

Tool: Cornell Working Parents Nutrition Survey – Day 2 Interview & Survey Questions

Purpose: This survey tool was used to increase understanding of the processes that working parents use in managing food and eating for themselves and their families.

Citations: Blake CE, Wethington E, Farrell TJ, Bisogni CA, Devine CM. Behavioral contexts, food-choice coping strategies, and dietary quality of a multiethnic sample of employed parents. *Journal of the American Dietetic Association*. 2011;111(3):401-407.

Blake C, Devine C, Wethington E, Jastran M, Farrell T, Bisogni C. Employed parents' satisfaction with food choice coping strategies: influence of gender and structure. *Appetite*. 2009; 52: 711-719.

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Daily Interview Day 2

CASE ID: Respondent ID

__ __ __ =ID Number

INTERID: Enter name or code number for interviewer

DAY: Enter "2" for day 2 interview

DATE: Enter date of interview

DAYTIME: Is this interview in the

1= Evening (6:00 PM or later)

2= Day time (Before 6:00 PM)

WEEKDAY: *Today is...*

1= Monday

2= Tuesday

3= Wednesday

4= Thursday

5= Friday

6= Saturday

7= Sunday

Hello. This is ---- from Cornell University's interview team calling for (R name).

(Only if necessary, review the purpose of the survey: Remember that Cornell is conducting this survey to learn how busy working parents and guardians manage food and eating, and how day-to-day stresses affect the foods that people eat.

Before we get started today, I need to check on a couple of things.

Did you work yesterday?

If YES, continue after highlighted text.

If NO: Then we need to reschedule this interview for a day following a day that you work. And let's make sure that your last (third) interview is also scheduled for a day following a day that you work.

Day 2 interview must be on a day following a work day. It will take about an hour.

Day Date Time

Confirm that Day 2 follows a day on which R is working.

Day 3 interview must be on a day following a work day.

Day Date Time

Confirm that Day 3 follows a day on which R is working.

_____ will be calling you on _____ day, date and time.

Is (confirm respondent's phone number) still the best number to reach you?

I'd also like to check that we have the correct names and phone numbers of two friends or family members whom we can call if we can't reach you.

Verify names and phone numbers as collected during initial screening.

Name/phone number: _____
Name/phone number: _____)

If you have any problems with these times, you can call our toll-free number, 888-367-8404. Do you want to write that down?

Thanks again for your help with the survey and I look forward to talking with you again soon.

During the interview, you will need to refer to the *Food Amounts Booklet* that we mailed to you. Is it right there? I can wait while you get it.

If YES, continue after highlighted text.

If NO: Since you will need the booklet for this interview and the next, I will mail it to you. We also need to reschedule your interviews for about a week from now after you have received the booklet.

Just to be sure, let's make sure that I have your correct name and address:

Verify name and address as collected during initial screening.

First name
Last name
Street Address
City
State

Zip

I'd also like to check that we have the correct names and phone numbers of two friends or family members whom we can call if we can't reach you.

Verify names and phone numbers as collected during initial screening.

Name/phone number: _____

Name/phone number: _____)

Now, let's set up days and times for your last two phone interviews.

Please think about your schedule starting about a week from today (*Give day and date*)

Your interviews must be on a day that follows a work day, and each interview will take about an hour.

Day 2 interview must be on a day following a work day.

Day Date Time

Confirm that Day 2 follows a day on which R is working.

Day 3 interview must be on a day following a work day.

Day Date Time

Confirm that Day 3 follows a day on which R is working.

_____ will be calling you on _____ day, date and time.

Is (confirm respondent's phone number) still the best number to reach you?

If you have any problems with these times, you can call our toll-free number, 888-367-8404. Do you want to write that down?

Thanks again for your help with the survey. We will send you a copy of your new schedule for interviews along with the *Food Amounts Booklet*. I look forward to talking with you again soon.

Note for Yasamin: We need information from initial screening question S10 where R agreed/or didn't to tape recording.

Before we begin I'd like to remind you that we'll be tape recording parts of your interview for quality control purposes.

Today, I'll be asking you about what you ate yesterday and events in your day, and our interview will take about an hour.

First, I will ask you tell me everything you had to eat and drink. This includes all meals, snacks, beverages, including tap water and alcoholic beverages, as well as tastes of foods.

I'll also need to know the approximate time you had each item. For example, "At 8 a.m. I had this, at 10 a.m. I had that." We'll make a general list, and then we'll go back and fill it in with more detail. Then, we'll go through the list a final time to make sure we haven't missed anything. We can use the *Food Amounts Booklet* to estimate the amounts of foods you ate.

Do you have any questions before we begin?

Answer any questions.

To help you remember what you ate, take a moment to think about what you did and where you went yesterday.

To help me get organized, what hours did you work?

The other thing I need from you is the year you were born so the computer program can analyze your diet.

Input R's birthdate

Now, let's begin.

Refer to the Quick List window:

After midnight on (day), what was the first time you had something to eat or drink?

Continue with the dietary program.

At end of the dietary program, ask the following questions.

A2. AOVERSAT Overall, how satisfied were you with your food and eating yesterday?

- 1= Very satisfied
- 2= Satisfied
- 3= Unsatisfied
- 4= Very unsatisfied
- 77= DK/NA
- 99=Refused

Now I have a couple of questions specifically about your main meal.

A3. AMAINML Which meal would you call your main meal yesterday?

- 1= Breakfast (or morning meal)
- 2= Lunch (or mid-day meal)
- 3= Dinner (or evening meal)
- 4= No meal was a main meal
- 77= DK/NA
- 99=Refused

A4. ALOCMEAL Just to review: Where did you eat the meal?

- 1= Home
- 2= Work
- 3= Friend's home
- 4= School
- 5= Daycare
- 6= Restaurant/ Cafeteria/ Fast food
- 7= Deli/ Take-out/ Store
- 8= Community meal program
- 9= Party/ Reception/ Sporting event
- 4= Other
- 77= DK/NA
- 99=Refused

A5. ATMEMEAL And, what time was that?

Time= _____

- 77= DK/NA
- 99=Refused

A6. APRPMEAL Who prepared the meal?

(Select all that apply.)

- 1= Respondent
- 2= Spouse or partner
- 3= Child
- 4= Other friend or relative
- 77= DK/NA
- 99=Refused

A7. AATEMEAL Who ate the meal with you?

(Select all that apply.)

- 1= No one—ate alone
- 2= Partner or spouse
- 3= Child or children
- 4= Other friend(s) or relative(s)
- 5= Co-worker(s)
- 77= DK/NA
- 99=Refused

Think about how you were feeling during the meal. Then rate each of the following feelings on the scale from 0 to 6. A rating of 0 means that you did not experience that feeling at all. A rating of 6 means that this feeling was a very important part of the experience.

A8. ACMPMEAL Competent/ capable

0 (didn't experience feeling at all) to 6 (feeling was very important part of experience)

Number:

- 77= DK/NA
- 99=Refused

A9. ARSHMEAL Rushed

0 (didn't experience feeling at all) to 6 (feeling was very important part of experience)

Number:
77= DK/NA
99=Refused

A10. AHASMEAL Hassled/ pushed around
0 (didn't experience feeling at all) to 6 (feeling was very important part of experience)

Number:
77= DK/NA
99=Refused

A11. AJOYMEAL Enjoying myself
0 (didn't experience feeling at all) to 6 (feeling was very important part of experience)

Number:
77= DK/NA
99=Refused

A12. ATRDMEAL Tired
0 (didn't experience feeling at all) to 6 (feeling was very important part of experience)

Number:
77= DK/NA
99=Refused

Now I'd like to switch from questions about what you ate yesterday to questions about your day.

Some of the questions ask you to describe the events of your day in your own words. It is difficult for me to type as fast as you can talk, so I might have to stop and ask you to repeat things.

The first questions are about how you spent your time yesterday, from midnight on (day) until midnight last night. That is 24 hours, although the activities we will ask about will not necessarily add up to 24 hours.

A13. AWRKTIME: Yesterday, how much time did you spend on activities related to paid work or business—including travel time?

(If necessary, clarify : Starting at midnight on (day) until midnight last night.)

(If R not sure, ask: Would you consider this to be part of your required work activities, or volunteer work, or something else?)

(If R says: "I am self- employed" or "I help out in our family business" say: How much time did you spend on activities related to (that business/earning money?)")

__ __ Hours. Minutes

77= DK/NA
99=Refused

(For example, 2 hours 20 minutes + 2.20)

$\frac{1}{4}$ Hour = .15 Hrs.Mins $\frac{3}{4}$ Hour = .45 Hrs.Mins

$\frac{1}{2}$ Hour = .30 Hrs.Mins 1 Hour = 1.00 Hrs.Mins

A14. ASLEEP: Yesterday, how much time did you spend SLEEPING?

(If necessary, clarify: Starting at midnight on (day) until midnight last night)

__ __ Hours .Minutes

77= DK/NA

99=Refused

(For example, 2 hours 20 minutes = 2.20)

$\frac{1}{4}$ hour = .15 Hrs.Mins

$\frac{1}{2}$ hour= . Hrs.Mins

$\frac{3}{4}$ hour= .45 Hrs.Mins

1 hour= 1.00 Hrs.Mins

A15. ARELAX: Yesterday, how much time did you spend relaxing or doing leisure time activities? Leisure time activities means actively choosing to do things for yourself. This may overlap with other categories, such as exercising or spending time with your children.

(If necessary, clarify: Starting at midnight on (day) until midnight last night)

__ __ Hours. Minutes

77= DK/NA

99=Refused

[For example, 2 hours 20 minutes = 2.20]

$\frac{1}{4}$ hour = .15 Hrs.Mins

$\frac{1}{2}$ hour= .30 Hrs.Mins

$\frac{3}{4}$ hour= .45 Hrs.Mins

1 hour= 1.00 Hrs.Mins

A16 ACOOK: Yesterday, how much time did you spend cooking, preparing meals or packing lunches, including clean up?

(If necessary, clarify: Starting at midnight on (day) until midnight last night)

__ __ Hours. Minutes

77= DK/NA

99=Refused

A17. ASHOP: Yesterday, how much time did you spend shopping for food or buying prepared or take out food?

(If necessary, clarify: Starting at midnight on (day) until midnight last night)

__ __ Hours. Minutes

77= DK/NA

99=Refused

A18. AASSIST: Yesterday, did you spend any time giving any UNPAID ASSISTANCE to people who don't live with you, such as free baby-sitting or help with shopping?

(If necessary, clarify: Starting at midnight on (day) until midnight last night)

1= Yes
2= No
77= DK/NA
99= Refused

A19. AHLPFODD: Yesterday, did you get ANY HELP with shopping, cooking or preparing meals at home?

(If necessary, clarify: Starting at midnight on (day) until midnight last night)

1= Yes
2= No → Go to A21
77= DK/NA → Go to A21
99= Refused → Go to A21

A20. AWHOFOOD: Who gave you this assistance? (Probe: anyone else?)

(Select all that apply.)

1= Spouse or partner
2= Child or Grandchild (Including Step)
3= Parent (Including Step)
4= Other _____
77= DK/NA
99=Refused

A21. AHLTHPRB: The next questions are about common health problems you may have had yesterday—that is, from midnight (day) until midnight last night.

Did you have a headache, backache, or muscle soreness yesterday?

(This includes joint pains)

1= Yes
2= No
77= DK/NA
99=Refused

A22. ACOLD: Did you have a cough, sore throat, fever, chills, or other cold and flu symptoms yesterday?

(If necessary, clarify: Starting at midnight on (day) until midnight last night)

1= Yes
2= No
77= DK/NA
99=Refused

A23. ATUMMY: Did you have nausea, diarrhea, poor appetite, or other stomach problems yesterday?

(If necessary, clarify: Starting at midnight on (day) until midnight last night)

- 1= Yes
- 2= No
- 77= DK/NA
- 99=Refused

A24. ACHEST: Did you have any chest pain or dizziness yesterday?

(If necessary, clarify: Starting at midnight on (day) until midnight last night)

- 1= Yes
- 2= No
- 77= DK/NA
- 99=Refused

A25. AOTHSYM: Did you experience any OTHER physical symptoms or discomforts yesterday?

(If necessary, clarify: Starting at midnight on (day) until midnight last night)

- 1= Yes
- 2= No → Go to A27
- 77= DK → Go to A27
- 99= Go to A27

A26. AWHATSYM What were those symptoms?

Symptoms: _____

- 77= DK/NA
- 99=Refused

A27. ASMOKE: How many cigarettes did you smoke yesterday?

___ ___ ___ = # Cigarettes

(One pack= 20 cigarettes)

- 997= If R Never SMOKES
- 77= DK/NA
- 99=Refused

A28. ASAD: The next questions have to do with how you felt since midnight on (day) until midnight last night. How much of the day yesterday did you feel sad, blue, or depressed?

- 1= All or most of the day
- 2= About half of the day
- 3= Less than half of the day
- 4= Not at all

77= DK/NA
99=Refused

A29. AWORRY: How much of the day yesterday did you feel worried, tense, or anxious?

(If necessary, clarify : Starting at midnight on (day) until midnight last night)

1= All or most of the day
2= About half of the day
3= Less than half of the day
4= Not at all
77= DK/NA
99=Refused

A30. AREST: How much of the day yesterday did you feel that you did not get enough rest or sleep?

(If necessary, clarify : Starting at midnight on (day) until midnight last night)

1= All or most of the day
2= About half of the day
3= Less than half of the day
4= Not at all
77= DK/NA
99=Refused

A31. AHEALTHY: How much of the day yesterday did you feel very healthy and full of energy?

(If necessary, clarify : Starting at midnight on (day) until midnight last night)

1= All or most of the day
2= About half of the day
3= Less than half of the day
4= Not at all
77= DK/NA
99=Refused

A32. AARGU: The next questions are about disruptive experiences that may have happened to you yesterday, from midnight on (day) until midnight last night.

First, did you have an argument or disagreement with anyone yesterday?

1= Yes
2= No → skip to A36
77= DK/NA → skip to A36
99=Refused → skip to A36

A33. AWHOARGU: Think of the most disruptive disagreement or argument you had yesterday. Who was it with?

1= Spouse or partner
2= Child or Grandchild (Including Step)

- 3= Parent (Including Step)
- 4= Sibling (Including Step)
- 5= Other relative (Include-in-laws)
- 6= Friend
- 7= Neighbor
- 8= Coworker or Fellow Student
- 9= Boss or Teacher
- 10= Employee or Supervisee
- 11= Other (Specify) _____
- 77= DK/NA
- 99=Refused

A34. AHAPARGU What happened?

Description: _____

- 77= DK/NA
- 99=Refused

Probe...

- Could you tell me a little more about that?**
- Could you tell me a little about the background to that?**
- What about this was disruptive for YOU (if anything)?**

A35. AHOWARGU How disruptive was this for you—very, somewhat, not very, or not at all?

- 1= Very
- 2= Somewhat
- 3= Not Very
- 4= Not at all
- 77= DK/NA
- 99=Refused

A36. ALETPASS Yesterday, did anything happen that you COULD have argued about but you decided to LET PASS in order to avoid a disagreement?

(If necessary, clarify: Starting at midnight on (day) until midnight last night)

- 1= Yes
- 2= No → skip to A40
- 77= DK → skip to A40
- 99= Refused → skip to A40

A37. AWHOPASS Think of the most disruptive incident of this sort. Who was the person you decided not to argue with?

- 1= Spouse or partner
- 2= Child or Grandchild (Including Step.)
- 3= Parent (Including Step.)
- 4= Sibling (Including Step.)
- 5= Other relative (Include-in-laws)
- 6= Friend

- 7= Neighbor
- 8= Coworker or Fellow Student
- 9= Boss or Teacher
- 10= Employee or Supervisee
- 11= Other (Specify) _____
- 12= Groups (Specify) _____
- 77= DK/NA
- 99=Refused

A38. AHAPPASS What happened and why did you decide not to get into an argument about it?

Description: _____

- 77= DK/NA
- 99=Refused

Probe...

- Could you tell me a little more about that?**
- Could you tell me a little about the background to that?**
- What about this was disruptive for YOU (if anything)?**

A39. AHOWPASS How disruptive was this for you—very, somewhat, not very, or not at all?

- 1= Very
- 2= Somewhat
- 3= Not Very
- 4= Not at all
- 77= DK/NA
- 99=Refused

A40. ADISRWK: Yesterday, did anything (else) happen AT WORK that most people would consider disruptive?

(If necessary, clarify: Starting at midnight on (day) until midnight last night)

- 1= Yes
- 2= No → skip to A43
- 77= DK → skip to A43
- 99= Refused → skip to A43

A41. AHAPWK What happened and what about it would most people consider disruptive?

Description: _____

- 77= DK/NA
- 99=Refused

Probe...

- Could you tell me a little more about that?**
- Could you tell me a little about the background to that?**
- What about this do you think most people would consider disruptive?**

A42. AHOWWK How disruptive was this for you—very, somewhat, not very, or not at all?

1= Very
2= Somewhat
3= Not Very
4= Not at all
77= DK/NA
99=Refused

A43. ADISRHM: Yesterday, did anything else happen AT HOME that most people would consider disruptive?

(If necessary, clarify: Starting at midnight on (day) until midnight last night)

1= Yes
2= No→ skip to A46
77= DK→ skip to A46
99= Refused→ skip to A46

A44. AHAPHM What happened and what about it would most people consider disruptive?

Description: _____
77= DK/NA
99=Refused

Probe...

Could you tell me a little more about that?

Could you tell me a little about the background to that?

What about this do you think most people would consider disruptive?

A45. AHOWHM How disruptive was this for you—very, somewhat, not very, or not at all?

1= Very
2= Somewhat
3= Not Very
4= Not at all
77= DK/NA
99=Refused

A46. ADSCRM: Many people experience discrimination on the basis of such things as race, sex, age, appearance or size. Did anything like this happen to you yesterday?

1= Yes
2= No→ skip to A49
77= DK→ skip to A49
99= Refused→ skip to A49

A47. ABADSCRM Think of the most disruptive incident of this sort. What was the basis for the discrimination you experienced—your race, sex, age, appearance, size, or something else?

(Select all mentions.)

1=Race
2=Sex
3=Age
4=Appearance
5=Size
6=Other (specify)
77= DK/NA
99=Refused

A48. AHOWDSCR How disruptive was this for you—very, somewhat, not very, or not at all?

1= Very
2= Somewhat
3= Not Very
4= Not at all
77= DK/NA
99=Refused

A49. ADISREAT: Sometimes meals or eating get disrupted by daily activities and events at work or at home. Were any of the normal ways you eat disrupted or changed yesterday because of something like this?

(If necessary, clarify: Starting at midnight on (day) until midnight last night)

1= YES
2= NO → Skip to A52
77=DK/NS→ Skip to A52
99=Refused→ Skip to A52

A50. AHAPEAT What happened and what about it would most people consider disruptive?

Description: _____
77= DK/NA
99=Refused

Probe....

Could you tell me a little more about that?

Could you tell me a little more about the background to that?

A51. ADISMEAL: What meal or eating event was disrupted?

1= Breakfast
2= Lunch
3= Dinner/Supper
4= Snack
5= Not a meal
77= DK/NA
99=Refused

A52. ADISROTH: Did anything ELSE happen to you yesterday, that people would consider disruptive?

(If necessary, clarify : “Starting at midnight on (day) until midnight last night.”)

1= Yes

2= No→ Skip to closing

77= DK→ Skip to closing

99= Refused→ Skip to closing

A53. AHAPOTH What happened and what about it would most people consider disruptive?

Description: _____

77= DK/NA

99=Refused

Probe...

Could you tell me a little more about that?

Could you tell me a little about the background to that?

What about this do you think most people would consider disruptive?

A54. AHOWOTH How disruptive was this for you—very, somewhat, not very, or not at all?

1= Very

2= Somewhat

3= Not Very

4= Not at all

77= DK/NA

99=Refused

Okay that’s it for today. Thank you very much for your time. I will call you again on (day and date) at (time) for our final interview which should take about an hour. Is that time good for you?

If YES, continue after highlighted text.

If NO: Then we need to reschedule your last interview for a day following a day that you work.

Day 3 interview must be on a day following a work day. It will take about an hour.

Day Date Time

Confirm that Day 3 follows a day on which R is working.

_____ will be calling you on _____ day, date and time.

Is (confirm respondent phone number) still the best number to reach you?

I’d also like to check that we have the correct names and phone numbers of two friends or family members whom we can call if we can’t reach you.

Verify names and phone numbers as collected during initial screening.

Name/phone number: _____

Name/phone number: _____)

If you have any problems with these times, you can call our toll-free number, 888-367-8404. Do you want to write that down?

And, is (confirm respondent's phone number) still the best number to reach you?

If NO, obtain new phone number.

I'd also like to check that we have the correct names and phone numbers of two friends or family members whom we can call if we can't reach you.

Verify names and phone numbers as collected during initial screening.

Name/phone number: _____

Name/phone number: _____)

If you have any problems with interview times, please call our toll-free number, 888-367-8404.

I look forward to talking with you on (confirm day, date, and time).