

Social Determinants of Health and Cardiovascular Disease: A Phenomenological Study

Location: Ontario only

Description: For individuals with a predisposition to cardiovascular disease (CVD), how do the external social determinants (specifically culture, income and education level) impact their ability to make behaviour changes/modifications (specifically dietary choices and physical activity) to mitigate their risk of CVD? Researchers at Western University will (1) explore the collective experience of how culture and socioeconomic status influence the lived experience of individuals with a predisposition of CVD; (2) explore individuals' history and potential to engage in improved dietary choices and an increased physical activity; and (3) will propose a draft participant-oriented behaviour change framework that incorporates culture, socioeconomic status for CVD prevention.

Language: English-only.

Eligibility:

- Individuals with a family history of CVD
- Individuals have not had a CVD event and are seeking to prevent CVD;
- Biologically female at birth (Focusing on individuals who are biologically female at birth was chosen to address the dearth of research about women and CVD.
- Within the adult age range, which according to Statistics Canada (2017) is between the ages of 25 – 64.
- Ensure diverse ethnic/cultural backgrounds
- Adult Canadian women (ages 25 – 64) who have not had a CVD event, but has a member of their biological family who has experienced a CVD event (e.g. heart attack, aneurysm, deep vein thrombosis) and has decided that they want to make lifestyle changes (e.g. change what they eat and get more physical activity) that may reduce their risk of CVD.

Participant requirements:

- If they are eligible to participate in the study, they will be informed and then they will be asked to participate in:
 - a single one-on-one interview
 - one online diary questionnaire
 - member checking – check whether their data has been incorporated accurately
- Participants will be required to participate in a one-on-one interview via Zoom. The purpose of the interview is to understand their lived experience of how their culture, education level and how much that impacts their food choices and amount of physical activity they get. The interview will take about 90 minutes to complete. This interview will be video, and audio recorded during this zoom meeting and a transcript will be

automatically created. However, upon completion of this interview, the video file will be immediately disposed of.

- Participants will be asked to respond to an online questionnaire on a platform called Qualtrics. Qualtrics is an online survey platform that can be used to collect multiple responses to questions from multiple individuals. Qualtrics will be used to collect the participants' responses. The questions for the online questionnaire are open-ended, meaning they can write as much as they wish when responding to the questions. They are free to skip/choose not to answer questions if they wish. Individuals who do not wish to complete the questionnaire should decline participation in the study.
- Lastly, once all the data has been collected and analyzed, it will be used to create a conceptual framework, which will be a visual representation of the relationship between behaviour change, culture, education, and socioeconomic status. You will then be contacted again to ensure that your ideas have been included accurately and be asked to complete a Framework Feedback questionnaire.

Institution: Western University

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