

Dietetic Interns Nutrition Focus Group Script

Welcome! Thank you for your interest in the Dietetic Intern Nutrition focus group. My name is _____ and I'll serve as the moderator for this focus group. _____ are my assistants. In the chat, you'll find a link to the informed consent document that you signed prior to signing up for a focus group.

Just as a reminder, research is always voluntary, and you may withdraw participation at any time. We'll take a couple of minutes for any questions; you may unmute and ask questions orally or put your question in the chat – either to the group or to me. Once your questions have been answered you can decide whether you'd like to participate. If you choose not to participate, you may simply leave the Zoom call. [Wait until questions have been answered] If there are no further questions, we'll continue with the focus group.

I'll briefly describe how the focus group will work and will give some reminders before we begin.

A focus group is a guided discussion on a particular topic. The discussion is led by a moderator. Each of the focus group participants are encouraged to share their thoughts and contribute to the conversation. Researchers will not share their own perspectives, or provide advice or guidance regarding topics discussed.

The purpose of this research is to learn more about Dietetic Interns' dietary habits and any factors that influence those habits. This information will be beneficial for future interns, preceptors, and programs.

Please keep in mind:

- For optimal conversation, we invite you to have your camera and microphone on so that we can see and hear you. Though, if we encounter issues with feedback noise, etc., we may invite all participants to mute their microphones unless they are speaking.
- For the optimal experience, set your Zoom settings to "Gallery View" and set your name to show your first name and last initial. See FAQ document link in the chat for further instructions if necessary.
- There are no wrong answers; we expect that you will have differing points of view. Please share your point of view even if it differs from what others have said.
- We would like to hear from each person – everyone's input is important.
- We are recording this session because we don't want to miss any of your comments. No names will be included in any reports.
- Your comments are confidential, we ask that each member here will keep other members' comments confidential. We also ask that you ensure that you participate in the meeting from a quiet, distraction-free location to ensure the privacy of all participants.
- At the completion of this focus group, you'll receive an email with a \$15 Amazon gift card. Please accept it soon after you receive the notification. You'll also receive an email from a researcher. Please reply to that email to indicate that you have received the gift card – this is required for university financial documentation.

Now, let's get started with the focus group. First, I'd like each of you to briefly share your name, the state where you completed/are completing your internship rotation, and one of your favorite foods. We'll go in the order that is listed on my Zoom screen (*moderator will first answer the question then list off the first three participants' names; after they have responded, the moderator will list the names of the next few participants*).

Thank you for sharing that information; this is helpful for us to get to know each other a little bit.

To get you thinking about food and nutrition, please take a couple minutes to complete a brief survey. The link has just been added to the chat. This survey is anonymous. After everyone is finished with the survey, we will get into our discussion.

[*Participants take the survey*] Wait 3-5 min for them to take the survey

1. Now that you've taken the survey, please share any thoughts about your habits and/or diet.
2. Think of a typical day in your internship and share with us reasons why you do or do not eat at certain times.
 - a. [If participants find it hard to think of a typical day due to high variation in their experiences during their internship, you can share with them that they can think of a time that was most representative of their experience.]
3. Share with us the impact, if any, that eating frequency has on your energy levels and performance during your internship.
4. Please share any additional consequences of how frequently you eat.

Thinking of your dietary intake in terms of:

- Fruits
 - Vegetables
 - Protein foods
 - Grains
 - Dairy products
 - Restaurant or takeout food
 - Sweetened beverages, caffeine, alcohol
 - Snack foods
 - Meal timing
5. What factors may have affected your dietary choices? (*ask this first, if one of the following topics have not been explored, ask a probing question about missing information*)
 1. What social factors may have affected your dietary choices?
 - i. Preceptors
 - ii. Other staff

- iii. Other interns
2. What environmental factors may have affected your dietary choices?
 - i. Travel
 - ii. Schedule (e.g. early starts)
 - iii. Sleep
 - iv. Which rotation are you completing? (rigor)
 6. What makes the greatest impact on what you choose to eat?
 7. Some research suggests that money for food and cooking skills impact what you eat. How do these factors impact you?
 8. Do you feel that your dietary habits improved or declined during your internship experience?
 9. Which habits, if any, do you anticipate continuing beyond your dietetic internship?
 10. What resources would assist you in improving your dietary intake?

[The assistant moderator will summarize what has been discussed. The moderator will then ask:]

11. Is there anything we missed? Please tell us about any other related topics that influenced your dietary choices during your internship?

Thank you for sharing your insights with us. You will receive a \$15 Amazon gift card via email. Please accept it soon after you receive the notification. You'll also receive an email from a researcher. Please reply to the email indicating that you received the gift card – this is helpful for university financial documentation.