

## **Participant Information, Consent Form, and Questionnaire**

### **PARTICIPANT INFORMATION**

#### **A. Information to be given to the participant upon initial contact**

- **What is the study about?**

We would like to invite you to take part in a research project about changes in food and diets in Polynesia. [environmental changes and coral reefs not mentioned here, so as not to bias answers]  
Please take time to read/hear the following information carefully before you decide whether or not you wish to take part.

- **Why have I been invited?**

[depending on the participants:] We have approached you because of your particular position in the community/your professional activity – or because you have been recommended to me by one of the other participants, and would be very grateful if you would agree to take part in this study.

- **What will I be asked to do if I take part?**

If you decide to take part, this will involve one interview where we will ask you some questions about the food you eat the marine environment, it will take about 30 min.

- **What are the possible benefits from taking part?**

By taking part in this study your insights into the marine environment can help us understand how diet has evolved and what health and environmental issues the Polynesian population could face in the future.

- **Do I have to take part?**

You are totally free to decide whether or not you take part. Your participation is voluntary and you are free to withdraw at any time during the interview, without giving any reason.

- **What if I change my mind?**

You can also contact me and ask to withdraw your data for up to a week after we have done the interview. Withdrawing means that we will take out any data you contributed to the study and destroy it. Data means the information, views, ideas, etc. that you and other participants will have shared with us. It may be difficult make contact with us after leaving Polynesia, and because all data will be anonymised, it will be difficult to take out data from one specific participant when this pooled together with other people's data. This is why we have had to set the deadline of a week following the interview for everyone who takes part to withdraw their data.

- **What are the possible disadvantages and risks of taking part?**

As it is unlikely that we discuss any sensitive topic, there is not any disadvantages to you taking part, except the time that you will invest in this research.

- **Will my data be identifiable?**

We will keep all personal information about you (e.g. your name and other information about you that can identify you) confidential within the research team, that is we will not share it with anyone other than project members. We will anonymise all hard copies of any data. This means that we remove any personal information. Only when we have removed this information will we then share this data with other people.

- **How will my data be stored?**

Your data will be stored in encrypted files (that is no-one other than me, the researcher will be able to access them) and on password-protected computers. We will store hard copies of any data securely in locked cabinets in my office. We will keep data that can identify you separately from non-personal information (e.g. your views on a specific topic). In accordance with our institution's guidelines, we will keep all of the data securely for a minimum of ten years. Data will be permanently destroyed when no longer required.

- **How will we use the information you have shared with us and what will happen to the results of the research study?**

The data you and others share with me will be used for academic purposes (journal articles and conferences). We will also bring together these data to draw an overall picture of what is happening in Polynesia, that we will share through a report and/or a presentation here in Polynesia. You will be kept informed about that if you wish. The photos collected through photovoice will be used for an exhibition and/or a book, with your agreement.

When writing up the findings from this study, we would like to reproduce some of the views and ideas you shared with me. When doing so, we will only use anonymised quotes (e.g. from our interview with you), so that although we may use your exact words, you cannot be identified in our publications.

We will make the data available for other researchers to use it. This data will be saved and will be shared in a secure way with only genuine researchers.

Thank you for considering your participation in this project.

## **B. Obtaining verbal consent**

*Having verbally outlined the above information, and if the participant has agreed to participate, we will ask if we can turn on an audio recorder. Depending on the literacy levels of the participant, the consent form will be read aloud or given to the participant, and consent if obtained will be recorded on the Dictaphone and written on the consent form. The phrasing of these questions may change slightly as it will be said in French (or translated if needed in Taumotu or Tahitian). They will be translated and independently checked before being used. We will offer to leave a French, Tahitian or Taumotu version of the information sheet and the consent form for the participant's own records. We will leave our contact details with the participant should they wish to get in touch.*

## **CONSENT FORM**

**Project Title: Assessment of the impacts of environmental changes on diet and food culture**

**Please tick each box:**

1. I/the participant confirm/s that I/they have heard and understand the information sheet for the above study. I/they have had the opportunity to consider the information, ask questions and have had these answered satisfactorily.
  
2. I/the participant understand/s that my/their participation is voluntary and that I/they am/are free to withdraw at any time, without giving any reason. If I/they withdraw within 1 week of the interview, my/their data will be removed.
  
3. I/the participant understand/s that any information given by me/them may be used in future reports, academic articles, publications or presentations by the researcher/s, but my/their personal information will not be included and I/they will not be identifiable.
  
4. I/the participant understand/s that my/their name (or my/their organisation's name) will not appear in any reports, articles or presentation without my/their consent.
  
5. I/the participant understand/s that any interviews will be audio-recorded and transcribed and that data will be protected on encrypted devices and kept secure.
  
6. I/the participant understand(s) that data will be kept for a minimum of 10 years after the end of the study and that an anonymised version of this data may be used in future analysis by other researchers.
  
7. I/the participant agree/s to take part in the above study.

\_\_\_\_\_  
Name of Participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature

**I confirm that the participant was given an opportunity to ask questions about the study, and all the questions asked by the participant have been answered correctly and to the best of my ability. I confirm that the individual has not been coerced into giving consent, and the consent has been given freely and voluntarily.**

**Signature of Researcher /person taking the consent** \_\_\_\_\_ **Date** \_\_\_\_\_ Day/month/year

**One copy of this form will be given to the participant and the original kept on the file at the researchers' institution.**

## **QUESTIONNAIRE**

**Number** \_\_\_\_\_  
(e.g.: RAI\_ ??\_0206\_1  
*Raiatea\_InterviewerInitials\_02 June*  
*\_InterviewNumber*)

**District and km** \_\_\_\_\_  
**Sea/lagoon side**  **Mountain/ocean side**   
**Male**  **Female**  **Other**

### **Socio-economic survey**

*Ask whether they live on the island for more than 5years. If not, don't do the questionnaire.*

#### **FAMILIAL CHARACTERISTICS**

1. How many people do you live and share meals and expenses with (you included) ? \_\_\_\_\_
2. How many generations live in your house? \_\_\_\_\_
3. How many children are dependent on you?
  - boy (- of 18yo) : \_\_\_\_
  - girl (- of 18yo) : \_\_\_\_3b. Are there other dependent persons (disable adult, elderly...) living with you? how many? \_\_\_\_
4. do you
  - Live in couple/family?  other \_\_\_\_\_
  - Live alone ?  Don't want to answer
  - Share house with housemates ?
5. When were you born ? \_\_\_\_\_
6. Are you the one taking the big decisions for the family?
  - yes no you are several people deciding
  - 6b. if not, who is it?
7. Who generally decides what to eat during the day
  - You
  - Your partner
  - Someone else (who ? \_\_\_\_\_)
  - It depends
  - Each person decides for themselves, you don't eat together
8. Are you :
  - Owner of the house ?
  - Tenant ?
  - You are accommodated freely by a relative/friend ?
9. Do you have easy access to the sea? yes  no

10. [material capital] Transportation – you own : (tell how many)

- |  |  |
|--|--|
| <input type="checkbox"/> a. bicycles     | <input type="checkbox"/> e. motor boat             |
| <input type="checkbox"/> b. bike/scooter | <input type="checkbox"/> f. boat without motor     |
| <input type="checkbox"/> c. car          | <input type="checkbox"/> g. vaa (traditional boat) |
| <input type="checkbox"/> d. truck/van    |  |

### HUMAN CAPITAL

11. What is the highest education level within your household? (Check the highest)

- |   |  |
|---|--|
| <input type="checkbox"/> Primary school                     | <input type="checkbox"/> University degree |
| <input type="checkbox"/> Secondary school ( <i>brevet</i> ) | <input type="checkbox"/> Other             |
| <input type="checkbox"/> Baccalauréat                       |  |

12. Where were you born

13. [if the person doesn't come from here] : How long have you lived on XXX? \_\_\_\_\_

14. [if the person doesn't come from here] : You moved on XXX because of

- |   |                                 |   |  |
|---|---------------------------------|---|--|
| <input type="checkbox"/> Familial reasons ? | <input type="checkbox"/> Work ? | <input type="checkbox"/> Need of change ? | <input type="checkbox"/> Other ? _____ |
|---|---------------------------------|---|--|

15. Does most of your family (uncles/aunt/cousins) live here, on XXX? Yes  No

16. With your family, which language do you speak mostly (several answers possibles)

- Tahitien?
- Paumotu?
- Marquisien and/or language from Australes?
- French?
- Tinto?

17. Did your parents used to do coprah or farming? Yes  No

18. Did your parents used to fish? Yes  No

### SOCIAL CAPITAL

19. If there has to be a decision taken on the district, do you generally feel involved in the decision-making process? Yes  No  ; How? \_\_\_\_\_

20. How do you feel involved in local life (sport, culture, church...)? Yes  No

If yes, how :

To check: are they involved in cultural activities, environment protection, fishing management ?

## FINANCIAL CAPITAL

### Job and income

21. Do you (or anyone in your household) fish ? yes  no
- 20b. if yes, do you sell your catch ?
- Never, it's only for your personal consumption
  - exceptionally (irregular and/or less than once a month)
  - often (once or several times a month)
  - every time you go to fish or almost
- 20c. if you or a relative fish to sell, do you have a CAPL card? yes  no
22. does anyone in your family do farming: yes  no
- 21b. if yes, do you sell your production?
- never, it's only for personal consumption
  - rarely (irregular and/or less than once a month)
  - often (once or several times a month)
  - all produce is sold
23. does someone in your family does coprah ; vanilla; pearl
24. among your household, what is the part of food that you produce yourself (faaapu, fishing) ?
- You don't produce anything
  - You produce less than half of what you eat
  - You produce more than half of what you eat
  - You produce everything or almost everything of what you eat
25. Among your household, who is working and bringing back money to your family ? what job do they do? (*specify whether it is public or private sector, and whether it is a temporary or permanent work*) ?
- 25b. Are there retired people with pensions? how many? what did they use to do?
26. Are there financial difficulties in your household? yes  no
27. Are you doing other small jobs to earn more money for your family ? yes  no  ;  
if yes, what? (*e.g.: selling food, cakes, cleaning, gardening...*)
28. Over the last month, what were your biggest expenses? (*several answers possible, specify the order*)
- |  |   |
|--|---|
| <input type="checkbox"/> a-food                                | <input type="checkbox"/> d-Entertainment-drinks |
| <input type="checkbox"/> b-house (electricity, water, rent...) | <input type="checkbox"/> e-health               |
| <input type="checkbox"/> c-fuel                                | <input type="checkbox"/> f-other _____          |

**If it is a family that fish:**

28. How many times do you go to fish?

- Rarely (less than once a month)
- occasionally (at least once a month)
- often (at least once a week)

29. Where do you fish? (*several answers possible*)

- offshore
- coastal fishing
- within lagoon

30. Are there periods of the year when you fish more? when?

31. **[Only for fishers who sell]** – I realise that some days you fish a lot and other days much less. If you think of a good day of fishing, what does that represent (number of coolers or number of fish)? (*ask whether it is the catch of one person or a team*)

32. **[Only for fishers who sell]** – During a good month, how much would you say that you earn?

- between 0 and 9 999F (*lire 10 000*)
- between 10 000 and 39 999F (*lire 40 000*)
- between 40 000 and 74 999F (*lire 75 000*)
- between 75 000 and 99 999F (*lire 100 000*)
- between 100 000 and 150 000F
- more than 150 000F

33. **[Only for fishers who sell]** – where do you sell your fish generally ? (*several answers possible*)

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> a- shop/supermarket    | <input type="checkbox"/> e- to the people who ordered before | <input type="checkbox"/> h- to Tahiti/other islands |
| <input type="checkbox"/> b- on the side of road | <input type="checkbox"/> f- on the market                    | <input type="checkbox"/> i- to hotels               |
| <input type="checkbox"/> c- on the quay         | <input type="checkbox"/> g- from your house                  | <input type="checkbox"/> j-other ( <i>explain</i> ) |
| <input type="checkbox"/> d- door-to-door        |  |   |

34. **[Only for fishers who sell]** – if you can't go to fish, how do you earn money instead?

- farm
- Coprah
- Other activity
- From your savings
- You depend on your relatives or family

35. **[Only for fishers who sell]** – What can complicate earning money from fishing?  
(*open question*)\_\_\_\_\_

## MATERIAL CAPITAL

*[for fishers only]*

36. Do you have a boat for fishing? yes  No

If yes, what type of boat do you have:

- b. Poti marara
- c. Thonier
- d. Bonitier
- e. Kau
- f. Vaa
- g. other \_\_\_\_\_

37. What fishing material do you own ?

- |   |  |   |  |   |
|---|--|---|--|---|
| <input type="checkbox"/> a. Parc a<br>poissons  | <input type="checkbox"/> e.<br>Double<br>crochet/<br>griffe<br>(tarau) | <input type="checkbox"/> g.<br>Mouline<br>t | <input type="checkbox"/> k. Cage                         | <input type="checkbox"/> n.<br>plastic<br>box |
| <input type="checkbox"/> b. net                 |  | <input type="checkbox"/> h. Nylon           | <input type="checkbox"/> l.<br>Palme-<br>masque-<br>tuba | <input type="checkbox"/> o.<br>Tournevis      |
| <input type="checkbox"/> c. spear<br>gun        | <input type="checkbox"/> f. Canne<br>à pêche<br>bambou                 | <input type="checkbox"/> i.<br>Sondeur      | <input type="checkbox"/> m.<br>cooler                    | <input type="checkbox"/> p. Autre<br>_____    |
| <input type="checkbox"/> d.<br>Harpon<br>à dent |  | <input type="checkbox"/> j. Nasse           |  |   |

## DIET

38. If you think of a real meal that you would eat with your family, and for which there were no constraints in terms of money, weather, material, time, where everything would be available... what would that meal be? what would you eat? how would it be prepared?

39. Generally, how many meals do you eat every day? at what time?

39b. Generally, do you eat something else during the rest of the day (in addition to what you have already indicated)? *e.g.: breakfast, snacks...*



40. Think of your diet habits over the last year. Approximately how many times did you eat the following types of food?

	Never or less than once a month 1	1-2 times a month 2	3-4 times a month 3	1-2 times a week 4	3-5 times a week 5	Everyday or almost 6
a. Carbs (rice, pasta, bread, uru, tarot, fe'i, plantain, cassava, sweet potato, potatoes...)						
b. Legumes (beans, peas, lentils, soya, chickpeas...)						
c. Nuts and grains (pistachio, almond, cashew, sunflower seeds, macadamia...)						
d. Dairy (cheese, cream, milk, yoghurt, butter...)						
e. eggs						
f. vegetables (carrots, courgettes, cabbage, cucumber, onion...)						
g. fruits (mango, soursop, papaya, passion fruit, lemon, orange, pineapple, guava, noni...) (including fresh juice)						
i. fish						
j. clams/urchins						
k. chicken						
l. meat						
m. meat tins (punu puaatoro, corned beef...)						

41. Would you say that :

- You eat more fish than meat/chicken
- You eat more meat/chicken than fish
- You eat about the same amount of fish, chicken and meat

42. Compared to your parents, would you say that you eat

The same quantity of fish  ; less fish  ; more fish  ; you don't eat fish

43. Compared to your parents, would you say that you eat

The same quantity of chicken  ; less chicken  ; more chicken  ; you don't eat chicken

44. Compared to your parents, would you say that you eat:

The same quantity of meat  ; less meat  ; more meat  ; you don't eat meat

45. How often do you eat crayfish/mantis shrimps/crabs?

- Several times a week
- Once a week
- 1-3 times a month
- Less than once a month
- Never or very rarely

46. About your fish consumption, do you eat:

- Only lagoon fish or almost
- Only pelagic fish or almost
- As much as pelagic and lagoon fish

47. Can you name the main fish that you often eat?

48. Would you say that:

- You tend to always eat the same fish
- You tend to eat between 2 and 6 types of different fish over the month
- You tend to eat more than 7 types of different fish over the month

49. Where do you mainly source your fish from? (*rank by importance order*):

- From your own fishing
- From the catch given by a friend or relative
- From the catch of a local fisher (bought fish)
- From shop/supermarket
- Variable

50. [*if you regularly buy your fish to a local fisher*], how do you generally buy your fish?

- As *tui*
- Already cut/cleaned
- As unit
- It depends, variable

51. [*if you regularly buy your fish to a local fisher*], what is the main reason justifying your choice?

(*several answers possible*)

- a- You know them, so it is normal to buy the fish from them
- b- their fish is good
- c- their fish is cheap
- d- it is the most practical (place and location)
- e- other. explain \_\_\_\_\_

52.[if you regularly buy your fish from a local fisher], what makes you decide to choose one fish over another

53.When you buy your fish at the shop/supermarket, what types of fish do you buy mostly?

- Lagoon fish – name the main ones :
- Pelagic fish – name the main ones :
- both – name the main ones :

54.Where do you do your main grocery shopping (except fresh products as bread...) (several answers possible)

- At the supermarket
- At the district shop
- At the moving market
- At the market of Uturao/Avera [for Raiatea only]
- On the side of the road
- other \_\_\_\_\_

55.How often do you go to the shop for groceries (except fresh products like bread)

- everyday
- Several times a week
- Once a week
- 2-3 times a month
- Once a month
- Less than once a month

56.How do you travel for groceries (except bread/fresh products)?

- By foot
- By bicycle
- By scooter/bike
- By car
- By public transportation

57.How far do you need to travel for groceries? \_\_\_\_\_

58.At home, who does most of the cooking?

- yourself
- your partner
- someone else - who \_\_\_\_\_
- nobody
- several people/everybody individually

59. What are the products that are essential/indispensable in your kitchen?

60. If you cook daily, what is the average time for preparation?

61. How often do you buy take-away meals?

- Several times a week
- Several times a month, but less than once a week
- Once a month
- Less than once a month
- Never or very rarely

62. How often do you go to eat at the snack/restaurant

- At least once a day
- 3-6 times a week
- 1-2 times a week
- 2-4 times a month
- Once a month
- Less than once a month
- Never or very rarely

63. [depending on previous answer] When don't you buy take-away food more often and rather privilege home-cooked food?

64. How often do you eat the Maa Tahiti with family?

- Several times a week
- Every Sunday – or once a week
- 2 to 3 Sunday a month
- Once a month
- Less than once a month
- Never or very rarely

65. [if they don't eat the Maa Tahiti every Sunday] why not more often? \_\_\_\_\_