

## **Participant Focus Group Guide**

### **Attitudes/opinions about CVD**

1. How long have you been diagnosed with hypertension (high blood pressure)?
2. Why do you think you developed high blood pressure? Probe: health behaviors (weight, smoked, alcohol, blood pressure, diabetes, exercise); genetics/hereditary.
3. As a woman do you feel it is easier or harder to manage your hypertension than it might be for the men in your family or in your community? Probe: think about your daily activities and that of your spouse or other men in your family. How do they contribute to managing or not managing your hyper tension?

(Same question for the men group as well: As a man do you feel it is easier or harder to manage your hypertension than it might be for the women in your family or in your community?)

### **Need for Information**

4. What kinds of information or knowledge do you need to better manage or control your hypertension? Probe: how to monitor BP, select “right” foods, manage stress, knowing where to buy healthy food, knowing how to adapt traditional foods.
5. Do you feel you get enough information and help? From where? Probe: doctors, family, community programs?
  - a. What can your physician or other health providers do to help you understand or manage your hypertension?

### **Resources needed to support people with hypertension**

6. What resources do you think are needed in the community to help you and others control your hypertension more effectively?
  - a. Are there any other resources you wish you had to help you make lifestyle changes?
7. What resources do you think are already in your community to help you manage your high blood pressure?

### **Virtues Questions**

8. Life always brings on different kinds of challenges and sometimes unexpected difficulties. To be able to handle the pressures and the demands we encounter in our lives we draw on our personal strengths: a personal source of power that helps us get through difficult times and even come out of situations feeling stronger and more able. What would you say are your personal/inner strengths?
  - a. Can you think of an example of how you have used your strengths to help you cope with difficult situations in your personal life and/or in your community?
  
9. Thinking more specifically about your hypertension, are there any strengths that you use to help you deal with your hypertension? For example: are there things that you want to do that you feel strongly about in relation to living a healthier lifestyle? (Changing eating patterns, doing exercise, monitoring your high blood pressure, going to the doctor for routine check- ups?) If so, what may be some personal strengths that have or can help you achieve that?
  - a. What have been some challenges obstacles in achieving a change in lifestyle?
  
10. What role (if any) do your family and/or community play in the development and use of your inner strengths to cope with hypertension and make lifestyle changes? Probe: do they play a role in managing your hypertension?
  
  
11. Closing Question: Is there anything that you'd like to add about your experiences with hypertension (including medical care, other services, or personal challenges) that we haven't talked about?