“Ability to adhere to an Australianised traditional Mediterranean dietary pattern: a pilot study”
Feasibility Questionnaire

Study ID: MP_____

Section 1: How easy was it to adhere to this diet?

1. This table asks you how you felt about following the Australianised Mediterranean diet. Please mark the box along the scale that best reflects how much you agree with the following statements.

<table>
<thead>
<tr>
<th></th>
<th>Agree Strongly</th>
<th>Agree Slightly</th>
<th>Neither</th>
<th>Disagree slightly</th>
<th>Disagree completely</th>
</tr>
</thead>
<tbody>
<tr>
<td>This diet was very different to my normal diet</td>
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<tr>
<td>This diet offered a wide variety of food choices for meals and snacks</td>
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<tr>
<td>This diet was expensive</td>
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<tr>
<td>It was easy to find everything I needed to when shopping for this diet</td>
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<tr>
<td>The recipes were easy to follow and make</td>
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<tr>
<td>It took a long time to prepare the foods</td>
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<tr>
<td>Other household members were a barrier to adhering to the diet because they have different needs</td>
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<tr>
<td>The foods tasted good</td>
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<tr>
<td>Overall it was easy to adhere to this diet</td>
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</tbody>
</table>
2. What were the main factors which motivated you to adhere to the diet? (tick one)

- Honouring commitment to the study
- Enjoyment of the diet
- Health benefits of the diet
- Other, please explain __________________________________________________________

Which of these was the most important motivator for you?

__________________________________________________________

3. Could you see yourself following this style of diet long-term? Why or why not?

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___________________________________________________________________________
___________________________________________________________________________

4. Were there any foods you disliked in particular that you avoided? If so, why?

___________________________________________________________________________
___________________________________________________________________________

5. Are there any foods you think need to be reduced/taken off the menu? If so, why?

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___________________________________________________________________________

6. Were there any foods you would have liked more of in the menu? (e.g. foods that were hard to give up, foods you wanted to try more of)

___________________________________________________________________________
___________________________________________________________________________

7. Were there any specific foods or beverages that you couldn’t find in shops that you needed for this diet?

___________________________________________________________________________
___________________________________________________________________________
8. Were there any foods you had never tried before (please list), and if so, did you enjoy them?
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

9. Were there any foods or products you couldn’t afford or that were too expensive in your opinion?
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___________________________________________________________________________
___________________________________________________________________________

10. Did you feel that the amount of food recommended was suitable for you? Please select the answer that best suits your experience

☐ No, there was too much food to eat, I only ate around half of what was recommended.
☐ No, there was too much food to eat. I ate between half and all of what was recommended.
☐ Yes, there was a good amount of food, I could manage most/all comfortably
☐ No, there wasn’t enough food to eat. I was hungry sometimes and needed extra foods

11. Please select the box which best describes how different the AusMed diet was from your normal diet:

☐ Very different – I had to change every meal and snack and was trying new foods and recipes every day
☐ Different – I had to adjust most meals and tried many new recipes, but some things remained the same
☐ A little different – I had to adjust some meals and try a few new recipes, but many things were very similar to normal
☐ No different – My normal diet is pretty similar to the AusMed diet

12. Would you be more motivated to follow the AusMed diet if it was less different to your normal diet?
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
13. Do you have any other comments about how easy it was to adhere to this diet?
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___________________________________________________________________________
___________________________________________________________________________

Section 2: The Mediterranean diet and lifestyle
*If you live alone, please skip to question 16.

14. Did you find you had to eat differently to other members of your household while on this diet? Why/Why not?
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___________________________________________________________________________
___________________________________________________________________________

15. Do you feel that members of your household could adapt to the Mediterranean diet if you were following it? Why/Why not?
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___________________________________________________________________________
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16. Did following a Mediterranean diet interrupt any of your usual activities? If so, please explain how.
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17. Could you afford to follow the AusMed diet in the long term?
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___________________________________________________________________________
___________________________________________________________________________

18. How long did it usually take to prepare lunch?

☐ 5-10 minutes
☐ 10-20 minutes
☐ 20-30 minutes
☐ More than 30 minutes
19. How long did it usually take to prepare dinner?

☐ 5-20 minutes
☐ 20-40 minutes
☐ 40 minutes – 1 hour
☐ More than 1 hour

20. Do you feel that the time it takes to prepare meals for this diet pattern would affect your ability to follow it long term? If so, please explain how.

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___________________________________________________________________________
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21. Do you have any other comments about the AusMed diet and your lifestyle?

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Section 3: About the recipe book

22. In the recipe book, did you feel there enough....

Salad recipes........................................... ☐ Yes ☐ No
Vegetable recipes................................. ☐ Yes ☐ No
Fish recipes......................................... ☐ Yes ☐ No
Chicken recipes................................. ☐ Yes ☐ No
Beef/lamb recipes............................... ☐ Yes ☐ No
Dessert recipes................................. ☐ Yes ☐ No

23. Do you feel that overall the recipes in the book provided were:

☐ Mostly easy and simple
☐ Some easy, some complex but a good mix
☐ Mostly difficult and complex
24. Were there any recipes which you think should be removed or added to the recipe book? If so could you please provide any recipes you have found and think suitable.

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25. Did you find that you were able to modify your existing recipes using the tips provided?

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26. Is there anything about the recipe book you would like to add?

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Section 4: About the AusMed diet resources

27. Did you find the menu plan useful in selecting meals and snacks? Why/why not?

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___________________________________________________________________________
___________________________________________________________________________

28. Did you find the sample menu useful? Why/Why not?

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

29. Would you have preferred a:

   a. More structured meal plan to follow (e.g. the sample menu)..........................

   b. Less structured meal plan which allowed more choices at each mealtime.........

   c. Neither, the menu plan was good as is .........................................................
30. Is there a way we could have presented the diet plan to be easier to understand? Please list any suggestions you might have.

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

31. Did you have any issues or confusion when filling out the checklist? If so, please explain.

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___________________________________________________________________________

32. Is there any other information you think the checklist should include?

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33. Are there any other changes to the checklist you would recommend?

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34. We provided you with 4 key food items each week: yoghurt, olive oil, almonds and chickpeas. Were there any other items you would have liked provided?

___________________________________________________________________________

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___________________________________________________________________________

35. Would you like any of these items replaced by something else? If so, please list which food items you feel would most help you cope with consuming the AusMed diet.

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________
36. Did you feel that there was enough information provided about:
   a. Serving sizes  
      Yes ☐  No ☐
   b. Numbers of serves to aim for  
      Yes ☐  No ☐
   c. Ways to achieve the recommended servings of foods  
      Yes ☐  No ☐
   d. Eating out on the Mediterranean Diet  
      Yes ☐  No ☐

37. Any final comments about the resources we provided, or the AusMed diet in general?

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

Thank you for your time!