Group: ❑ Doer ❑ Non-Doer

**Barrier Analysis Questionnaire :**

**Consuming Fruits and Vegetables**

**for use with boys and girls between the ages of 12 and 17**

**Behavior Statement**

Boys and girls between the ages of 12 and 17 eat 5 servings of fruits and vegetables every day. [[1]](#footnote-2)

**Demographic Data**

Interviewer’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Questionnaire No.: \_\_\_\_\_Date: \_\_\_/\_\_\_/\_\_\_

Community: \_\_\_\_\_\_\_\_\_\_\_\_\_ Gender: M F (circle one)

Scripted Introduction:

Hi, my name is\_\_\_\_\_\_\_\_\_; and I am part of a study team looking into what young people do to stay healthy and fit. The study includes a discussion of this issue and will take about 15 minutes. I would like to hear your views on this topic. You are not obliged to participate in the study and no services will be withheld if you decide not to. Likewise, if you chose to be interviewed you will not receive any gifts, special services or remuneration. Everything we discuss will be held in strict confidence and will not be shared with anyone else.

Would you like to participate in the study? [If not, thank them for their time.]

**Section A - Doer/Non-doer Screening Questions**

**1. How old are you?**

❑ a. 12 to 17 years old

❑ b. Younger than 12 years or older than 17 years old

❑ c. Don’t Know / won’t say 🡪 *End interview and look for another respondent*

2. Yesterday, did you eat any fruits or vegetables?

❑ a. Yes.

❑ b. No

❑ c. Don’t Know / won’t say 🡪 *End interview and look for another respondent*

3. Considering that a serving size is about the size of your fist, please tell me: Yesterday, how many servings did you have of fruits and vegetables?

❑ a. Had 5 or more servings of fruits and vegetables.

❑ b. Had fewer than 5 servings of fruits and vegetables.

❑ c. Don’t Know / won’t say 🡪 *End interview and look for another respondent*

**DOER /NON-DOER CLASSIFICATION TABLE**

|  |  |  |
| --- | --- | --- |
| **DOER**  (all of the following) | **Non-Doer**  (any ONE of the following) | **Do Not Interview**  (any ONE of the following) |
| Question 1 = a |  | Question 1 = b or c |
| Question 2 = a | Question 2 = b | Question 2 = c |
| Question 3 = a | Question 3 = b | Question 3 = c |

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**Section B – Research Questions**

**Behavior Explanation**

In thefollowing questions I am going to be talking about eating 5 servings of **fruits and vegetables**. Please keep in mind that a serving is a fist sized portion of fruit or vegetables.

*(Perceived Self-efficacy)*

**1a. *Doers***: What makes it ***easier*** for you to eat 5 servings of fruit and vegetables every day?

**1b.** ***Non-doers***: What would make it ***easier*** for you to eat 5 servings of fruit and vegetables every day?

***(Write all responses below. Probe with “What else?”)***

*(Perceived Self-efficacy)*

**2a. *Doers***: What makes it ***difficult*** for you to eat 5 servings of fruit and vegetables every day?

**2b.** ***Non-doers***: What would make it ***difficult*** for you to eat 5 servings of fruit and vegetables every day?

***(Write all responses below. Probe with “What else?”)***

*(Perceived Positive Consequences)*

**3a.** ***Doers:*** What are the ***advantages*** of eating 5 servings of fruit and vegetables every day?

**3b. *Non-doers:*** What would be the ***advantages*** of eating 5 servings of fruit and vegetables every day?

***(Write all responses below. Probe with “What else?”)***

*(Perceived Negative Consequences)*

**4a.** ***Doers:*** What are the ***disadvantages*** of eating 5 servings of fruit and vegetables every day? **4b. *Non-doers:*** What would be the ***disadvantages*** of eating 5 servings of fruit and vegetables every day?

***(Write all responses below. Probe with “What else?”)***

*(Perceived Social Norms)*

**5a. *Doers:*** Do most of the people that you know approve of you eating 5 servings of fruit and vegetables every day?

**5b.** ***Non-doers***: Would most of the people that you know approve of you eating 5 servings of fruit and vegetables every day?

❑ a. Yes

❑ b. Possibly

❑ c. No

*(Perceived Social Norms)*

**6a.** ***Doers:*** Who are the people that ***approve*** of you eating 5 servings of fruit and vegetables every day?

**6b.** ***Non-doers:*** Who are the people that *would approve* of eating 5 servings of fruit and vegetables every day?

***(Write all responses below. Probe with “Who else?”)***

*(Perceived Social Norms )*

**7a.** ***Doers:*** Who are the people that ***disapprove*** of you eating 5 servings of fruit and vegetables every day?

**7b.** ***Non-doers:*** Who are the people that *would disapprove* of you eating 5 servings of fruit and vegetables every day?

***(Write all responses below. Probe with “Who else?”)***

*(Perceived Access)*

**8a.** ***Doers:*** How difficult is it to find enough fruit and vegetables so you can have 5 servings every day? Very difficult, somewhat difficult, or not difficult at all?

**8b. *Non-doers:*** How difficult would it be to find enough fruit and vegetables so you can have 5 servings every day? Very difficult, somewhat difficult, or not difficult at all?

❑ a. Very difficult

❑ b. Somewhat difficult

❑ c. Not difficult at all.

*(Perceived Cues for Action / Reminders)*

**9a. *Doers:*** How difficult is it to remember to eat 5 servings of fruit and vegetables every day? Very difficult, somewhat difficult, or not difficult at all?

**9b. *Non-doers:*** How difficult do you think it would be to remember to eat 5 servings of fruit and vegetables every day? Very difficult, somewhat difficult, or not difficult at all?

❑ a. Very difficult

❑ b. Somewhat difficult

❑ c. Not difficult at all.

*(Perceived Susceptibility / Perceived Risk)*

**10.** ***Doers* *and Non-doers:*** How likely is it that you will have health problems such as heart problems, diabetes or high blood pressure? Very likely, somewhat likely or not likely at all?

❑ a. Very likely

❑ b. Somewhat likely

❑ c. Not likely at all

*(Perceived Severity)*

**11.** **Doers and Non-doers:** How serious would it be if you have health problems such as heart problems, diabetes or high blood pressure? Very serious, somewhat serious, or not serious at all?

❑ a. Very serious

❑ b. Somewhat serious

❑ c. Not serious at all

*(Action Efficacy)*

**12. Doers and Non-doers** How likely is it that you will have heart problems, diabetes or high blood pressure if you eat 5 servings of fruit and vegetables every day? Very likely, somewhat likely or not likely at all?

❑ a. Very likely

❑ b. Somewhat likely

❑ c. Not likely at all

*(Perception of Divine Will)[[2]](#footnote-3)*

**13a.*****Doers:***Do you think that God approves of you eating 5 servings of fruit and vegetables every day?

**13b. *Non-doers****:* Do you think that God would approve of you eating 5 servings of fruit and vegetables every day?

❑ a. Yes

❑ b. No

*(Policy)*

**14. *Doers and Non-doers*:** Are there any community laws or rules in place that make it more likely that you eat 5 servings of fruit and vegetables every day**?**

❑ a. Yes

❑ b. No

*(Culture)*

**15. Doers and Non-doers:** Are there any cultural rules or taboos that support eating 5 servings of fruit and vegetables every day?

❑ a. Yes

❑ b. No

*Now I am going to ask you a question totally unrelated to the topic we’ve been discussing.*

*(Question on Universal Motivators)*

**16. Doers and Non-doers:** What is the one thing you desire most in life?

***THANK THE RESPONDENT FOR HIS OR HER TIME!***

1. The number of recommended servings of fruits and vegetables per day should be modified to reflect the Ministry of Health policy and the questionnaire adjusted accordingly.   
    [↑](#footnote-ref-2)
2. and/or – Do you think it’s God’s Will that you (or your child or whoever the problem effects) gets [**put the problem/illness here**]? [↑](#footnote-ref-3)