self-management programs. I am going to go through a list of some of the changes we are considering. Please tell us what you think of each one. What if we...

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- 1) Made it so the program (a) was only for men, (b) had only men of your same race/ethnicity, (c) had only men around your age (*address each*)
- 2) Made it so men could go to the program with family members
- 3) Held the program in a place of worship or community center you could easily get to
- 4) Held the program in your local barbershop or similar gathering place for men in your community.
- 5) Made sure the program was free or low cost
- 6) Made sure the people leading or running the program shared your ethnic/racial background
- 7) Made it so you could receive an incentive (like gifts or prizes) for doing well in an individual or team competition against other men in the program
- 8) Used technology, like a Fit Bit or Apple Watch to track physical activity, weight, etc.
- 9) Talked about how taking care of your body is just like taking care of your car such as keeping it on a maintenance schedule
[Moderator: Other examples include 1) how pain or headaches are like the warning lights in the car, 2) how dirty gas in an engine is like unhealthy food for the body.]
- 10) Hired people from your neighborhood to run the program.

Guiding Question 10)

I want to take a moment to summarize some of the main things I heard from the group...Is there anything else you want to add about ways to manage your type 2 diabetes?

Closing

- This is the end of our session. Thank you for participating and making this a successful discussion
- Your opinions will be a valuable asset to the study
- We hope you found the discussion interesting and thought-provoking
- I would like to remind you that your participation will be kept private and your name will not appear in any reports