**Interview Transcript**

The transcript records responses from five people who were asked the question “How satisfied are you with your health?” Their responses are documented below. Review the responses and notate five patterns that emerge within the data. This can be done through highlighting or underlining. After you have identified the patterns, complete the "Coding Qualitative Data Worksheet."

**Participant 1:**

I feel as if I am very healthy and I know that I have a firm background on what being healthy means because of my interest in nutrition and exercise. I always try to eat better and make the right choices and exercise on a regular basis. I really think that those two components contribute highly to health. But, health also means emotionally, mentally, and even spiritually. I feel like my spiritual life really contributes to the rest of my health because I take care of my body because God tells us to in the Bible and everything else falls into place.

**Participant 2:**

I am in good shape. I play sports all the time and am physically fit to compete at high levels. I don't smoke or drink. I have a swimmer's build. I try to eat as healthy as possible. But the negatives are that I would like to build more muscle. I am kind of twirpy and would like to be bigger.

**Participant 3:**

I think I'm pretty okay. Just some minor aches in some areas, but I think I can live. I never had major surgery, or even any problem, with my health. I'm also very paranoid, in that way. If I see someone in bad shape, I worry. What if? That is the question. What if it's me? I think that's all I'm really concerned with for my health. Another thing is smoking and drinking. I don't do either of them. So I get really mad when people do it in front of me, because of secondhand smoke. I don't want to die of cancer, because of some stupid person who wants to kill me too due to their cigarettes. Most of the time, I think I forget that I could. So I really don't make them stop. But when I see people on TV and movies dying of lung cancer, I really get upset. Another thing I feel bad about is my own health, keeping a good shape. I get mad at people on TV with great bodies, and I get mad because I know I can do it too. I mean good body meaning healthy and muscular. I'm not talking about bodybuilders or even supermodels. I mean people who keep themselves in shape. I realize, this when I'm walking or running and I can't keep up, like I used to. I became very lazy.

**Participant 4:**

I've gained too much weight over the last several years and I don't seem to be doing anything to get rid of it. I have high cholesterol levels, but I don't attempt to change my eating habits. I'd like to jolt myself into becoming more physically active, so I can lose the weight and feel more energetic. I keep saying I'm going to do something about it, soon.

**Participant 5:**

I am relatively happy with my current health. I feel that I have a decent looking physique but of course I would like it enhanced. I see all these guys in underwear ads and in clubs with these pumped up bodies and all I can think is "Damn, I wish I looked like that!" If anything, to make both myself and my girlfriend happier. But improving my health is something I know I can achieve. It is very easy to eat better and to work out more. You just have to do it and that's the hardest part of it all.

\*Adapted from "MaxQDA Example Data" located on the *MAXQDA* website.