

## Interview Questions/Script

### General Introduction

1. I'd like to start by learning a little about you.
  - From where did you immigrate?
  - When did you immigrate?
  - How old were you?
  - Who do you live with?
2. In general, how would you describe your health?
  - How you feel on an everyday basis (good, bad, so-so)?

### Hypertension/Hyperlipidemia/Diabetes

#### *Understanding of Diagnosis*

1. When were you first told that you have [insert condition]?
  - Where were you first told that you have [insert condition]?
  - How did the doctor explain [insert condition] to you?
2. If you were diagnosed in Russia (or another Former Soviet Union Republic), what were you told about [insert condition]?
3. How did your American physician explain [insert condition]?
  - Do you agree with the diagnosis?
4. Is there a difference of how [insert condition] is understood in Russia and United States?
  - What do you see is the difference?
5. Can you explain your understanding of [insert condition]?
  - What are the symptoms?
  - How is it diagnosed?

- How does it affect the rest of your health?
  - How does it affect your life and your family's life?
6. What concerns do you have about your diagnosis as well as your general health?
- What do you worry about?

#### *Understanding of Treatment & Compliance*

1. If you were diagnosed in Russia, what were the recommendations of the physician?
  - Prescriptions?
  - Lifestyle changes (diet, exercise, smoking cessation, alcohol consumption)?
2. What, if anything, did your American physician(s) prescribe?
  - What lifestyle changes did they recommend?
3. Do you take any medications prescribed by your current physician?
  - Which ones and how often?
  - Do you ever miss taking your pills?
  - If so, for what reason?
4. If you don't take one or more of the medications prescribed by your doctor, can you explain your reason?
5. Do you do anything that your doctor recommended (other than taking medicine) to treat your [insert condition]?
  - Describe (prompt diet changes, smoking cessation, exercise, alcohol consumption).
6. Do you feel that your doctor's recommendations (prescriptions/lifestyle changes) are effective in treating your condition?
  - If yes, how?
  - If no, why not?

7. Did someone other than your doctor give you advice regarding your [insert condition] that you are currently following?

- Who gave you the advice?
- What is it?
- Why do you agree with this recommendation?

8. Is there anything else that you are doing yourself to treat [insert condition]?

#### *Understanding of Preventative Care*

1. What, if anything, do you think could have been done to prevent your getting [insert condition]?

2. What, if anything, do you tell your family and friends to do in order to avoid getting [insert condition]?

3. Do you think diet and exercise could help treat and/or prevent [insert condition]? Why or why not?

4. What kind of diet do you believe is best for your heart and your general health?

- What, if any foods are good for you?
- Which ones are bad for you?
- What eating habits are good and which ones are bad?
- Do you follow any kind of diet, if so, how?

5. How much, if any, exercise do people need?

- How much exercise do you get?

6. Do you think smoking and alcohol consumption affect your health?

- If so, how?

#### *Access to Care and Medications*

1. What kind of health insurance do you currently have?
2. Are you able to get appointments with your doctor when you need to?
  - If not, what are the difficulties?
3. Have you had any difficulties in getting your medications?
  - Trouble paying?
  - Difficulty getting to the pharmacy?
  - Difficulty communicating with the pharmacy staff?
4. Have you had any difficulties making it to your appointments with your doctors at UVA (either at Family medicine or other specialty clinics)?
  - If so, what are these?
  - Not being aware?
  - Work?
  - Transportation?

*Suggestions and Closing*

1. Thank you for answering my questions.
2. Is there anything else that you'd like to tell me?
3. Do you have any suggestions for the doctors at UVA/Family Medicine of how they can improve services/care?
4. Any general suggestions regarding how else your care might be improved?
  - Pharmacy issues?
  - Insurance issues?