

## Online Appendix A

### Ohio Family Ties Project

### In-Depth Interview Guide

### Adult Child Interview

*Researcher's note: this interview guide was written as a set of questions that should be flexible and interpreted uniquely in each interview. All questions were followed up to gain qualitative stories and assessments even when this is not apparent in the guide. Follow-up questions included: How did that make you feel? Hypothetical (what would happen if that did occur)? What do you mean by that? Can you give me an example? What do you think your parents/family member thought about that? What is your ideal relationship/event/experience? What would you like to have happen?*

Today we're going to focus on your relationship with your parents, but we will also talk about your siblings, extended family, your romantic relationships, and children. We're going to talk about you as an adult later, but first, tell me about what your life was like growing up.

#### **A. Childhood.**

1. How were your **relationships with your parents** (and other family members) growing up?
  - a. Living arrangements, general description of closeness, conflict? What kind of housing and economic situation were you in?
  - b. Who are your siblings; who else did you live with? What were your relationships like with each person you lived with or consider "family"?
  - c. How has your relationship with your parents changed as you became an adult?
    - i. Were you close? What does that mean to you?
  - d. Did you/do you live with your parents as an adult? Get that story.
  - e. Did you get a job or go to college? How did that change your relationship?
  - f. Did you have any significant family deaths in your childhood? Who were they, and how did it impact your health?
2. **What was your health like?** [mental health, health behavior; any major illness/injury, stress in your life]
  - a. How did your parents or siblings try to shape your health and health behavior (e.g., smoking, drinking, exercise, food, sleep)? Did it work? Did they ever make your health worse?
  - b. What about mental health? Have you ever had periods of depression? [follow up with suicidality if they bring it up]
  - c. What were your parents' health like growing up? Any major illness/injury?
    - i. Were your parents good role models for your health growing up?
    - ii. Did you ever try to make parents' health better? Did you ever —either on purpose or not — make it worse?

#### **c. LGBTQ specific**

- d. How do you identify your gender and sexuality? How has this changed over time?
- e. Are you out to your parents? Siblings or other family members? Tell us this story?
- f. How have your relationships changed since you came out?; How has coming out been good or bad for your relationship?
- g. If not out, why not? What do you expect the reaction will be?

**B. Adulthood.** Now I want you to talk about today.

**1. General parent-child tie**

- a. Describe what your relationship is like now with your parents? How has it changed over time? What about your relationships with your siblings? How do you, your siblings, and parents interact now and over time?
- b. Did you have any significant family deaths in your adulthood?
- c. Closeness.
  - i. How close do you feel to your parents now? How close do you think they feel to you? Is this different from how you would have answered this same question when you were younger?
  - ii. Define being close.
  - iii. Which parent are you most like? Why? How does that affect your relationship?
  - iv. How would you like this relationship to be now? What is your ideal relationship with your parents? What prevents it from being the ideal?
  - v. How do you think your relationship impacts your overall mental and physical health?
  - vi. Are you close to your siblings? Explain.
- d. Conflict.
  - i. What do you fight about with your parents?
  - ii. What are ways in which you resolve conflict?
  - iii. Are there times when you've felt especially distant from your parents?
  - iv. How does conflict affect you?
  - v. Did this ever cause depression or stress? If so, how did you deal with this?
  - vi. Have you ever considered ending this relationship? Have you ever stopped talking to your parents?
  - vii. Do you have conflict with your siblings? Explain.

**C. Health and Health Behavior**

**1. General health**

- a. Do you have any major health problems?
- b. What are your health habits like today?
- c. How much do you think your parents know about your health? Do you keep anything from them?

- d. How much do you think your parents know about their health? Do they keep anything from them? How do you know?

## 2. Child influence on parents

- a. Tell me about times when you may have influenced parents' [exercise/diet/sleep/substance use] in a good way on purpose. Inadvertently or without meaning to? Do you ever cause your parents stress that affects their health?
- b. What about times when you influenced your parents' health habits in a negative or harmful way? Have any of their health habits been a problem for you? How did this affect your relationship with them?
- c. Do you think you affect your parents' mental well-being?
- d. Have you ever been worried about your parent's health?
- e. Sometimes, people help their parents with a doctor's appointment or medical procedure. Have you ever done that for your parents? [Probe for full narrative details about motivations, frequency, circumstances, experiences, consequences.]
- f. Have your parents been **sick and required care**? [Get the full story.]
  - i. When were you first aware of your parents' illness? Were you told about it first? Did you recognize symptoms before a formal discussion occurred?
    - 1. What was this time like for you? How did it make you feel?
  - ii. Who were the primary caregivers for your parents? What was your role in caregiving?
    - 1. How did family members, such as siblings, handle involvement in caregiving?
    - 2. Were you happy with the way the caregiving turned out? Would you change anything?
  - iii. In what ways was the caregiving process a source of solidarity in the family? In what ways was it a source of conflict?
- g. **IF NEVER HAD HEALTH PROBLEMS, What would** happen if parents did have health problems? Who would take care of them? Describe that scenario.
- h. **Grandparents:** Will you have to take care of them? What happens if they are sick?

## 3. Parent influence on child

- a. Tell me about times in the present when your parents influenced your health and health habits in a positive way. Negative way?
- b. Have your health habits ever caused problems for your family? How so?
- c. Have you had any serious illnesses or injuries?
  - i. If no, What would happen if you did? Think of an example
  - ii. [If yes] Did you require care? If so, who cared for you? How did you react to this injury? How did [parents] react to your illness/injury? What did he/she do that may have been helpful to you during this time? What did

he/she do that may have been unhelpful or even harmful during this time? What would you have liked for him/her to do differently and why?

1. Was anyone else in your family involved in your care?
- d. Do you or your parents ever tell or remind each other to make a medical appointment or get medical help? [If yes] Do your parents ever talk to you about these procedures? Have they talked about these procedures in the past?
- e. Do your parents influence your mental health? [get story.] Do they ever make you more or less stressed?

**D. Significant others (partners, spouses, siblings (that weren't covered above) extended family, grandparents, friends)**

Is there anyone else especially important to you that I missed? Get the story on these relationships from childhood to adulthood – quality, conflict, closeness, estrangement, overall family dynamics, health and health behavior.

**E. If Respondent Has Children**

**1. Minor Children.** Get information on each child — who are they, age, gender, where they live, etc. Get full story about transition to parenthood

- a. How did having children shape your health and health behavior (stress, mental health, health behavior, illness).
- b. How did having minor children impact your health? What was the most stressful part about being a parent? How did you deal with that stress? And how did it affect your sleep, eating, drinking, and smoking? What about mental health? What was the least stressful about raising minor children?
- c. How did you try to influence your child's health? What sorts of things would you do to make them healthier? Did it work? Did you ever make them less healthy?
- d. What is your relationship like with your parents now that you have children? How did that change over time?

**2. Adult Children.**

- a. What is your relationship like with each child now?
  - i. How would you describe your emotional closeness to your children? Yours to you?
  - ii. How does this emotional closeness (or lack) affect your health?
- b. What types of things do you fight about or have conflict over with your children [parse out by each child one by one]?
  - i. How does this affect your health?
- c. Do you have to care for any of your children? Financial, emotional, physical?
  - i. How do you manage caring for your children with caring for yourself?

1. Do you engage in self care? Are there times where caring for yourself – such as relaxation, exercise, hobbies – that is particularly difficult? Easy? How has this changed over time?
    - ii. Do you ever feel torn about your time between children and other family members?
  2. If more than one child:
    - a. Which child do you feel closest to, today and over time?
      - i. Do your children ever fight over your attention? How do you deal with this?
      - ii. Do you feel like you are fair in how you treat your children? What do you do to make your children recognize you are treating all children fairly?
  3. Do your children spend time with your parents? Do your children ever participate in caregiving for your parents? Did your parents help raise your children, or do they help now? What role do siblings play in raising your children?
  4. Parent influence on adult child's health.
    - a. Tell me about times when you may have influenced children's [ask about each one] health habits in a good way.
    - b. What about times when you influenced your children's health habits in a negative or harmful way?
    - c. Have any of their health habits ever been a problem for you? How did this affect your relationship?
    - d. Have your children been sick and required care?
      - i. When were you first aware of your child's illness?
      - ii. Were you told about it first? Did you recognize symptoms before a formal discussion occurred?
      - iii. What was your role in caregiving? How did family members handle involvement in caregiving?
3. Child influence on parent
  - e. Tell me about times when your child influenced your health habits in a positive way. A negative way? How so, and how has this changed over time?
  - f. Have your children ever provided care for you?
    - i. How did child react to your illness/injury? What did he/she do that may have been helpful to you during this time? What did he/she do that may have been unhelpful or even harmful during this time? What would you have liked for him/her to do differently and why?
  - g. How much do you think they know about your health? Do they keep anything from you? How would you know?
  - h. Is there anything you wish they would do to make them healthier?

## Online Appendix B

### Ohio Family Ties Project

### In-Depth Interview Guide

### Parent Interview

*Researcher's note: this interview guide was written as a set of questions that should be flexible and interpreted uniquely in each interview. All questions were followed up to gain qualitative stories and assessments even when this is not apparent in the guide. Follow-up questions included: How did that make you feel? Hypothetical (what would happen if that did occur)? What do you mean by that? Can you give me an example? What do you think your parents/family member thought about that? What is your ideal relationship/event/experience? What would you like to have happen?*

I want to spend the bulk of the time today talking about your children. We're going to talk about your parent-child relationships, the types of conflict you've had, when you feel close to them, and both your and their health from the time they were kids to today.

#### **A. Parent-Child Relationship Dynamics**

Who are your children? [Get all info, how old they are, order, etc. Make sure to get step/half/adopted kids as well, and any children who passed away.]

1. **General dynamics:** What your children do (job) and where they live? How often do you see them?
  - a. Did your child live with you from the time they were born until they turned 18? What was your relationship like growing up?
  - b. Did your kids leave the nest? Have any of your children lived with you since turning 18? [Get full story — how, where, why, consequences.]
    - i. What was that like for you? What was it like for them? If still in home describe relationship
    - ii. How did your daily routine change?
    - iii. How did your health change at this time? Major illness/injury?
  - c. Do you have any grandchildren? Get that story
2. **Closeness**
  - e. How would you describe your emotional closeness to your children? Yours to you? How does this make you feel? Do you think you'd agree on this question? What makes you think you are close? Define this for me.
  - f. How has your sense of emotional closeness changed over time? Are there/have there been times when you feel/felt especially close to your child?
  - g. Do you ever try to make your children feel better about themselves or a situation? Is it successful? Do they ever try to make you feel better? How so? Does it work? If not, do you want them to? What would this look like?
  - h. What do you love most about your relationship with each child? Which aspects of your relationship with each child come with ease?
  - i. Do your children rely on you for emotional support? What does this look like?

### 3. Conflict

- a. What types of things do you fight about with your children?
  - i. How has this changed over time? Have major life events played a role in this change?
  - ii. How often do you argue? What are ways in which you resolve conflict? Are there times when you've felt especially distant from your children?
- b. Are conflicts stressful? How do you deal with this stress?
- c. Is there anything you'd like to change in your relationship with your children?
- d. Have there been conflicts that ever involve all the children?
- e. Have there been conflicts that involve a particular child?
- f. Are there aspects of your relationship with your children you'd like to change?
- g. How do you deal with the stress of conflict with children? How does this affect your health behaviors?
- h. If more than one child:
  - i. Which child do you feel closest to, today and over time?
    1. Do your children ever fight over your attention? How do you deal with this?
  - ii. Do you feel like you are fair in how you treat your children?
  - iii. Which child do you go to with your problems? Why?
  - iv. Are there things you'd prefer to do, or talk about, with one child and not the other?

### 5. LGBTQ specific

- a. Are any of your children gay, lesbian, or transgender identified? If so, how did you find out? How did this affect your relationship? How has their identity affected your relationship? Your family?
- b. If not, how would you feel if one of your children were gay or lesbian?

## **B. Health and Health Behavior.**

### **2. Parent influence on children.**

- a. Tell me about times when you may have influenced children's health habits in a good way. This might have been intentional or unintentional.
- b. Daily; Holidays prompts.
  - i. Any child you influence to a greater degree than another? Why?
- c. What about times when you influenced your children's health habits in a negative or harmful way? Have any of their health habits ever been a problem for you? How did this affect your relationship?
- d. Sometimes, people like to take their children with them to their doctor's appointment or medical procedure. Have you ever done that for your children since they became adults? Why?
- e. Have your children been sick and required care?
  - i. When were you first aware of your child's illness?
  - ii. Were you told about it first? Did recognize symptoms before they told you?

- iii. Who were the primary caregivers for your children during this time? What was your role in caregiving? How did family members handle involvement in caregiving?
- iv. How did you feel about the caregiving event?
- v. How does physically caring for them make you feel? Are there times when caring for yourself is particularly difficult? Or easy/rewarding? What does the 'care schedule' for each child look like? How has this changed over time?
- vi. IF NOT SICK: HYPOTHETICAL: What if you were ill? Them? Get the full story
- f. How much do you think your children are capable of taking care of themselves?
- g. How much do your children know about your health?
  - i. In what ways was the caregiving process a source of solidarity in the family? In what ways was it a source of conflict?

### **3. Children influence on Parents**

- a. Tell me about times when your children influenced your health habits in a positive way.
- b. A negative way?
- c. Have your health habits ever caused problems for your family?
- d. Have you had any serious illnesses or injuries?
  - i. [if no, as these questions hypothetically...][If yes] Did you require care? If so, who cared for you? How did your children react to your illness/injury? What did he/she do that may have been helpful to you during this time? What did he/she do that may have been unhelpful or even harmful during this time? What would you have liked for him/her to do differently and why?
- e. Do your children ever remind you to make an appointment or get medical help? Who? [If yes] Do your children ever talk to you about these procedures? Who? How does that make you feel?
- f. Do they make your stress levels worse or better? How so? What about depression? Anxiety? Can you give me an example of how your children affect your stress.

### **C. Parents**

1. Are your parents still living? What was your relationship like throughout their life, including now?
  - a. When do you feel especially close to your parents? What are sources of conflict?
  - b. Do you caregive for your parents? How so? Get that story. Financial, emotional, practical? What does this look like? How much time do you spend? How do you feel about this caregiving?
    - a. Did you ever feel like you had to choose between your parents and your children in terms of time and resources? How do you make this decision?
  - c. Have your parents ever cared for you? Do they ever impact your health?



- a. Did your parents ever have any other influence on your health and health behavior?
2. What are/was your children's relationship with your parents? Do they ever provide care for your parents?

**D. Significant others (partners, spouses, extended family, grandparents, friends)**

Is there anyone else especially important to you that I missed?