

Living with an allergy discussion guide

Intro

Many people in the United Kingdom have food allergies but allergic reactions to food often go unreported.

The Food Standards Agency are doing research to get a better understanding about what is needed to make reporting allergic reactions easier and better for allergy sufferers.

We'd like to ask you about your experience living with allergies.

Your insights will help us to gain a better understanding of the needs of this service.

Interview questions

1. Which allergy / allergies are you living with?
2. How severe is it?
3. When was your allergy diagnosed, can you tell us about your first allergic reaction?
4. Did you report it, have you ever reported an allergic reaction to food?
 - a. How many?
 - b. Whom did you report it (them) to?
 - c. Was it easy to report
 - d. How quickly did you report it?
 - e. Were you happy with the process of reporting it?
 - f. Were you happy with the outcome?
 - g. What motivated you to report it
 - h. Has your motivation to report allergic reactions changed since reporting and if so how?
5. How often do you get reactions?
6. How do you manage you allergy?
7. Do you eat out?

8. **Task analysis.** Ask them without leading or suggesting what steps they would take if they were reporting an allergic food reaction, what is the first thing they would do? What would they do next etc.. (if not already answered)
9. How comfortable would you be in sharing your data when reporting an allergic reaction (do we need to be more specific on what kind of data and with whom??)
10. How important is it for you to be informed about any potential outcome?
11. What would you want the outcome to be?
12. What would be your preferred channel for reporting the allergic reaction
13. Have you heard of the FSA?
14. Would you report a near miss? Have you had any?
15. Where do you go for information about your allergy?