Questioning Route

(After Informed Consent)

**Opening Question:**

1.) To begin, could each of you please take a moment for introductions and to share with the group something about yourself (what you do for work, hobbies, etc.)?

**Transition Question:**

2) The main goal of this group discussion is to learn more about stress. Please describe how it feels when you are stressed. In other words, how, if at all, do you know that you are stressed?
(Prompts: How do you recognize stress, if at all? What are the signs? How does it feel? What happens to you?)

**Key Questions:**

3) Stressors are the things that “stress us out.” What stressors would you say are most commonly experienced by people living in your community?

Follow-up Question: Do you think any of these stressors are unique to your community? In other words, how are the stressors people most commonly experience here different or similar to other places?

4) What stressors (if any) are specifically related to family or people you are close to? For example, can you think of any stressors related to parenting, extended family, spouse/partners, friends, and so forth?

5) Everyone in our group has self-identified as being American Indian (or Ojibwe/Anishinabe). Are there any examples of stressors related to your experiences as a Native person that you can recall or share?
   a. Prompts: Discrimination, stereotypes, cultural identity issues, other
   b. Prompt for specifics as needed

6) Everyone in our group has also reported being diagnosed with Type 2 Diabetes. Are there any stressors in your life that directly relate to your diabetes?
   a. Example prompts: managing the disease (lifestyle, meds, diet, exercise), complications, support, resources (financial, other)

7) Now, please think about stress in general. What would you consider to be the top 3 sources of stress in your life?

8) Overall, how significant is stress in your life? For example do you feel you are generally under a lot of stress all the time, just sometimes, or something else? (please prompt for explanation and detail).

9) How, if at all, do you cope with or deal with stress?
   a. Prompts: Techniques, Supports, Resources, possible “unhealthy” coping strategies (alcohol use, smoking, eating)

10) What resources can you think of (if any) that are available to help you manage stress?
   a. What would you like to have available to you to reduce stress in your life?

11) The goal of this discussion today was to better understand stressors you face in your everyday life, including stressors specifically related to diabetes. Is there anything else you would like to share with us about this? Have we left anything out?

Thank you for your time and participation.