
THE EFFECTS OF STRESS ON HEALTHY EATING

Example research report – Qualitative study on the effects of stress on healthy eating.

Anonymous student.

65%

Comments throughout are in red and italics or added to specific parts at the side of the document. These are not exhaustive but are simply there to indicate where common errors are usually observed within research reports across the board.

Abstract

The effects of stress on healthy eating has been comprehensively studied with many researchers suggesting that work/life balance and stress can impact a healthy life-style (Bauer et al., 2012; Devine et al., 2003; Devine et al., 2006; Devine et al., 2007). This study aimed to explore whether stress has an impact on healthy eating by interviewing a sole participant to discuss in detail the stress she endures and how this affects her health and lifestyle. The transcription provided was analysed and organised into themes and sub-themes to discuss the interpretations of the interview. The findings of this study indicate that stress does cause an impact on healthy eating and explores reasons and coping mechanisms to over-come some issues. Limitations and future suggestions are discussed in relation to using more participants to look deeper into why stress causes unhealthy eating.

Abstract generally clear.

Type of analysis conducted would be beneficial in the abstract – no mention of thematic analysis anywhere.

Introduction

Several factors have been documented and researched when contributing to the effects of stress on healthy eating. It is suggested that it starts from childhood and adolescence effecting your outlooks and actions into adulthood (Nguyen-Rodriguez et al., 2008). Obesity or being overweight is frequently associated with emotional eating, but some studies suggest this link is not accurate and you can be an emotional eater because of factors such as stress but not fall into a high BMI bracket.

A study was conducted within the county of Los Angeles using multiple group SEM *(explanation needed)* analyses which used cross sectional data from five hundred and seventeen minority students (Nguyen-Rodriguez et al., 2008). From this study, the results indicated that there were little differences in emotional eating behaviours amongst students who were either overweight or normal weight. The quantity of emotional eaters was greater within the normal BMI group than those in the overweight BMI group. This emphasizes the fact that this eating due to emotion is not a concern only for obese and overweight people.

Good point

One theory is that overweight people could be indulging with larger quantities than those with a normal weight. Or that this sample group just have not yet fallen into the overweight category but in the future could if emotional eating continues. Re-education during this period to gain healthy strategies and skills to cope with stress rather than turn to food is vital as these eating behaviours begin to set and effect youths later in adulthood (Nguyen-Rodriguez et al., 2008). *The reference provided here could be placed much sooner in the paragraph.*

Commented [SC1]: Formatting of this section is very good - notice that there are indentations for each new paragraph and the font is all the same style and size. Paragraphs make sense and there are no huge blocks of text.

More recent studies and research suggest that the intake of higher calorie foods with low nutrition, increased due to stress. These foods are higher in sugar, fat, and salt (Michels et al., 2012, Tryon et al., 2013, Tryon et al., 2013). It is suggested that the stimulation patterns in the brain may change with continuing stress when responding to foods higher in calorie, which in turn surges activity in areas of the brain connected with reward and lessening stimulation in pre-frontal areas connected with controlling emotion (Tryon et al., 2013a).

Another study (*the reference placed here would make this much clearer*) analysed two aspects of stress which included perceived helplessness and self-efficacy and food intake facilitated by emotion-driven eating. It was concluded that perceived helplessness may suggest emotion-driven eating and unhealthy intake of food and snacks whereas stress self-efficacy may be more critical for food intake that is healthier (Tate et al., 2015). Emotion-driven consumption is the inclination to use food as a coping method to ease stress or moods instead of physical hunger which could be a crucial underlying progression linking dietary intake and stress. (Nguyen-Rodriguez et al., 2008, Rollins et al., 2011, Spruijt-Metz, 1999). Rates have been found to be greater for girls when researching emotional eating, and amongst children it has been related with stressful situations in life (Hou et al., 2013, Michels et al., 2012).

In adulthood, healthy eating can be impacted because of other life stresses, for example work-life stress. Research looking into adults in employment and their dietary choices establishes that people with high demands from work, poor working conditions, low job status and greater degrees of work-life stress are more likely to skip meals and have a less healthy diet (Devine et al., 2003; Devine et al., 2007). Parents with unhealthy behaviours with food are not only affecting their own health and well being but also risk developing the same behaviours in their children (Patrick & Nicklas, 2005).

Commented [SC2]: A comment would have been made here re: the formatting of multiple references within one set of parentheses - alphabetical order (which has been done here), but with each citation separated with a semi-colon (;)

In a qualitative study researching the impact between family commitments and work with parents who are employed and how they manage their own diet choices and feed their children (*sentence structure is an issue here – incomplete sentence*). It was detected that parents chose to not to prepare, and do what was easier or faster, but they were regarded as a reward or treat for a bad day at work and a rewarding family event to go out to a restaurant provided an opportunity to reduce stress (Devine et al., 2006). Parents are likely to endure great pressure to uphold their employment because of the troubled economic conditions and unemployment rates soaring. This sometimes may mean they may dedicate more time to their jobs. This can increase stress as parents are trying to balance the needs of their family with the needs of their employment (Bauer et al., 2012).

(a justification of the study would be useful here to set the scene for the 'point' of the study overall – e.g., 'As experiences of stress, along with eating choices and habits are personal, this study seeks to explore one woman's...') This analysis will explore an individual's insights of the effects on healthy eating induced by stress.

Some very good literature included, with a clear attempt to lead into the thematic analysis report. Increased clarity needed in one section, and justification for the study needed, but overall, very good.

Method

Participants

For this report, a sole female participants' interview was analysed. The transcription was presented to students commencing this thematic analysis after being previously pre-recorded and transcribed. (*not related to participants so doesn't need to be in this section – explanation of **who** the woman is would be required*)

Design

Commented [SC3]: You are effectively summarising your research question here, also

Commented [SC4]: Combine Design, Materials and Procedure sections to form a **Data Collection** section

Qualitative interview design for compilation of data was used to complete this report, the method of data analysis was thematic analysis.

Materials

The transcription of the interview in this case was provided. Had the interview been conducted by the student, consent and debrief forms would have been completed. Consent forms would be to make the participant fully aware that the interview is voluntary, and what their role within it entails. Making sure they know they can withdraw at any time without reason, and make it known they can discuss any concerns during or after the interview. They would be made aware that this data will *(would – the method needs to be written in the past tense throughout)* be held confidentially with their name changed to a code to protect their identity. They would have been prompted to read and sign if happy to go ahead. A debrief at the end would be given to explain the aims of the study. Reminding them if they wish to withdraw their data from the study it still could be. A voice recorder and interview schedule would have been used.

Procedure

Prior to this assessment the data collection process was conducted. If the study were conducted by the student, the procedure would have been started by giving the participant a form with consent information then asking them to read and agree to take part in the study. Once the consent had been received, a brief introduction would have been given to put the participant at ease. They would then be presented with the interview questions; throughout they would be reminded that they do not have to answer anything they are uncomfortable with. *After the interview schedule is completed, debrief information would then be provided summarising the aims of the study as well as recapping to the participant that they have a*

right to withdraw. Finally, the participant would finally be thanked for their participation in this study,

Section well-described – some minor tense issues.

Results

Commented [SC5]: For qualitative reports, a Data Analysis section would go at the end of the method section. In this section, you would explain what analysis has been conducted, and describe the stages of the analysis.

Commented [SC6]: Start this new section on a new page - for level five reports, you wouldn't necessarily have to do this, but as the table below is so big it simply looks better to have the heading on the following page

Themes	Sub-Themes	Supporting Quotes
Time Management	Work-life balance/Stress	“When I was working full-time, I definitely found it a bit more difficult. I’m only working part-time now and am here in the evenings so I can sort of plan what to eat” “difficult to maintain a healthy eating pattern when I was working full-time and most of that was probably down to stress” “you get caught up in life and the stresses and woes of life, then let your eating habits slip, feel crap about it, and get caught up in more stress!”
	Self-care	“I’m stressing myself out with the other rubbish in my life and I’m not making time for myself to be healthy” “so, I don’t really feel like spending the time and effort on making a full healthy meal just for me!” “I’m not just cooking for me then – I have to cater to her standards as well!” “think about your own health! That’s basically it, isn’t it?”
Awareness	Uncertainty/Self-doubt	“it’s about eating a balanced diet and getting the correct amount of nutrients and stuff, isn’t it? And minerals that your body needs to function properly... I think that’s what eating healthy mainly means.” “Home cooked food I think is healthy, and you can be more aware of what is healthy and what you’re eating when you’re making it yourself, can’t you?” “it was the searching for information and speaking to other people – real people – about their experiences that helped me more.”
	Cost/wastage	“I think healthy food can be quite expensive, too. Like, if I buy a bag of salad – I don’t want to eat a whole bag of salad on a Tuesday evening [laughs] but then it tends to go to waste because I won’t want it the day after either – the lettuce goes a bit limp and lifeless!” “But if you’re constantly buying stuff to make ‘healthy’ meals then the cost adds up, I think.”
Health	Ill health	“I was diagnosed with high cholesterol a while back and I think that gave me a boot up the bum to sort my eating out” “When I had that health scare a couple of years ago – cholesterol and what not – that scared me a bit into eating healthy foods. But it was more a wake-up call for me in terms of, like, I’m stressing myself out with the other rubbish in my life and I’m not making time for myself to be healthy.”

Commented [SC7]: A very good table of themes with supporting quotes. You must ensure you provide some narrative to introduction the table before you put a table, and label the table in APA style.

	Being active	"I like to walk my dogs if I get stressed – just to get out in the fresh air and have some peace, you know?" "If I went out with the dogs, as well, I'd find that I worked up an appetite and I didn't want crap food then. I wanted to spend some time cooking and making a nice healthy meal"
Influence	Support Network	"I started, like, getting involved with support groups as well. Just online looking for information, really, more than anything – I never went and actually sat in a support group setting thing but I found that being online really helped" "it was the searching for information and speaking to other people – real people – about their experiences that helped me more."
	Family	"I think as well that family situations can influence you to eat healthy. My son was a bit of a nut when it came to healthy eating" "if you have to make a meal for the whole family, you're more inclined to make a good healthy meal than chips or something, aren't you?" "My eldest daughter, <i>Sarah</i>, comes with me sometimes as well. For a walk. And then she will stay and have tea with me and even that is a help because I'm not just cooking for me then"

Theme 1: Time Management

(within Jennifer's interview...) A theme of time management was inferred, as this incorporated several facets relating to this during the interview. Sub-themes for time-management include work-life balance and stress, convenience, and self-care.

Sub-theme 1.1 Work-life balance

The first subtheme captures the feeling of stress caused by full-time employment whilst trying to maintain a healthy lifestyle. This became apparent when she repeatedly discussed the impact this had on her. **She stated,**

"life circumstance of working full-time definitely took its toll on me in terms of, like, eating well and eating a balanced diet, do you get what I mean?" (page 3, line 65).

Commented [SC8]: Picky, but use names. These are people that are sharing their personal experiences and thoughts, so avoid the use of 'he'/'she' etc and use the pseudonyms you have been provided with instead

Quotes less than 40 words are to be included within the sentence, and not italicised.

Excellent use of identifiers here (pages and lines).

She also explains how working all day can impact the extra time that is needed to eat healthily by saying,

“I like cooking, but it takes time and effort. Sometimes people just don’t have that time, do they? Not just to cook, but the shopping for ingredients and stuff to put in a healthy meal. You work all day and then have to go to, say, Asda for shopping to make yourself some food – it’s a pain really”. (page 3, line 46). *No italicisation required.*

Working full time evidently influences what time she has available to prepare her meals, which in turn causes her to feel more stressed putting her in a vicious circle.

Sub-theme 1.2: Self-Care

The subject of self-care developed as a sub-theme in both a negative and positive light. Firstly, she talks about not making time for herself as if she does not really matter as a person. She said:

“so, I don’t really feel like spending the time and effort on making a full healthy meal just for me!” (page 4, line 79).

She also declared:

“I’m stressing myself out with the other rubbish in my life and I’m not making time for myself to be healthy” (page 5, line 96).

But later, she discussed how life changes helped her make time for herself to give her the self-care she needed. She stated:

“Making the decision to stop working full-time was a massive benefit to me personally.” (page 6, line 130).

This clearly shows that full-time work was not benefitting her or her stress levels which she confirmed by saying:

“because I wasn’t working such stupid hours and I found that the more I ate more healthy meals, the more I enjoyed it and the better I ended up feeling about everything! So that sort of, in a way I suppose, helped my stress levels too!” (page 7, line 145).

This strongly suggests that when she was working full-time, she never put herself first, or saw herself as worthy enough to make time for because she was overwhelmed with stress. When she realised this was causing her harm, she gave herself the self-care she desperately needed which in turn reduced her stress levels and helped her make time for herself to eat more balanced meals.

Themes have been well justified.

Theme 2: Awareness

A theme of Awareness also emerged, as this featured several aspects relating to this throughout the interview. Sub-themes for awareness include Uncertainty/Self-doubt and Cost/wastage.

Sub-theme 2.1: Uncertainty/Self-doubt

It was felt that throughout the interview she demonstrated a lot of uncertainty regarding healthy eating. This was shown when she was questioning her answers when she said:

“it’s about eating a balanced diet and getting the correct amount of nutrients and stuff, isn’t it? And minerals that your body needs to function properly... I think that’s what eating healthy mainly means.” (page 1, line 17).

She is seen to want reassurance in her answers and being uncertain, almost doubting herself throughout the interview. However, to gain awareness she stated:

“it was the searching for information and speaking to other people – real people – about their experiences that helped me more.” (page 8, line 165).

Not being aware of a healthy lifestyle or having self-doubt or uncertainty can mean even when she thinks she is eating healthily she may not have been aware of bad habits, however speaking to others really seemed to help which we will discuss in theme 4.

Sub-theme 2.2: Cost/Wastage

Cooking from fresh can incur a lot of prepping and ingredients, but even though it’s healthier the shelf-life is less, meaning often fresh food is wasted. She showed she is aware – *of this* - when she discussed this:

“I think healthy food can be quite expensive, too. Like, if I buy a bag of salad – I don’t want to eat a whole bag of salad on a Tuesday evening [laughs] but then it tends to go to waste because I won’t want it the day after either – the lettuce goes a bit limp and lifeless!”(page 3, line 50).

Awareness of cost was discussed frequently also, which could suggest it being an affordability issue.

“But if you’re constantly buying stuff to make ‘healthy’ meals then the cost adds up, I think.” (page 3, line 54).

Being aware of cost and wastage could impact on a good lifestyle choice, which could then cause her health to deteriorate causing more stress and again this vicious circle.

Theme 3: Health

Health was a theme that was distinguished, as this incorporated several factors relating to this during the interview. Sub-themes for health include ill health and being active.

Commented [SC9]: 'are' would be more appropriate here
- the sub-themes noted in the table were only ill health and being active.

Sub-Theme 3.1: Ill health

Within the interview, she openly discussed her ill health and the stress she endured and how it scared her into self-care. She said:

“When I had that health scare a couple of years ago – cholesterol and what not – that scared me a bit into eating healthy foods. But it was more a wake-up call for me in terms of, like, I’m stressing myself out with the other rubbish in my life and I’m not making time for myself to be healthy.”

It seems her ill health stems from eating unhealthily which is clearly impacted by stress and not enough time for herself.

Sub-theme 3.2: Being Active

During the interview, she discussed how that now she has reduced her hours she is learning to channel her stress in other ways. She explained:

“I like to walk my dogs if I get stressed – just to get out in the fresh air and have some peace, you know?” (page 6, line 121).

And:

"If I went out with the dogs, as well, I'd find that I worked up an appetite and I didn't want crap food then. I wanted to spend some time cooking and making a nice healthy meal." (page 7, line 155).

This is important as she recognises that stress makes her eat, so walks because not only does it help relieve her stress, but it changes her mindset to want a healthy meal.

Commented [SC10]: All themes are important - wording changed needed here. For example., Jennifers talk strongly indicates that she benefits from / relies upon...

Theme 4: Influence

This theme is important as it strongly suggests that the influences around her help shape and support her. The Sub-themes for influence include support network and family.

Sub-theme 4.1: Support Network *(a bit vague – suggests a wider network but she refers to online support networks overall)*

Whilst being interviewed, she discussed how her ill health made her make changes in her life. She also said:

"I started, like, getting involved with support groups as well. Just online looking for information, really, more than anything – I never went and actually sat in a support group setting thing but I found that being online really helped" (page 6, line 134).

And although her health scare should have been motivation enough to change her lifestyle it was the support from online support groups that helped mostly. She stated:

"it was the searching for information and speaking to other people – real people – about their experiences that helped me more." (page 7, line 165).

It is likely that having this support from others in the same position helped motivate her which made her feel less stressed and in turn she started putting herself first and eating healthier.

Sub-theme 4.2: Family

Family was discussed often during the interview, and their needs were clearly important to her. She wanted to make sure they had a good healthy meal which maybe gave her the feeling of being needed. She said:

“if you have to make a meal for the whole family, you’re more inclined to make a good healthy meal than chips or something, aren’t you?” (page 4, line 75).

Also, we got the feeling she has a great relationship with her children and their support and having them in the family home made her consider her choices. She said:

“I think as well that family situations can influence you to eat healthy. My son was a bit of a nut when it came to healthy eating” (page 4, line 71).

Also:

“My eldest daughter, Sarah, comes with me sometimes as well. For a walk. And then she will stay and have tea with me and even that is a help because I’m not just cooking for me then”

Family is a big motivator for her, and having them around her gives her the motivation to be a good role model to them, they seem to help a lot with her stress also which means the impact on her healthy lifestyle is reduced.

Excellent table of themes included. Some issues with wording choices and formatting of quotes. but overall this is a good section that demonstrates your engagement with the analysis. Ensure you always use the participants pseudonym - you are trying to give the participant a voice.

Discussion

As outlined above, there are many themes incorporated with the effects of stress on healthy eating. However, the outcome from the interview suggests with the correct support and time management to reduce stress, these health issues that stem from unhealthy eating can be lessened. A study discussed previously, suggested that the association between weight and emotional eating may be more complex than thought previously, and that people who manage to maintain a healthy BMI may hold certain characteristics that compensate for these behaviours. For example, taking a walk to create a calorie deficit, or reduce their intake the following day might be how they counteract this behaviour (Nguyen-Rodriguez et al., 2008).

However, even though people tend to use stress as an anchor to emotional eat, our health and wellness at work and the food choices we make for ourselves can have a huge influence on us. Energy and productivity can increase, and it can help us stay focused and manage our stress (Embury 2009).

This I feel is relevant as she now uses coping mechanisms such as walking the dog to distract her from everyday stresses and creates a better head space going forward. Her working hours or stress from her employment impacted greatly on her choices and her health so when she reduced this her quality of life improved. – *no mention yet of other literature that was introduced earlier...*

There are however limitations to this analysis as the interview is only with one participant, so only investigates her reasons behind stress eating. This could differ between people so it would be interesting if further research in this field looked deeper into other explanations for this behaviour and other coping mechanisms people use. Strengths are that using interview techniques, it opens different thought processes and ideas that maybe would not be revealed with other analysis.

Commented [SC11]: Were interpreted during the thematic analysis relating to...

Commented [SC12]: Delete - Jennifer's talk suggests ...

Commented [SC13]: No mention of BMI in Jennifer's interview

Commented [SC14]: Write in third person

In conclusion work/life balance majorly impacts time management and stress which means convenience is often chosen. However, this can vary in difference between people. A previous study regarding work stress and family suggested that parents chose not to prepare, doing what was more convenient (Devine et al., 2006). However, within the interview, the participant suggested she made more of an effort to cook healthily when she was cooking for the family. This could contradict due to different circumstances for example, whether the family are younger, and it is an everyday responsibility to cook a meal, or whether they are older and its just every now and then. When time management and work/life balance is in order, other themes that we discussed become more positive and health improves.

You have made some links to the literature, but a number of these have been ignored in this section.

Some links are tentative (e.g. BMI).

Try to write in the third person as this makes your writing more academic, and less 'opinion based'.

This section has let the report down, as it is too brief. You could have balanced the Introduction and discussion by including the main key studies that you could then refer to in the discussion.

Reference List

good attempt but there are issues in many of the references here.

- Bauer, K., Hearst, M., Escoto, K., Berge, J., & Neumark-Sztainer, D. (2012). Parental employment and work-family stress: Associations with family food environments. *Social Science & Medicine*, 75(3), 496-504. <https://doi.org/10.1016/j.socscimed.2012.03.026>
- Devine, C. M., Connors, M. M., Sobal, J., & Bisogni, C. A. (2003). Sandwiching it in: spillover of work onto food choices and family roles in low- and moderate-income urban households. *Social Science & Medicine*, 56, 617e630
- Devine, C. M., Jastran, M., Jabs, J., Wethington, E., Farell, T. J., & Bisogni, C. A. (2006). "A lot of sacrifices:" work-family spillover and the food choice coping strategies of low-wage employed parents. *Social Science & Medicine*, 63, 2591e2603
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- Embury, D. (2009, May 06). Reduce stress by eating well; Stay hydrated, pack a lunch and keep healthy snacks handy. *The Province* <https://www-proquest-com.ezproxy.uwtsd.ac.uk/docview/269576171?accountid=130472>
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- Spruijt-Metz, D. (1999). *Adolescence, affect, and health*. Psychology Press.
- Tate, E., Spruijt-Metz, D., Pickering, T., & Pentz, M. (2015). Two facets of stress and indirect effects on child diet through emotion-driven eating. *Eating Behaviors*, 18, 84-90. <https://doi.org/10.1016/j.eatbeh.2015.04.006>

Tryon, M., Carter, C., DeCant, R., & Laugero, K. (2013). Chronic stress exposure may affect the brain's response to high calorie food cues and predispose to obesogenic eating habits. *Physiology & Behavior*, 120, 233-242. <https://doi.org/10.1016/j.physbeh.2013.08.010>

Tryon, M., DeCant, R., & Laugero, K. (2013). Having your cake and eating it too: A habit of comfort food may link chronic social stress exposure and acute stress-induced cortisol hyporesponsiveness. *Physiology & Behavior*, 114-115, 32-37. <https://doi.org/10.1016/j.physbeh.2013.02.018>

Appendices

Interview with Jennifer: The effects of stress on healthy eating

Key: Interviewer in bold , Interviewee (Jennifer) in plain font			
awareness Confidence/self-doubt	1	Do you have any questions before we begin?	
	2		
	3	Nope not <u>at the moment</u> .	
	4		
	5	Great. I'd also like to just reiterate that anything that you mention today that	
	6	could be traced back to identify you will be replaced with some	
	7	unidentifiable context - so if you do say the names of any members of your	
	8	family or friends I will just replace those with different names when writing	
	9	up this interview. Is that ok?	
	10		
	11	Yep <u>that's</u> fine.	
	12		
	13	So <u>first of all</u> , can you please describe to me what eating healthily means to	
	14	you?	
	15		
	16	Umm -- the first thing that comes to my mind when I think of health eating is veg	Fruit and veg
	17	[laughs]. And fruit. I mean... <u>that's</u> not all is it -- it's about eating a balanced diet	
	18	and getting the correct amount of nutrients and stuff, isn't it? And minerals that	<u>Self doubt</u> -- maybe unsure?
	19	your body needs to function properly... I think <u>that's</u> what eating healthy mainly	Nutrients and minerals Think? Unsure?
Awareness	20	means. To me, though, eating healthy means eating the things that I like to eat --	
	21	but, like, in moderation [laughs]. Not having takeaways every night. Home cooked	Moderation?
	22	food I think is healthy, and you can be more aware of what is healthy and what	Home cooked food
	23	you're eating when you're making it yourself, can't you? And cooking a good	Unsure? Can't you? Unsure?
	24	home cooked meal is always fun!	Awareness?
	25		
	26	<u>That's</u> great, thank you. What would motivate you, or already does motivate	
	27	you, to eat healthily?	
	28		
	29	Umm.. I think you <u>have to</u> have a reason to want to eat healthy food all the time,	Have a reason?
	30	don't you? Like if I wanted to lose weight... I <u>d</u> eat healthy. Or at least <u>more</u> .	Don't you? - Self doubt
	31	<u>healthy</u> than I do now. I think there <u>has to</u> be a reason -- does anyone really just	Weight loss -- eat healthy?
	32	eat healthy all the time for no reason other than they like healthy food? [laughs]. I	
	33	was diagnosed with high cholesterol a while back and I think that gave me a boot	Not as appealing
Health	34	up the bum to sort my eating out. I <u>didn't</u> really think about the stuff I was eating	High cholesterol
	35	until I HAD to think about it -- if that makes sense...	Thinking about what <u>she's</u> eating
	36		
	37	Of course, and thank you for sharing that. Please remember to only share	
	38	information you are comfortable sharing.	
	39		
	40	<u>Oh</u> it's fine.	
	41		
	42	Ok, so what about factors that you feel may affect your ability to eat	

	43	healthily?	
	44		
Time management	45	Oh god, where do I start? I think time is a big thing – not just for me, but for people to eat healthy in general. I like cooking, but it takes time and effort. Sometimes	Time, effort cooking shopping
	46	people just <u>don't</u> have that time, do they? Not just to cook, but the shopping for	Questioning/
	47	ingredients and stuff to put in a healthy meal. You work all day and then <u>have to</u>	Work/time management
time management	48	go to, say, Asda for shopping to make yourself some food – it's a pain really! I	
work	49	think healthy food can be quite expensive, too. Like, if I buy a bag of salad – I	Cost
	50	don't want to eat a whole bag of salad on a Tuesday evening [laughs] but then it	Wastage
Cost /wastage awareness	51	tends to go to waste because I won't want it the day after either – the lettuce goes	
	52	a bit limp and lifeless! If you've got the stuff readily <u>available</u> then fab! But if <u>you're</u>	Accessibility, readily available
	53	constantly buying stuff to make 'healthy' meals then the cost adds up, I think.	<u>Cost</u> , questioning?
	54		
	55		
	56	So, can you describe to me a specific time in your life that you have felt	
	57	unable to maintain eating healthily?	
	58		
Cost	59	When I was working <u>full-time</u> I definitely found it a bit more difficult. I'm only	Working
<u>Self doubt</u>	60	working part-time now and am here in the evenings so I can sort of plan what to	Part time – time management
Time management	61	eat and that – but when I was working full-time I would just grab what I could when	planning
	62	I could, or when I fancied it. I worked in a restaurant for a while, too, so I'd be	<u>Easy</u> accessible – readily available
health work awareness	63	stuffing myself with chips in my break or at the end of a shift – not exactly a model	Eating as accessible
	64	healthy eater here [laughs] – no wonder my cholesterol crept up. Yeah, that sort of	Health
	65	life circumstance of working full-time definitely took its toll on me in terms of, like,	Life circumstances/ work

	66	eating well and eating a balanced diet, do you get what I mean?	Balanced diet
	67		reassurance
Influence and support	68	Of course, I can completely understand that feeling.	
	69		
Family	70	I think as well that family situations can influence you to eat healthy. My son was a	other people's influences
	71	bit of a nut when it came to healthy eating and that, and when he lived here he'd	
	72	be cooking his chicken and rice [laughs] and I'd think actually that smells nice, or it	
	73	looks nice and I'd be quite happy eating that. But I <u>d</u> never sit there in the	motivation?
	74	afternoon and think – well, tonight I'm going to rustle up a hearty meal of chicken	
	75	and rice! That just <u>wasn't</u> me [laughs]. Or if you <u>have to</u> make a meal for the whole	Family influences
Self-care	76	family, you're more inclined to make a good healthy meal than chips or something,	
Time management	77	aren't you? Cooking healthy meals for a group of people is a lot easier than just	Reassurance?
	78	for yourself. Like my son has moved out now, and my husband tends to work late	Cooking for more <u>then</u> just yourself
	79	at night – so I <u>don't</u> really feel like spending the time and effort on making a full	Time and effort
Self-care	80	healthy meal just for me! <u>So</u> it tends to be 'if-its' for tea for me most nights – if it's	
	81	there I'll have it! If <u>it's</u> not I won't [laughs]. I'm better at having healthy stuff in the	Make time for yourself
	82	house most of the time now, though, than I used to be. <u>It's</u> just difficult to maintain	Laziness easily accessible
	83	that all the time, I think.	Healthy foods
	84		
	85	<u>That's</u> really informative, thank you. What role do you think, then, that stress	
	86	would have on your ability to eat healthily?	
	87		
	88	I'd say stress has such a big impact on most things in life! Like I said, I found it	

Time management	89	difficult to maintain a healthy eating pattern when I was working full-time and most	Full time work/ time management
	90	of that was probably down to stress, if I'm honest. People have got so much going	
	91	on these days, haven't they? Kids and husbands and life things that they have to	
	92	deal with – on top of work – the last thing I, in particular, <u>wanna</u> do is stress myself	Busy lifestyle
Health	93	out about eating healthy foods or making sure I have my five-a-day as well! When	<u>Famox</u>
	94	I had that health scare a couple of years ago – cholesterol and what not – that	Health scare
	95	scared me a bit into eating healthy foods. But it was more a wake-up call for me in	
Time management	96	terms of, like, I'm stressing myself out with the other rubbish in my life and I'm not	Make time for yourself
Self-care	97	making time for myself to be healthy. Do you get what I mean?	Reassurances
	98		
	99	Of course, thank you so much for sharing that. Please only share things that	
	100	you are comfortable with though.	
Time management	101		
	102	No it's fine, it really did have an impact. <u>That's</u> why I decided to go part-time, you	Part time work – time management less stress
	103	know? <u>What's</u> the point in stressing out over work – I can put my unused stress	
family	104	into my kids or something then! [laughs].	Kids/family
	105		
	106	Can you explain how you feel in general when you <u>can't</u> eat healthily?	
	107		
	108	It makes you feel like <u>crap</u> really. Sluggish and that – if you're constantly guzzling	Feel rubbish
Self-care	109	sweets or eating chips then you just feel dumpy and down. And spotty! [laughs].	Junk food
	110	But then you have, like, that added pressure of thinking oh great, now I look a	Pressure to look good
	111	mess as well as being a <u>stressed out</u> idiot so you have more stress about how to	Vicious circle

Self-care	112	change that then! I think it's a vicious circle, to be honest – you get caught up in	Life stresses
	113	life and the stresses and woes of life, then let your eating habits slip, feel crap	
	114	about it, and get caught up in more stress!	More stress caused from bad
	115		<u>habbits</u>
	116	<u>So</u> when you get stressed, what strategies, if any, do you attempt to put in	
	117	place to attempt to manage that stress?	
	118		
Self-care active	119	I never really used to do anything, but I'm getting on a bit now and I <u>realise</u> that	
	120	stress just isn't good for me – never mind the bloody healthy eating! I like to walk	Walk dogs – compensates for
	121	my dogs if I get stressed – just to get out in the fresh air and have some peace,	bad <u>habbits</u> ?
	122	you know? Get away from the kids answering me back [laughs] – dogs <u>don't</u> do	More active
	123	that! <u>There's</u> something I find really relaxing about a good walk with the dogs, to	
	124	the park or to the beach or something.	
	125		
	126	Did you attempt any strategies when you had your health scare,	
	127	specifically?	
	128		
Time management	129	Oh god, yeah, I mean the doctors were giving me all the lectures under the sun	
	130	about calming down and eating right [laughs]. Making the decision to stop working	Stop working full time
	131	full-time was a massive benefit to me personally. I just found it was too much, and	Time
	132	I'm much better off now than I was – I don't stress out as much if I haven't done	
Time management	133	something or don't have the time to do stuff because I tend to just be able to do it!	More time
	134	I started, like, getting involved with support groups as well. Just online looking for	Support groups

Influences/support	135	information, really, more than anything – I never went and <u>actually sat</u> in a support	Better educated
	136	group setting thing but I found that being online really helped. All the causes of	Online support
<u>Self care</u>	137	high cholesterol were things that, like, I never really considered. I used to smoke,	Health
Awareness	138	and quite a fair <u>amount</u> of fags per day if I'm honest! But I was smoking when I	Quit smoking
Health	139	was stressed, and then I found out that smoking can increase your risk then of	
	140	high cholesterol. <u>So</u> I cut my hours in work, switched from fags to a vape pen and	
	141	that. My stress levels started to go down and I found I <u>didn't</u> really need the vape	
	142	pen anymore – so I just stopped that. I <u>didn't</u> feel like I needed it for any reason – I	
	143	never really felt like that before, I always wanted a fag for some relief! I <u>wasn't</u>	
Time management	144	getting worked up about things I would have been annoyed about before, anyway.	
	145	Then it was the diet thing – that came easier as well because I wasn't working	Working less helped with diet
Self-care	146	such stupid hours and I found that the more I ate more healthy meals, the more I	Healthy meals as more time
	147	enjoyed it and the better I ended up feeling about everything! So that sort of, in a	
	148	way I suppose, helped my stress levels too!	Felt good about self so stress reduced
	149		
	150	<u>So</u> would you say, then, that these strategies have allowed you to eat more	
	151	healthily?	
	152		
	153	I think so, yeah. I can taste things better now [m] not smoking, too [laughs]	
Self-care	154	<u>Doesn't</u> sound like much but it was a welcome change for me to taste good food	
Active	155	and not just be eating for the sake of having a meal! If I went out with the dogs, as	Time for herself
Time management	156	well, I <u>d</u> find that I worked up an appetite and I didn't want crap food then. I wanted	Walking motivation
	157	to spend some time cooking and making a nice healthy meal – whether that was a	Time

Influence/support	158	nice prawn cocktail or a salad or something. My eldest daughter, Sarah, comes	Family support and motivation
	159	with me sometimes as well. For a walk. And then she will stay and have tea with	
	160	me and even that is a help because [m] not just cooking for me then – I have to	Cooking for family not just for one
	161	cater to her standards as well! [laughs]. I don't necessarily think it's the things that	
	162	I've put in place to reduce my stress and all that – I think what's helped me eat	
	163	better overall is, like, the outcomes of those strategies. Does that make sense?	
Awareness	164	Like being told I had high cholesterol didn't mean me eat <u>more healthy</u> – it was the	Motivation and more informed
Influence/support	165	searching for information and speaking to other people – real people – about their	Groups
	166	experiences that helped me more.	
	167		
	168	<u>That's</u> lovely, thank you. <u>Now finally just one last question to wrap this all</u>	
	169	<u>up</u> - if I was to ask you to give one piece of advice to someone who wanted	
	170	<u>to try and eat more healthily, what would it be?</u>	
	171		
	172	Well, the practical things – think about your own health! <u>That's</u> basically it, isn't it?	Put yourself first
<u>Self care</u>	173	I don't think people are generally awful at eating or maintaining a healthy diet, it's	Stuff gets in the way – life
Time management	174	just other stuff gets in the way sometimes and either forces you to reconsider <u>your</u>	
	175	eating or makes you think about the reasons why you do eat like that. It was	Time management
	176	certainly that way for me, anyway. I think it is hard to be healthy every single day –	
	177	it takes time to shop, prep, cook, all that... but one takeaway in the week <u>isn't</u>	In moderation
Time management	178	going to be a massive deal! And try to manage everything else going on in your	Time management
	179	life so that you <u>don't</u> have to put so much effort into eating well. If <u>you're</u> stressing	
	180	out about everything else then the thought of going home and cooking for	

	181	however long is only <u>gonna</u> add to that stress, really.	
	182		
	183	Ok <u>that's</u> great - thank you so much for your time Jennifer... is there	
	184	anything else that you would like to ask me or tell me about before we end	
	185	the interview?	
	186		
	187	<u>No</u> I don't think so...	
	188		
	189	Ok, great. Thank you again.	