

Appendix 1: semi-structured interview guide

(English version)

Perception/ Lived experience

1. What does obesity mean to you?
 - Why do you think so?
2. Can you share with me your experience living with obesity?
 - Any experience with your family members, colleagues, in public spaces?
 - How do you feel about that experiences?
 - How to do you respond/react to that situation?
3. How does having high body weight affected your life? - in terms of physical, psychological (feeling and thought), spiritual, and social (relationship with other people), health
 - Please elaborate.
 - How do you react then? Please explain more.
4. Do you think you have to do something about your weight now?
 - Have you tried to lose weight? If yes, why and how? What or who encourage you to change?
 - If not, why?
5. *(Show imagery 1 - emoticon)*
Please choose one emoticon that best describe your feeling about obesity.
Can you explain why you choose that one?

Environmental factors

6. What and who contributes to your obesity?
 - Is there any personal factor that contributes to your obesity?
 - Can you share how it occurred? Can you elaborate?
 - Do you think the environment and the people around you contribute to your obesity?
 - How? Can you explain more?
7. *(Show imagery 2 – healthy vs unhealthy Malaysian food)*
Between these two pictures, which one do you usually take? Can you explain why?
Which one do you prefer? Why?
How do you decide which food you usually choose?
8. *(Show imagery 3 - various type and range of physical activities)*
Among all these pictures, which one is related to you? Can you elaborate?
If none is related – why? Can you elaborate?

(Malay language version)

Pandangan/Pengalaman hidup

1. Apakah maksud obesiti bagi anda?
 - Mengapa anda berfikir begitu?
2. Bolehkah anda berkongsi dengan saya pengalaman hidup anda dengan obesiti?
 - Adakah sebarang pengalaman melibatkan ahli keluarga, rakan sekerja, tempat awam?
 - Apakah perasaan anda tentang pengalaman itu?
 - Bagaimana anda bertindak balas terhadap keadaan itu?
3. Bagaimana berat badan yang tinggi mempengaruhi kehidupan anda? - dari segi fizikal, psikologi (perasaan dan pemikiran), kerohanian, dan sosial (hubungan dengan orang lain), kesihatan
 - boleh terangkan lebih lanjut.
 - Bagaimana reaksi anda? Tolong jelaskan lebih lanjut.
4. Adakah anda fikir anda perlu melakukan sesuatu mengenai berat badan anda sekarang?
 - Adakah anda pernah berusaha menurunkan berat badan? Sekiranya ya, mengapa dan bagaimana? Apa atau siapa yang mendorong anda untuk berubah?
 - Sekiranya tidak, mengapa?
5. *(Tunjukkan imej 1 - emoticon)*
Pilih satu emoticon yang paling tepat menggambarkan perasaan anda mengenai obesiti. Bolehkah terangkan kenapa anda pilih emoticon ini?

Faktor persekitaran

6. Apakah dan siapakah yang menyumbang kepada keadaan obesiti anda?
 - Adakah mana-mana faktor peribadi yang menyebabkan obesiti?
 - Boleh anda berkongsi bagaimana ia berlaku? Boleh anda menghuraikan?
 - Adakah anda fikir faktor persekitaran dan orang sekeliling menyumbang kepada obesiti anda?
 - Bagaimana? Bolehkah anda menerangkan lebih lanjut?
7. *(Tunjukkan imej 2 - makanan Malaysia)*
Di antara dua gambar ini, yang manakah anda biasa ambil? Boleh terangkan kenapa? Yang mana yang anda lebih suka? Kenapa?
Biasanya, bagaimana anda tentukan makanan yang anda pilih?
8. *(Tunjukkan imej 3 - aktiviti fizikal)*
Antara semua gambar ini, yang mana berkaitan dengan anda? Boleh anda jelaskan kenapa?
Jika tiada – kenapa gambar-gambar ini tiada kaitan dengan anda? Boleh jelaskan?