

Interview Guide

Introduction:

- Begin by introducing yourself and explaining the purpose of the interview.
- Assure the participant that their responses will remain confidential and will only be used for research purposes.
- Emphasize the importance of obtaining the participant's permission or consent.
- Let them know that they can skip any questions they are uncomfortable answering.

Part-1, Personal Information:

1. Start with basic personal information:

- Ask for their name (Q1).
- Inquire about their age (Q2).
- Ask about their gender (Q3).
- Inquire about their religion (Q4).
- Ask about their educational level (Q5).
- Check their marital status (Q6).
- Determine their monthly household income (Q7).
- Ask about the total number of family members (Q8).

Part-2, Anthropometric Information:

2. Gather anthropometric information:

- Record their height in centimeters (Q9).
- Record their weight in kilograms (Q10).

Part-3, Food Preference-Related Questions:

3. Explore their food preferences:

- Ask if they regularly consume rice, bread, and other cereal-based goods (Q12).
- Inquire about the factors that influence their consumption of carbohydrate-based products.
- Ask if they consume fruits and vegetables regularly (Q13).
- Inquire about the factors that influence their consumption of fruits and vegetables.
- Ask if they eat meats, fish, and eggs on a regular basis (Q14).
- Inquire about the factors that impact their consumption of protein-rich foods.
- Determine if they usually take milk and dairy products (Q15).
- Inquire about the factors that impact their consumption of milk and dairy products.
- Ask if they drink enough water (Not less than 1L) daily (Q16).
- If No, inquire about the reasons.

Part-4, Eating Behavior-Related Questions:

4. Investigate eating behaviors:

- Ask how many meals a day they usually eat (Q17).
- If they eat less than 3 times a day, inquire about the reasons.
- Find out if they skip breakfast (Q18).
- If yes, ask why they skip breakfast.
- Ask if they eat food outside of the home (Q19).
- Determine who decides their food outside of the home (Q20).
- Inquire about who decides the food menu at home (Q21).
- Ask if they ever choose food based on advertisements (Q22).

Part-5, Camp Rations-Related Questions:

5. Explore camp rations and related factors:

- Ask if they receive rations on a regular basis (Q23).
- Determine if they think their rations are sufficient (Q24).
- Inquire if they have to purchase extra rations (Q25).
- Ask if they believe the food price in the camp is higher than what they can afford (Q26).
- Find out how many years they have been living in Bangladesh (Q27).
- Determine if they think their past eating habits significantly differ from their current habits (Q28).
- Inquire if they find it difficult to cope with these changes (Q29).

Part-6, Psychological Behavior-Related Questions:

6. Discuss psychological behavior related to eating and offer Likert scale for selection:

- Ask about their eating habits when they are happy (Q30).
- Inquire about their eating habits when they are upset (Q31).
- Ask about their eating habits when they are annoyed (Q32).
- Determine their eating habits when they are anxious (Q33).

Conclusion:

- Thank the participant for their time and participation in the interview.
- Reiterate the confidentiality of their responses.
- Offer any additional information or clarification if needed.