Acceptability of a tailored Mediterranean lifestyle education resource among patients with mild cognitive impairment: a qualitative study

The aim of the current research was to evaluate the acceptability of a Mediterranean Lifestyle Education Resource with MCI patients and to understand the barriers and enablers to dietary change in this population group.

METHODS

The Mediterranean Lifestyle Education Resource, "THINK-MED" consisted of:
1. Mediterranean Lifestyle Education for Memory - Information Leaflet
2. Four seasonal recipe books
3. 7-day Mediterranean Diet menu plans
4. Mediterranean Lifestyle Education for Memory – Memory Book
5. Calendar

This resource was posted out to participants one week before the interview for their review.

Interviews were transcribed verbatim and a thematic analysis framework, as outlined by Braun and Clarke (2006), was applied to the transcribed data. The TDF was used as an initial coding framework and was then expanded to reflect the emerging themes from the study.

RESULTS AND DISCUSSION

n=8 MCI patients (plus two relatives) took part in structured interviews (mean age = 77.0 years). Seven interviews took place face-to-face in the Centre for Public Health, CLUB with one via telephone as this was more convenient for the interviewees. There were an equal number of male and female participants.

A summary of the key findings, matched to the appropriate TDF domain is detailed below.

CONCLUSION

The aim of this qualitative study was to evaluate the acceptability of a tailored Mediterranean lifestyle education resource with MCI patients. Analysis of the interview feedback received using the TDF, highlighted important themes and constructs relevant to this target group. Overall, the resource was well received by participants, however discussions highlighted the need to consider adaptations so that the educational resources and associated intervention could be tailored to the needs of an older population.