

AMERICAN UNIVERSITY OF BEIRUT

CHILDREN'S EXPERIENCES OF FOOD INSECURITY IN
LEBANON- A QUALITATIVE STUDY

by
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A thesis
submitted in partial fulfillment of the requirements
for the degree of Master of Science
to the Department of Nutrition and Food Sciences
of the Faculty of Agricultural and Food Sciences
at the American University of Beirut

Beirut, Lebanon
May 2014

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ACKNOWLEDGEMENTS

I would like to express my gratitude to Dr. Hala Ghattas for her expert guidance and useful remarks and engagement throughout this project.

A Special thanks to Ms. Anniebelle Sassine for her continued support. It was a great pleasure working with you on this project.

Finally, I would like to thank my family members who have always supported me during my study years at AUB. I will be forever grateful for your love.

AN ABSTRACT OF THE THESIS

Marah Mohammed Aqeel for Master of Science
Major: Nutrition

Title: Children's Experiences of Food Insecurity in Lebanon – A Qualitative Study

The norm has been for children's experience of food insecurity to be examined by parental reports. Researchers have challenged the notion that parental reports of childhood food insecurity are the most accurate and have begun to explore children's own experiences of food insecurity, since the literature shows that children are able to reliably report on their own experiences. The purpose of this study is to examine children's perceptions and experiences of food insecurity, as compared to those of a parental proxy and to define components of this experience that can be used to develop a child-specific food security tool for Lebanon.

Twenty nine mother-child pairs were recruited through the dispensaries of the Ministry of Social Affairs in one urban (Beirut) and two rural areas (Bekaa and the South). 19 boys and 18 girls were interviewed out of which 8 were sibling pairs. Semi-structured interviews were conducted with mothers and children (8-12 years). Qualitative questionnaires were used to assess the experience of food insecurity of mother-child dyads. The data were analyzed using Nvivo 10, using thematic analysis.

Results showed that most of the children were aware of the presence of food insecurity at their household. Children experienced cognitive, emotional and physical awareness of food insecurity which were indicated through their reports on matters such as the importance of salary, stressful home environments and feelings of worry. Mothers were more prepared to talk about their experiences of food insecurity while children were more reserved and in some instances there were discrepancies between mother-child dyad reports. Gender and age differences can create differential experiences of food insecurity within the same household. Mother and child reports of coping mechanisms were very similar and mainly manifested in decreasing quantity of food consumed, sharing food, prioritizing younger siblings and eating whatever is available.

Examining children's own perceptions of food insecurity and how they cope with hardships is necessary to identify the most appropriate mechanisms to target child food insecurity. In this study, we were able to identify components of children's experience of food insecurity including cognitive, physical and emotional manifestations as well as the coping mechanisms used to deal with the household situation. These components could be used to develop a well-grounded tool that can measure food insecurity in children in Lebanon which will provide child-specific insights for intervention.

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INTRODUCTION

The Middle East has often been described as being vulnerable to food insecurity due to its dependence on staple-food imports (World Bank, 2009); however macro-measures of food availability at regional or national level only describe one component of food security. Household or individual-level measurement of food insecurity in the region has largely been restricted to the use of proxy-indicators such as household income, food expenditure, and malnutrition rates. Although these indicators can be strongly correlated with food insecurity, this is not always the case (Nord et al. 2005; Rafiei et al. 2009).

Direct experience measures of food insecurity include asking a series of questions related to food quantity, quality and social and psychological aspects related to worry about food access and satisfaction with food at the household level. These measures usually rely on the reports of a parental proxy. Even though direct measures of food insecurity have been associated with health outcomes including child malnutrition however, this is not always consistent. In addition, direct experiences measures at the household levels do not take into account intra household differences in resource allocation and food choices (Nalty *et al.* 2013).

A new body of literature has been exploring whether asking individuals including children about their experiences could more accurately assess the effects of food insecurity on the individual level.

Studies conducted in the United States (US) found that children are aware of the presence of food insecurity at their household and are able to report their own experiences (Fram et al. 2011; Connell et al 2005). Moreover, finding showed that in addition to mirroring some of the typical adult behaviors such as eating less and eating less desirable foods, children also stated eating fast, displayed emotional responses including shame and fear of being labeled “poor” and did not necessarily equate running out of food with lack of money and (Connell et al. 2005).

A tool for the assessment of household food security has been developed in Lebanon and it is administered to a parental proxy- most often the mother or primary caregiver. This tool includes questions on children's experiences of food insecurity; however, these measures reflect parental perceptions of child food security, and may not accurately describe or assess the effects of food insecurity on children in households (Connell et al. 2004; Fram et al. 2011).

In order to be able to develop effective intervention strategies to target child food insecurity in Lebanon, it is important to accurately identify the full range of child experiences of food insecurity which include health, social and psychological manifestations. Up till now, there are no studies in Lebanon which examine children's own experiences of food insecurity. This study therefore aims to examine children's perceptions and experiences of food insecurity, as compared to those of a parental proxy and to define components of this experience that feed into a child-specific food security tool for Lebanon.

CHAPTER I

LITERATURE REVIEW

A. Introduction: Defining food security

Food is a basic human need and a major source of nutrients that is required for human existence. The term ‘food security’ appeared in the international literature around the 1960’s and 1970’s (Anderson and Cook, 1999). Public interest in food security continued to rise rapidly in the global and national markets and the concept of food security has evolved over time to include a wider range of food related issues. Earlier definitions of food insecurity focused entirely on the ability of a country to assure an adequate national food supply for its people. The focus was on a secure access to food for the population with an emphasis on the role of food as a vehicle for nutrition. Now, food security holds a conceptual goal; it has expanded to include “The 5 A’s”: Availability, Accessibility, Acceptability, Appropriateness, and Agency (Olarinde and Kuponiyi, 2005).

Whether conceptualized globally, within the nation or in local communities, food security is a crucial universal dimension of household and personal well-being (Bickel *et al.* 2000). The World Bank gave one of the most prominent definitions of food security in 1986, as “access by all people at all times to sufficient food for an active and healthy life without undue risk of losing the access” (Maxwell, 1996). Furthermore, the World Food Summit of 1996 defined food security as existing “when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life” (Bickel *et al.* 2000). Comparably, food insecurity is defined by the American Institute of Nutrition as “limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in socially acceptable ways” (IFPRI, 2012).

Food security has both macro and micro dimensions. The macro-level includes key elements of economic growth, governance, and macroeconomic stability; on the

other hand, the micro-level comprises household access to food, assets, and services necessary for an individual to be healthy (Breisinger *et al.* 2010).

The international food policy research institute (IFPRI) defines macro level food security as “a country’s ability to provide sufficient food to fulfill the demands of its population either through international trade or through its agricultural production.” The micro dimension of food security refers to “the ability of a household to produce and/or purchase the food necessary for household members to meet their dietary requirements and food preferences as well as the assets and services necessary to achieve and maintain an optimal nutritional status” (Breisinger *et al.* 2010).

B. Causes of Food Insecurity

Food insecurity has many underlying causes which include: economic imbalances, political instability, poverty, population growth, environmental degradation, gender inequality, poor health, and inadequate education (Smith and Richards, 2008).

The UNICEF conceptual framework shows that food insecurity is on the causal pathway to malnutrition. The framework demonstrates the underlying factors that feed into food insecurity including policy-level factors at the national and global level as well as social and economic factors at the community and household levels. Food insecurity at the household level can affect feeding practices and eating behaviors which in turn affect child nutrition and development state (Black *et al.* 2013).

In the framework, food security falls on the causal pathway between poverty, diet adequacy and diversity and malnutrition. So for example a girl living in a food insecure household, due to economic vulnerability, could have compromised dietary quality and quantity. Undernourished girls become undernourished mothers who are at an increased risk of giving birth to low birth weight infants. In turn, infancy is a very critical growth period so the existence of food insecurity means vulnerability to inadequate dietary intake which can lead to a malnourished child with impaired cognitive, motor and socioeconomic development.

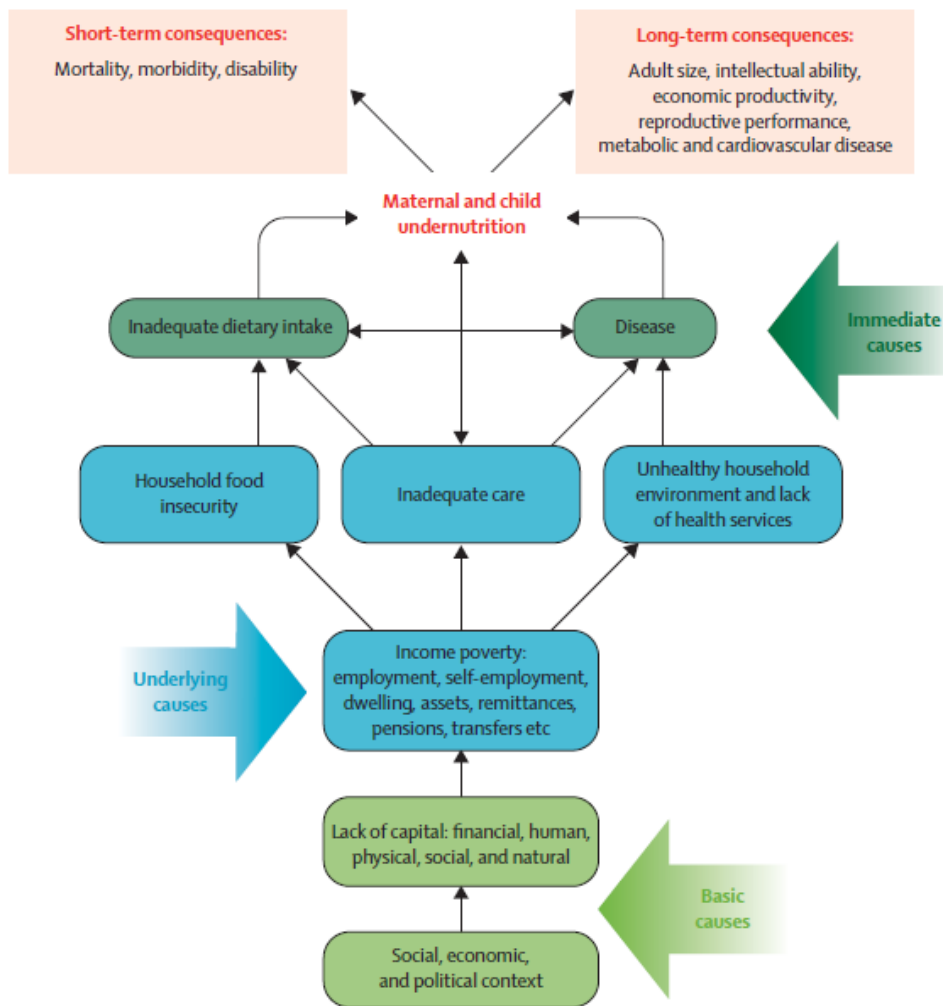


Figure 1 Framework of the relations between poverty, food insecurity, and other underlying and immediate causes to maternal and child undernutrition

C. Food Insecurity in the MENA region

Despite the universal decrease in the Global Hunger Index (GHI) from 7.7 to 5.2 between 1990-2009, the Middle East North Africa (MENA) region was the only region that showed an increase from 3.8 to 4.6 in the proportion of undernourished individuals between 1990 and 2005 (Breisinger *et al.* 2010). This proportion is likely to increase due to the global recession and the recent food price crisis. The MENA region is described as having moderate hunger; nevertheless, the number of food insecure individuals has been on the rise between 1990 and 2005 according to the GHI (Breisinger *et al.* 2010).

The Arab world is considered to be highly vulnerable to food insecurity due to its high reliance on staple food imports at the macro-level (Michaels *et al.* 2009). On the other hand, when considering the prevalence of child stunting as a proxy marker for food insecurity at the micro –level, it is realized that there is high variability within countries manifested by ranges of child stunting prevalence between 4% in Qatar to 59.6% in Yemen (IFPRI, 2012).

Several studies have been conducted in Lebanon to assess food insecurity at the household level, which show that food insecurity is a serious issue in the region. In a study conducted on a sample of 630 Iraqi refugee households in Lebanon (Ghattas *et al.* 2014), 20.1% of the interviewed households were found to be food secure, while 79.9% experienced food insecurity. In another study conducted in Lebanon (Sahyoun *et al.* 2014) a food security module was developed and administered to residents of Tyre in the south of Lebanon (815 households) that also showed a 10% prevalence of severe food insecurity among households.

Another poverty and food security study conducted on Palestinian refugees in Lebanon (2501 households) showed that an estimated 20% of Palestinian refugee households were severely food insecure (Ghattas *et al.* 2012). Moreover, a cross-sectional study of household food security and nutritional status carried out in a Bedouin community residing in two settlements in the Bekaa found that 50% of the participating households (n=83) were food insecure (Ghattas *et al.* 2013). These studies show that in a country such as Lebanon, which has relatively low malnutrition rates, there remain subpopulations with a high risk of food insecurity.

Interestingly, the studies done on Iraqi, Palestinian refugees and the Bedouin communities in Lebanon have found a strong positive correlation between the mean number of children in a household and degrees of food insecurity, indicating that food insecurity is an important aspect in families with larger numbers of children.

D. Consequences of Micro Food Insecurity

Food insecurity at the household level can manifest in three potential areas: physical, psychological, and socio-familial. Physical manifestations are related to the lack of sufficient food and can lead to decreased levels of concentration and decreased productivity, as well as increased absenteeism levels and concentration in class among children (Hamelin *et al.* 1999). Psychological manifestations are associated with the inability to access food and can result in feelings of powerlessness, exclusion, and stress at home. The third area of manifestation is the socio-familial distresses that include the adjustment of eating patterns such as consumption of meals that are not well balanced or satisfactory; disrupted household dynamics particularly in the parent-child relation in terms of increased feelings of anger, irritability and frustration. Also, other distresses include distorted means of food acquisition and management such as relying on others and selling some belongings (Hamelin *et al.* 1999).

E. Food Insecurity in Children

One of the indicators of food insecurity on the individual level is the prevalence of under nutrition in children. Young children are usually the most vulnerable household members; therefore, focusing on this group will determine aspects of imbalanced intra-household resource allocation which are not taken into account when household level indicators such as income poverty or household food and nutrient consumption measures are used (Ecker *et al.* 2011). Moreover, children's nutritional status is most sensitive to alterations in living conditions in terms of exposure to food shortages and diseases. This is due to their high nutrient requirements for growth, their specific dietary needs, and their dependency on adults (IFPRI, 2012). Height-for-age scores (stunting) are used as long term nutrition indicators as they are the best anthropometric measurement which reflect cumulative effects of chronic food deficits and illness when compared to a healthy reference population (IFPRI, 2012).

1. Food Insecurity and Academic Performance and School Attendance:

Food insecurity is an important marker for identifying children with delayed trajectories of development (Jyoti *et al.* 2005). Inconsistencies are present in the association between food insecurity and cognitive outcomes on school children. Some studies show that food insecurity leads to a significant decrease of test scores for comprehension and arithmetic while other studies do not find any significant associations between food insecurity and academic and cognitive performance (Jyoti *et al.* 2005). For instance, Belachew *et al.* (2011) found that food insecure children are more likely to be absent from school and have a lower level of educational achievement, probably due to high levels of absenteeism, illness, poor academic performance, academic delays, poor social functioning, and behavioral problems. Low academic achievement in younger ages and grade failure is a predictor of low long-term education accomplishment and later behavior problems (Alaimo *et al.* 2001). According to the Food and Agricultural Organization (FAO), hungry children are more likely to be absent and drop out of school (Belachew *et al.* 2011). Moreover, there seems to be a link between food insecurity and lower levels of positive behavior, greater behavioral problems and difficulties in interacting with other children (Jyoti *et al.* 2005).

2. Food Insecurity and Health:

The effect of food insecurity on individual health outcomes varies according to context, stage of the nutrition transition, and age of the child and is not consistently reported in the literature. A study conducted on a sample of 28,353 children (2-5 years) participating in the Massachusetts Special Supplemental Nutrition Program for Women, Infants, and Children (2001-2006) found that persistent household food insecurity without hunger was associated with 22% greater odds of obesity at the child visit compared with those who were persistently food secure (Katsaras *et al.* 2012). This could be serious as obesity leads to a compromised quality of life and a variety of health problems including hypertension, glucose intolerance, and dyslipidemia in addition to other psychosocial problems such as body image problems (Smith and

Richards, 2008).

In contrast, results from a study conducted on a sample of 2516 children (8 and 17 years) from the National Health and Nutrition Examination Survey (NHANES 2001-2004) showed that food insecurity and childhood obesity were not associated (Gundersen *et al.* 2009). However, the authors noted that 12– 57% of food-insecure children, in their sample, were obese. Reasons for this finding included: bingeing episodes when food is plentiful, overconsumption of cheaper, energy-dense and low quality foods, parents over feeding their children when food is available, metabolic changes to ensure more efficient use of energy and the mother being food insecure during pregnancy.

A cross sectional study in Bogota- Colombia, examined the effect of food insecurity on a sample of 2526 children ages 5-12 years (Isanaka *et al.* 2007). Findings showed that food insecure children were three times more likely to be underweight compared to food secure children. There was a significant relationship between food insecurity and underweight but not stunting or overweight. The authors commented that food insecure children may be more likely to have very low total energy intake, which leads to under- rather than overweight.

In another cross sectional study which examined the effect of food insecurity on three different sub-samples derived from the 2006 Brazilian Demographic and Health survey: children of both sexes (0-60 months), female adolescents (15-19 years) and adult women (18-49 years) (Schlüsse *et al.* 2013). Results showed that there was no significant relationship between household food insecurity and obesity for children. However, the likelihood of excess weight among female adolescents and adult women, with severe household food insecurity, was 1.96 and 1.49 times higher respectively, when compared to their food-secure counterparts.

In addition, psychosocial dysfunction has been correlated with food insecurity; Murphy *et al.* (1998) conducted interviews with a group of parents from a Community Childhood Hunger Identification Project in the US and reported that there is a higher

risk of psychosocial dysfunction amongst hungry and at risk of hunger children compared to not hungry children.

3. Food Insecurity and stress:

Household food insecurity affects children through parental stress and parenting behavior. Parental irritability caused by food deprivation or the continuous worry due to the lack of food may affect children. Alaimo *et al.* (2001) found that psychological impairment and harsh parenting occur in parents undergoing economic hardships. Moreover, authors reported that food-insufficient children (ages 6-11 years) and teenagers (ages 12-16 years) were more likely to have psychosocial difficulties than those who were food-sufficient.

A study by Lupein *et al.* (2000) found that children of low socioeconomic status have significantly higher cortisol levels than children of high socioeconomic status, and that this effect emerges as early as the age of six. In turn, cumulative exposure to high levels of cortisol in humans has been related to depression, cognitive deficits and atrophy of brain structures involved in learning and memory (Joyti *et al.* 2005).

F. Measuring Food Insecurity

In order to develop effective interventions that tackle the causes and health consequences of food insecurity, reliable estimates of prevalence and vulnerability to food insecurity are needed.

Various categories of indicators are used to assess food insecurity at the macro level including national food supply and utilization indicators that assess total food energy availability against energy requirements of populations (Jones *et al.* 2013). Measurements on the macro-level are not sufficient as a tool for classification of food insecurity since they estimate the food security situation of national populations (Breisinger *et al.* 2010).

For example, when levels of macro and micro food insecurity are compared within the same country, there are evident discrepancies. Lebanon, for instance, is classified as having an alarming level of food insecurity at the macro level and a moderate level of food insecurity at the micro level (IFPRI, 2012).

On the other hand, measurements of household food insecurity have been done solely by the use of proxy indicators, such as consumption and expenditure surveys (HCEs), food consumption score (FSC), household dietary diversity score (HDDS), coping strategies index (CSI), household economy approach (HEA) and household hunger scale (HHS) and malnutrition rates (Jones *et al.* 2013). Although these have been proved to have a strong correlation with food insecurity, however, this is not always the case (Jensen *et al.* 2013 and Rafiei *et al.* 2009).

Most recently, direct experience based measures have been used which rely on questionnaires administered to a household proxy – in the case of children, parents are the main respondents to these questions (Nalty *et al.* 2013). These measures include a series of questions related to food quantity and quality as well as psychological and social dimensions which include anxiety about food access and satisfaction with food available at the household level.

This approach identifies food insecurity at a collective level, and thus cannot distinguish intra-household differences in food security among individual adults and children (Jensen *et al.* 2011). The reliance on parental reports in estimating childhood food insecurity is based on mainly two presumptions which are: (1) parents are in control of the household food environment, (2) parents identify the constituents of food insecurity experienced by members of the family which include: quality and quantity of food, uncertainty, and limiting of choices (Fram *et al.* 2011). According to these reports, mothers compromise their own diets to feed their children (McIntyre *et al.* 2003) as part of a buffering response where mothers consume poorer diets or reduce their food intake to provide more nutritious items for their children and stretch food resources (Hadley *et al.* 2008).

Studies that have investigated the relationships between food insecurity and children's nutritional outcomes have mostly relied on parental reports of food insecurity. For example, Matheson *et al.* conducted a study on Hispanic children 9.9-12.5 years of age living in the US and collected anthropometric measurements and 24-hour recalls for children. Household food security was measured by conducting interviews with mothers using the 18-item US Department of Agriculture's Core Food Security Module which inquired about food quality, food quantity, food anxiety and coping mechanisms when food is lacking (Matheson *et al.* 2002). The results showed that children from food insecure households have lower body weights than food secure children but their weights fell within the normal range, and the authors justified their findings by relating it to the buffering hypothesis. In contrast, some research shows that children suffer from the negative effects of food insecurity in terms of developmental problems and reduced academic, social, and behavioral functioning (Fram *et al.* 2011).

Other researchers have challenged the notion that parental reports of childhood food insecurity are the most accurate and have begun to explore children's own experiences of food insecurity. Connell *et al.* (2005) conducted a series of qualitative interviews with children aged 11-16 years to explore their experiences and perceptions of food insecurity. Participants were enrolled from two after school programs that targeted children of low-income backgrounds. Children were interviewed at a room in their schools or at the after school centers. The results showed that children were aware of food insecurity in their families and were able to identify coping mechanisms related to food insecurity such as eating less food and eating fast when food is available. Additionally, they expressed feelings of worry and anxiety due to the lack of food supply and the possibility of running out of food and expressed feelings of shame of being labeled as "poor."

Furthermore, Fram *et al.* (2011) conducted semi-structured interviews with 9-16 year old children and their parents to explore childhood and parental perspectives on food insecurity. The parent-child dyads were interviewed separately in their homes. Interview guides were developed by the research team and some of the questions were based on the guide developed by Connell *et al.* (2005) in addition to other questions that

inquired about eating norms and food decision making. Results showed that children were aware of the existence of food insecurity in their household and this awareness manifested in three categories: physical, emotional, and cognitive awareness. Physical awareness referred to physical feelings such as hunger, fatigue and pain which are related to the lack of sufficient food intake; emotional awareness was related to feelings of worry, sadness, fear of the need to ask for people's assistance as well as the consumption of undesirable and cheaper foods. Finally, cognitive awareness alluded to the knowledge of food shortage and the insufficient quality of the food consumed. Additionally, children expressed their responsibility towards managing food resources in terms of eating less food, not asking for food at the grocery store, bringing food from neighbors or relatives and working a part time job to help parents buy food.

Another study conducted by Nalty *et al.* (2013) aimed to examine the differences and agreements in reports of food insecurity by interviewing a sample of Mexican-origin mother-child dyads. The interviews were conducted by certified community health workers, who are residents of the community, and took place in the homes of the participants. The 18- item U.S. Household Food Security Survey Module was used for maternal interviews and children (age 6-11 years) completed the 9- item Child Food Security Survey Module.

Authors found that there are discrepancies between maternal and child reports of food insecurity whereby the prevalence of food insecurity reported by mothers was 80% and that of children was 64%. When asked about their children, 56% of mothers reported their children to be food insecure in contrast to 64% of children reporting food insecurity. Thus, the authors concluded that mothers may not be completely protecting their children from lack of food as is evident in the higher prevalence of children's reports; moreover, children have some ability to reliably report their own experiences of food insecurity as evidenced by similar prevalence data reported by mother-child dyads on child food insecurity. Hence, there is evidence that parent proxy reports of children's food security might lead to an imprecise or inadequate depiction of their actual experiences.

Additionally, two studies conducted in Ethiopia and Zimbabwe showed that children of low socio economic backgrounds have lower reports on food insecurity than their parents (Bernal *et al.* 2012).

Differences exist between parental and child perspectives of food insecurity in terms of context and content. This is probably due to children's different household roles, their development level and the distinctive chances and limitations that they have in perceiving, grasping, and reporting to family processes and problems (Fram *et al.* 2011). In the study conducted by Fram *et al.* (2011) they found that parental reports mainly revolve around money, the economic situation and the struggle they face in supplying food for their family members in terms of quantity and quality in socially acceptable ways. In contrast, children conceptualize food insecurity as running out of food or having to eat less desirable foods; it also manifested in feelings of responsibility towards providing and preserving food.

In addition to these differences, there were discrepancies between parent and child perspectives on what children experience. Some parents seem to be oblivious to their children's understanding and knowledge of the household situation. Although mothers think that they are protecting their children from the physical and emotional distress accompanied by these hardships, child reports demonstrate that they are well aware of this state (Fram *et al.* 2011).

Ialongo *et al.* (2001) found that children's self-reports are reasonably reliable and valid when it comes to their feelings; therefore, children can be better reporters of their own experiences. The discrepancy between the reports and observed effect on children's well-being calls for a further investigation of a more appropriate method to measure food security in children. Most of these studies were conducted in a US context, there is therefore a need to investigate children's experiences of food insecurity and their effect on child health and nutrition in different cultural and socio-economic contexts.

G. Study Objectives

In order to be able to develop effective intervention strategies to target child food insecurity in Lebanon, it is important to accurately identify the full range of child experiences of food insecurity which include health, social and psychological manifestations. Up till now, there are no studies in Lebanon which examine children's own experiences of food insecurity. This study therefore aims to examine children's perceptions and experiences of food insecurity, as compared to those of a parental proxy and to define components of this experience that can be used to develop a child-specific food security tool for Lebanon.

CHAPTER II

METHODS

A. Study population

The study population was selected to ensure the participation of children likely to be vulnerable to food insecurity in order to explore their experiences of food insecurity. Initial meetings were held with the head of the Nutrition program at the Ministry of Social Affairs (MoSA) and approval was obtained from the Ministry to recruit children from MoSA dispensaries. From a full list of dispensaries, certain sites were selected in rural (Bekaa and South) and urban (Beirut) areas and those with programs or activities targeting children aged 8-12 years were chosen for the study.

We chose to contact dispensaries from both rural and urban areas based on the assumption that there might be differences in the experience of food insecurity. Differences might manifest in reliance on agricultural produce, stronger family ties, and different coping mechanisms. Thus, it would be interesting to capture the versatility in the experience of food insecurity.

B. Recruitment

Mother-child pairs were recruited through the dispensaries of the MoSA in one urban (Beirut) and two rural areas (the Bekaa and the South). The dispensary's social worker was contacted to explain the nature of the project and assist in contacting families that benefit from social services offered by the dispensaries. The social workers contacted potential participants and families were considered eligible to participate if they had at least one child aged 8-12 years. The choice of age was based on literature showing that children as young as 6 years in one study and 9 years in another were able to report on their experiences of food insecurity (Connell *et al.* 2005 and Nalty *et al.* 2013). We selected children under 12 years as those above 12 years of age might be

more likely to engage in income generating activities and their experiences would therefore be different from those of younger children.

The majority of the families chosen by the social workers were randomly picked from the “poverty assistance program” which assesses family cases and provides health care services and educational materials to those found eligible to receive assistance. Families who showed interest in participating were asked to set a day and time which best suited their time schedules to come to the dispensary and participate. Participants’ transportation fees were covered by the study and interviewees were offered healthy snacks on the interview date and children were given coloring books and pens. The study protocol was approved by the International Review Board (IRB) on November 28th, 2012.

C. Qualitative Interviews:

Semi- structured interviews are a tool of qualitative inquiry that use open-ended questions and probes to gain in-depth responses about peoples’ experiences, perceptions, opinions, feelings and knowledge. Semi- structured interviews are recognized in qualitative research as a joint production of knowledge where the generation and interpretation of data is influenced by the participants, the researcher, and their relationship (Fryer *et al.* 2012).

Semi-structured interview guides for adults and children were developed by the research team based on various sources from the literature including the work of Fram *et al.* (2011) and Connell *et al.* (2005). Based on the recommendations of Fram *et al.* (2011), certain questions were asked of adults and children regarding some components of child food security in an orderly manner to allow for comparison between parent and child reports of food insecurity.

Parental interviews began with the administration of the Arab Family Food Security Questionnaire followed by semi-structured interviews which explicitly ask

about their children's experiences of food insecurity (See Appendix A). As for the children's interview guide and due to the sensitivity of the topic, the interviews began with an ice-breaking question which inquired about their favorite food followed by a transition to food security related questions. Finally the interviews ended by asking about the child's favorite food during the holidays to diffuse tension and cool down the conversation (See Appendix B). Probes were used during the interviews if the children were too shy or hesitant to answer any questions and if the children's expressions were unclear.

Both interview guides inquired about the perspectives and awareness of the existence of household food insecurity. Additionally, they included questions about the coping strategies employed by the families in times of need. Both parental and child interview guides were pre-tested for comprehension and terminology on 5 children and 5 adults and consequently a few minor adjustments were made based on collective feedback.

The interviews were conducted with 32 mother-child pairs. Three interviews were excluded because families were not food insecure as assessed by maternal responses to the Arab Family Food Security Questionnaire; therefore, the final sample included 29 mother-child pairs which were included in the analysis. 19 boys and 18 girls were interviewed out of which 8 were sibling pairs. The reason for recruiting siblings was based on the recommendation of experts who have done similar research in the USA; Dr. Wesley Dean and Dr. Joe Sharkey who conducted the study, "Children's reporting of food insecurity in predominately food insecure households in Texas border colonias;" as they reported potential differences between siblings' reports of food insecurity.

Purposeful sampling with children who are likely to have an experience with food insecurity allowed us to reach repetitiveness and theoretical saturation with 37 individual interviews. Parent and child dyads were interviewed separately after obtaining parental consent and child assent (see appendices C and D). The interviews were conducted in the presence of two members of the research team with experience in

conducting qualitative research. Adult interviews lasted 45-60 minutes and child interviews lasted 30-40 minutes. Children and mothers were informed and gave their consent for interviews to be recorded. The presence of the recording machine did not interfere with the discussion. All recordings were listened to several times and transcribed verbatim in colloquial Arabic. No personal identifiers were collected or recorded during the discussion.

D. Data Analysis

The data were analyzed using Nvivo 10 using thematic analysis. Nvivo software facilitates coding of themes. The data that was initially coded was reviewed until it was clear that saturation has been reached and there are no new emerging themes. After coding was completed, the codes that have common elements were merged to form categories that were then clustered around each research question.

The results of this study were used to derive common themes that will be used for the compilation of potential questions which in turn will help develop a child-specific food security measurement tool.

E. Ethical Considerations:

Institutional Review Board (IRB) approval was obtained on November 28th, 2012 (See Appendix E). Members of the research team adhered to all IRB regulations during the research process. All of the project materials including the recordings, consent, and assent forms were kept in locked filing cabinets in the primary investigator's office to ensure the confidentiality and anonymity of the participants.

CHAPTER III

RESULTS

A. Maternal Perspective on Child's Experience with Food Insecurity

1. Maternal Perception on Communication about Household Food Situation

Two contradictory themes emerged when mothers were asked about the communication with their children about their food insecurity status. Some mothers spoke with their children openly because they believed children should be aware of the family situation to understand the consequences of food insecurity and try to cope. For example twenty three out of twenty nine mothers explained that their children are well aware of the situation at home and this awareness was due to two main reasons which were: parents' open communication and the atmosphere the child lives in. On the other hand, four out of twenty nine reported that they do not involve their children in the situation because they consider it their own responsibility to manage food resources and they do not want their children to carry this burden (there were two mothers who did not provide an answer to this question).

Themes

a) Children Should Be Aware of the Food Situation

“I talk and I tell my children even if they are young I make them understand that if for example they want chicken today we don't have money to buy chicken you can eat mjadara [lentils and rice] or fasoliya [beans] or French fries, these foods are cheap.” A-5

“They are seeing with their eyes. For example, my son has friends who go out altogether and eat outside, he tells them, “I don’t want to go” and comes up with excuses because he knows that I don’t have money for him to go and eat outside with his friends.” A-1

“I tell him I do not have money dear. I tell him with honesty I do not have. I don’t like to lie. He has to know. I am not making him responsible for this; he is a child and shouldn’t hear these things because he will be affected but how will I make him understand.”A-8

b) Children Should Not Be informed of the Home Situation

“You get angry but you keep your anger inside and don’t show it to your child because he’s not obliged to feel with you. I don’t let them feel. It’s a pity to let your child sense what’s happening, it’s not his fault. Between me and myself, while they are at school, I manage. I will never make them feel.” A-4

“No, I never let them sense. I do anything at home or find any way for me to cook anything available at home, but I don’t tell them.” M-4,5

“What is important is that the children don’t realize that we can’t cook this dish. Even when there is a dish that we can’t prepare and the children come home and ask for it, we tell them that we will do it for them, even if we have to postpone it but I never tell them, “No I can’t do it”, I am obliged to provide everything for them, even if I am unable to. Even if I have to use someone’s help, I do not make them feel anything.” A-7

2. Maternal Perception on child coping mechanism

According to mothers' reports, children adopt different strategies to cope with the situation of food insecurity. Some of the children nag and complain about the food situation while others are more accepting of it. Moreover, some developed a sense of responsibility and have created their own coping strategies which include reducing the quantity of food eaten, leaving food for other family members, saving money to help parents, and working or expressing the desire to work to help provide food for the family.

Themes

a) Child Accepts the Food Situation

Some mothers explained that because their children are aware of the situation, they do not demand things that are not affordable because they know that their parents will not be able to buy them so they suffice with what they have.

“Look, they are not stubborn. This is a good thing about them, that they are easily convinced. We made them understand that this is our situation as they can see.” A- 5

“When the child sees their parents are worried he will want to humor them.” M-6,7

“Even if there is no food, she doesn't say anything, she remains silent.” M-4,5

b) Child Manages with Whatever is Available

“When there is no food in the house, they would roll a piece of bread and eat it plain. It happens every week, all the time.” MJ-1

c) Child Feels Responsible Towards other Family Members

“let’s say we got a fish, a small one... my daughter would eat two bites and say I am full, please let my dad eat it or you finish my share.” A-3

“My son reduces his own food to leave for his other brother, on a daily basis.” MJ-4

d) Child Complains About the Food Situation

“She starts nagging all the time in front of me, she gets angry, “ I want to eat, I am hungry” she starts to shout “ I want to eat.”” H-2

“She tells me and she cries saying “I want to eat”. Imagine a child who did not eat enough at school and wants to come back home and eat something to feel full and doesn’t find anything. She starts crying.” M-8

e) Child Actively Tries to Help to Change the Situation

Some mothers commented that their children have developed a sense of responsibility because they can see and sense the fact that their parents are not doing well financially. According to some mothers, their children save money from their own allowance or money that they get from relatives to help their parents in their time of need. Others work or express the intent to work to support the family.

“She tells me -mommy, I want to save money to give you, so that you have money- she is constantly thinking about when she gets older and starts to work to offer me money.” M-4,5

“He tells me -when I finish school, find a job for me I want to work- I tell him -no, you are still young- but he wants to.... He gathers some things from the street and sells them.” M-9

“He likes to work. He tells me -I want to work- but I tell him- no- He is 9 years old. He keeps telling me -when I grow up I want to work and help you-” M-13,14

3. Maternal Perspective on Child’s Feelings over the Situation

According to maternal reports more than half of the children are aware of the presence of food insecurity in their household. This awareness is accompanied by an array of feelings such as frustration, anger, depression and heart break. Additionally, some mothers commented that these feelings are accompanied by comparing themselves to friends and relatives and inquiring about why they are less fortunate.

Themes

a) Feelings of Frustration

“Sometimes he asks me for things and I say “later”, I feel like he is heartbroken and says “why do you always tell me later?.” He starts crying immediately, he’s the type who will cry immediately. He starts saying” “you say no to everything, no to everything.” M-1

“Sometimes, she becomes so stubborn, she says: “I want to eat, it means I want to eat!” they start: “We want to eat, we don’t want to eat thyme every day, we don’t want to eat lentils every day; lentils and lentils and lentils.” H-1

“Mom I really want escalope”, so I reply: “I am unable to get it for you”, he starts to cry, “Why can’t you get it for me? My father is working”, so I have to tell him your dad is unable to finish his treatment and afford his medications.”” A-3

b) Feelings of Anger

“She gets tired and angry, she doesn’t nag but I feel that within her... She looks at other people, at how much for example her friend’s father is getting paid or why does her friend have a computer and she doesn’t.” A-3

“I feel that he feels bad. He is angry and his face is yellow.” M6-7

“Sometimes, they are angry and say “why do other kids wear nice clothes and eat and we cannot?” M-6,7

c) Questioning

“Yesterday for example, we were at his grandparent’s house; he was asking “why is this food available here but not at home?” He likes to eat this food but at home not at other people’s houses.” M-6,7

“He keeps asking “why do these people get to buy new clothes and eat and not us?”” M-6,7

“Why are we poor?” for example... “Why aren’t we like other people?” “Why don’t we have a car or a good house?”” m-10

“He feels down, he says “where is dad going to get us food from to feed us?” Q-1

4. Underlying Reasons for Food Insecurity

Mothers were not asked to explicitly mention the reasons for food insecurity in their household. However, through the course of the interviews and discussion of the household food situation, three possible underlying reasons were recurrent through the mothers' reports. Those included lack of employment, prioritization of health care and educational expenses.

Themes

a) Lack of Employment and Limited Salary

Fifteen out of twenty nine mothers reported that their experience of food insecurity stems from their husband's limited salary or his inability to find a stable job.

“My husband's salary is tight, I don't feel we are eating nutritious foods, I have a young girl who is 14 years and another boy who is 10 years, and they need food.” H-1

“We are in a very difficult situation, especially there are no jobs, sometimes he (husband) works, sometimes he doesn't and he doesn't know what to do, how to live, how to feed the children... I'm telling you, days passed by where I couldn't afford to buy anything, and there are many families whose case is similar, there are many families who can't even provide a bite or provide bread for their children.” M-3

“I cannot and my husband does not work. Their father is sick and is unable to work and buy food for them. I cannot provide them with bread what am I going to cook for them?!” M-10

b) Health Care Expenses

Five out of twenty nine mothers said that they have a lot of health care expenses due to a recent or chronic family members' illness.

“My case is that my husband is jobless because of his illness: every day in intensive care and insulin and medication and now his kidneys are about to stop working.”

“If my son asks for certain foods, I can’t afford to buy him what he asks for because I have medications, hospital expenses, and I have my daughter who needed blood transfusions for 6 months but now we stopped, thank God, and I have my son who has allergy in his body, and I am unable to take him to the doctor.” MJ-3

c) Educational Expenses

Five of the interviewed mothers commented that the most important thing for them is to provide a good education for their children to provide them with the opportunity to lead better lives in the future.

“I like them to get a good education, I tell them, “Get a good education so that what happens with us doesn’t happen with you”, and I work day and night to put them in private school, and I take money from me and my husband to provide a good education for them so that they become better than us.” J-4

“I don’t spend so much on food because we have health care expenses, school transportation, teacher fees; I’ve put a teacher for my son.” H-3

5. Maternal Perspective about Child Worry over Household Situation

Nine out of twenty nine mothers reported that their children worry about the household situation. Almost all of these mothers mentioned that their children are aware of the household situation due to their open communication. On the other hand, five mothers reported that their children do not feel worried; the reasons behind lack of worry were parental protection of children from reality of the situation, acceptance of the situation by the child, having faith in God and receiving help from relatives.

Themes

a) Child Worries about the Household Situation

“Yes, he goes crazy. You should see him when he doesn’t have money in his pocket or if he can’t find a 500 L.L coin, he would go crazy and start breaking things. He leaves the house and starts searching for steel on the ground to sell to workers who pass by in their pickups to buy steel. He saves and saves the money in order to buy food for me and his younger siblings.” MJ-4

“My daughter feels concerned, yes, she is very sensitive.” M-4,

“She feels worried because this is something that happens all the time to them; because they are not secure. There is always worry that there’s going to come a day when their father is not going to work to provide for them. They live it and they live in it always not only for periods of time and then they pass. This thing is always there.” M-8

“He worries a lot. Sometimes he does not talk to me but I can see he is frustrated because he cries; especially because he is very sensitive. He is worried and feels bad on the inside but he

does not always express his feelings. Sometimes he tells me
“mom is this going to be our case for a long time?”” M-6,7

b) Child Does not Worry

“No he doesn’t worry, my son copes with it through his
grandparents because he is a boy, and he is the first grandkid,
so whatever he wants, he tells his grandmother.” M-4,5

“No they do not worry, they do not understand. I never felt
that way. They are convinced with what they have. They are
not demanding.” A-7

“No they don’t get concerned; they say “God will give us
patience.”” MJ-1

6. Maternal Handling of Child Complaints and Worrying

Different responses were observed when mothers talked about how they deal with their child’s complaints or worry over the household situation. Some mothers chose to discuss the reality of the situation (four out of twenty nine), others advised them to remain patient and trust in God (six out of twenty nine). On the other hand, two mothers commented that they avoid confrontation and make up excuses for not being able provide the child with what they want. One mother said that she loses control and gets angry.

Themes

Some of the mothers chose to openly discuss the household situation and those whose children are well aware of the circumstances have reported that they choose to respond to their children’s concerns or complaints by explicitly stating that they do not have money or asking them to remain patient.

a) Ask them to have patience

“When they ask for something, I tell them, “By God’s will, when I get money I will get you what you want”. Whenever anyone asks for something at home, my youngest daughter repeats the same sentence, it has become a routine.” H-4

“I tell her: you have to be patient, now that you are mature and aware, you have to be patient, think about how to get a good education and start working.”M-3

“I tell her I did not get any jobs today so be patient and she is. I tell her sometimes I do not have money to buy this food for you; be patient when I work I will get it” M-4,5

b) Openly Discuss the Reality of the Household Situation

“We tell them we do not have money to get food so they remain patient.” MJ-1

“I tell her sometimes I do not have money to buy this food for you; be patient when I work I will get it for you.” M-4,5

“This is what we have; if you want to eat, then eat, if not, go to bed without eating. Honestly, because I am very stressed and they increase this stress.” M-6,7

c) Make Up Excuses or Lie

“I would tell them: your dad is busy today, he can’t grill the meat, wait till next time.” J-4

“I tell her: be patient tomorrow when your dad gets money I’ll get you everything I

invent anything so that they shut up.”

One mother reported that she sometimes cannot help but lose control due to the pressure she is in:

“I spill out my anger on him and I blame myself and then I apologize to him. I always scream at him, I become angry from the most trivial thing, and then I think that it’s because of the stress that I have and it’s not his fault but I think both of us need a doctor.” M-1

7. Maternal Perspective on Child’s Feelings of Hunger

Most of the mothers reported that their children feel hungry at school. However, justifications for this included: high metabolism, playing and reading a lot at school as well as not having an appetite. Some of the mothers related this hunger feeling to more profound reasons such as lack of desired foods, food unavailability at home, small portions eaten at school and insufficient pocket money.

“He feels hungry because there isn’t the food that he likes. So he does not eat. I am unable to provide him with the food that he wants so he doesn’t eat. If the food that he likes is available he will eat.”M-6,7

“She would be hungry because there is nothing at home to eat... She likes everything, even if I prepare for her toasted bread or salad she eats and says nothing, but the problem is that there is not food available in the house.” H-1

“I don’t send enough food with him to school. I only make him half a loaf; what does half a loaf do? It doesn’t do anything for him so he will get hungry.” H-3

“I know why he feels hungry honestly, if I could afford giving him 3000LL he would be able to buy a man2oushe and buy more things but all I can give him is 1000LL.” M-9

“Honestly, sometimes he asks me for 1,500 L.L , sometimes I am able to give him and he buys a cheese man2ouch, but I tell him that I can’t give it to him every day because sometimes I can’t even afford giving him a 1000L.L, so I can’t make him used to something that I will no longer afford to do later on.” J-3

This situation has led to some mothers feeling heart broken and depressed because they are unable to satisfy their children’s needs and wishes.

“I become heart broken and unwell, I feel down because my children are hungry and I can’t do anything, I feel down. I feel I’m suffocated, I just wish I can go out and work anything just not to let my children require people’s help , or make my children sad.” H-3

“Its’ true that she feels heartbroken because her child asked for something and the mother wasn’t able to fulfill it in the same moment, you feel so down and teased.” A-4

8. Maternal Worry about Lack of Food

Almost all of the interviewed mothers shared feelings of worry over lack of food in the household. This concern originates from the husbands’ employment status. Some mothers reported that often times their husband is out of work due to medical reasons or seasonal factors in which certain job types are halted. Many of the mothers commented that

the unstable job situation and the lack of a steady income has created the need to resort to other strategies such as borrowing money, buying cheaper foods and reducing the amount of food consumed to make sure it suffices.

“Every day, every day I worry because my husband doesn’t have a salary, he is self-employed and there isn’t any work opportunities lately and he is sick, he can’t go. “ A-3

“Always, every day; I sleep and wake up every day feeling worried, I think ahead of time about what to cook the following day, what does 10,000 L.L do for me? My brain is hurting because of how much I am thinking. I worry not only about food, about everything.” A-5

“I am always concerned because of low income and there’s no one to help us, now come to my house, I don’t have 1 kg rice or sugar, take a look at my fridge, I removed the electric wire because it’s empty, there is absolutely nothing in it.” H-1

“My husband only works and we spend and if he doesn’t work, I borrow from the shop, my debt is 1,000,000 L.L since there is no work in winter and my husband is sick he can’t work every day he has a so he can’t work every day plus he can’t see properly as he has eye problems.” Maa-5

B. Part Two: Children's Experience of Food Insecurity

1. Children's Perspective of Food Insecurity

Children's perspective of food insecurity manifested in 3 main categories the cognitive, emotional and physical.

a) Cognitive Awareness of Food Insecurity

Themes

i. Importance of Father's Salary

Some of the children interviewed related times of food scarcity to their father's salary. Some children were well aware that there are vulnerable days towards the end of the month when their family cannot buy food supplies because the bread winner of the family- the father in most of the cases, has not gotten his salary yet.

“When my father goes to work and he has not gotten his salary yet, the fridge is empty.” 11 year old girl

“There isn't any food in the house because we do not have money.” 9 year old boy

ii. Value of Money

Some children were also aware of the value of money. In most of the interviews, children reported that they buy certain food stuffs that are not very expensive because they cannot afford the alternative. Some of them shared their unwillingness to buy any food from the kiosk at school because it is too expensive and they would rather buy from a market close by their homes so that they can save some money.

“Yes, sometimes I buy food from there but not every day so that I have some money left.”

“I do not buy anything from the kiosk at school because it is all expensive there.” 12 year old

iii. Receiving help from friends and relatives

Some children mentioned that if there isn't food available at home or if they feel hungry, their parents borrow food from the market or from a relative. In addition, a few said that they go to their grandparent's house to eat there.

“Sometimes when we don't have food we borrow money from [my] uncle....”
Unknown age boy

“If there isn't food in the fridge, I go to my grandmother's and I tell her to make me a Labneh or cheese sandwich.” 9 year old male

“My grandfather tells my mother “go get food for your children on my account.” 10 year old girl

“When we go to the village we eat there. My aunt there she gets us everything. She doesn't deprive us of anything but we tell her "don't do anything" but she does it. She loves us a lot.” 12 year old girl

b) Emotional Awareness

Themes

i. Tense Home Environment and Parental Stress

There were some children who reported a tense home environment due to the lack of food. Some of the parents cannot hide their worry over not being able to provide food for the family and children are aware of this fact and can pick up on these feelings.

“He is worried about us... I know from his face that he is crushed.” 11 year old girl

“The house is very loud, they shout a lot... There is not any food, nothing and we are hungry.” 11 year old boy

“There isn’t any money. I don’t know I feel that she is a little bit angry and doesn’t talk to anyone... My father is also angry and his eyes are very red and if anyone annoys him in anything he shouts.” Girl

On the other hand, some parents try to shield their children by not getting them involved in the matter; although some parents successfully hide their concern, others are unable to.

“They go to the room and start talking with low voices...I can hear them talking about what they are going to feed us.” 9 year old girl

ii. Child Feelings Over the Situation

When asked if they felt worried because of lack of food in the last 12 months, most of the children said “no”; however, some of the children revealed feelings of anxiety over not being able to eat.

“I worry if we do not have enough food... I feel frustrated.” 11 year old girl

“I feel sad and wonder what I am going to eat?!”
11 year old girl

“I worry if we do not have enough food. I worry when the food isn’t enough. I worry.”
11 year old girl

In addition, some children showed concern over their siblings not being able to eat enough food.

“I worry because I want my siblings to eat and my mother.” 12 year old girl

“I have to endure it. My siblings are hungry, they start crying and my mom feels bad... I feel bad for my younger siblings.” Unknown age- boy

c) Physical Awareness

Almost all of the children interviewed reported physical awareness of hunger which manifested in stomach aches, headaches, tiredness, inability to concentrate at school and dizziness. Some of the children described it as “just feeling hungry and having the urge to eat” and only one child was unable to express how she felt.

“I feel like my stomach is going inside my body.”
9 year old boy

“My stomach hurts. If I don’t eat I feel dizzy and I can’t see anyone in front of me.” 10 year old boy

“I feel tired and have a headache. My stomach hurts and feels empty.” 11 year old boy

“My stomach hurts a lot and I can’t concentrate anymore. Sometimes I feel nauseated.” 11 year old girl

In addition, some of the children reported never feeling hungry at school (thirteen out of thirty seven) while others reported that they do feel hungry occasionally (twenty four out of thirty seven).

“Yes, I do feel hungry at school. Sometimes not a lot I mean. Sometimes the sandwich is not enough. I tell my mom the second day to make a bigger one for me and she does.” 8 year old girl

“Yes, sometimes after eating the sandwich I don’t feel full and it’s done. So I feel hungry and when I go home I eat.” 12 year old girl

“Yes, I feel hungry a lot at school. Sometimes I am worried that I will not be able to eat until I am full.” 8 year old boy

One child reported feeling hungry quite frequently.

“There isn’t any food, nothing; and we are hungry. I feel hungry every day.” 11 year old boy

2. Children's Coping Mechanisms when Food is Lacking

Children reported a range of behaviors that reflected the coping mechanisms used when food is scarce. Sometimes, children would decrease the quantity of food consumed to leave some for other family members. Other children showed a sense of responsibility by prioritizing younger siblings, there were also children who reported sharing their own food. In addition, some children stated that they took responsibility for managing the household food situation by generating more resources themselves. These strategies included saving money from their own allowance to give to their parents in their time of need or buying food supplies themselves; in other instances, some children stated that they help their father at work or work on their own to generate more money for their families.

Themes

a) Prioritize Younger Siblings

“I let all my siblings eat and when they are done I eat whatever is left.” 10 year old boy

b) Share Their Own Portion

“If there isn't any food, there's only 2 plates... my other brother didn't take any plate so I let him eat with me.” 8 year old girl

“I don't eat without my brother and my mom. I cannot eat without them. For example if I buy chocolate or chips I always offer them some.” 12 year old girl

c) Save Money

“I save up some money and when we had nothing at home, I gave my mother 15,000 LL and I told her to buy us some food.” Boy

“Sometimes when my dad doesn’t have money and I have some in my piggy bank, I give him.”
11 year old girl

d) Work

“I worked because we did not have food in the house. When I have a day off, I go work, and get food myself to help my family.” 11 year old boy

“Sometimes my father asks us to go one by one if he doesn’t have workers.” 11.5 year old boy

e) Manage With Whatever is Available at Home

Fifteen out of thirty seven children reported that sometimes they do not find anything to eat at home and when this happens they eat whatever is available.

Three children stated that they go to the market and buy anything to eat, one child reported that he goes to sleep while four commented that it never happened that there was not any food available at home.

“I go and make a sandwich. I eat from lunch food. Sometimes we eat cheese at lunch. I do whatever, I told you that I like martadella [processed meat] but we have to eat whatever, like cheese.” 8 year old girl

“Yes, it happened that I didn't find anything to eat at home. I took a 1000LL from my mother and went

and bought 2 cakes and a bottle of juice... She didn't make us food because we don't have any money, because no one is working." 11 year old boy

"When I am hungry, there's food and sometimes there's no food and my mom makes me. I don't know what she makes me. She doesn't make me anything, I wait for the next day or she directly feeds me eggs." 11 year old boy

"If there isn't any food I do not eat, I drink water. Yes, I feel hungry. If there isn't any food, there is cucumber and stuff, we make salad." 9 year old boy

"I tell my mom I'm hungry and I go to sleep. If I stay hungry I tell my mom I'm hungry I can't anymore. So my mom goes to the market gets yogurt and she makes yogurt and rice." Unknown age boy

Interestingly, five children reported that their mother is unable to cook if she is sick or tired; hence, they manage with whatever is available at home or buy sandwiches.

"No, it never happened that I was hungry and didn't find anything to eat; even if the fridge is empty, I never feel that way... Only when my mom is sick we buy sandwiches, because my mom is unable to cook." Unknown boy

"If my mom doesn't cook I eat anything. When she's tired she doesn't cook. It doesn't happen a lot." 8 year old girl

3. Child's Perception of Parental Experience of Food Insecurity

When asked if they feel that their mother is worried over not being able to cook any meal that day, thirteen out of thirty three expressed that they do sense that and relate this feeling mainly to the lack of money while twenty children replied that they never felt that way; however, seven out of the twenty who responded “no” went on by explaining what happens if there isn't any food in the house.

Themes

a) Child Feels That Their Parents Are Concerned

“I do feel they are worried, I don't know because there isn't any money. It happens every one to two months.” 11 year old girl

“They are very worried and there isn't any food in the house.” 11 year old boy

“I have felt that they are worried. All of the food is finished. The food is gone” 9 year old boy

b) Child does not Feel They Are Concerned

“No, sometimes she doesn't cook so she fries some eggs for us but we ask her, how is this going to make us full? ... I don't know my mom doesn't have food prepared I don't know.” 11 year old girl

“No, but once for example, my mom was in the village because my grandmother was sick and I had exams and my dad doesn't know how to make food. We had food in the fridge, but we went to have lunch outside because euh euh there wasn't any food, euh euh, there was food in the fridge but my dad doesn't know how to cook” Boy

“No, if it happens we go have lunch at my grandparents’ house or something.” 10.5 year old girl

4. Child’s Feelings over Parental Experience

Themes

When asked how they feel when their parents are worried about lack of food

a) Sympathy

“I feel bad for my mother because she is very stressed” 11 year old

“I feel bad for them because they gave birth to us and they want to get us food.” 12 year old girl

b) Protection

One 11 year old boy was very protective of his parents; when asked if he ever went to bed while hungry he replied;

“I feel empty when I go to sleep without eating, even though my mother does not deprive me of anything or my father... My mother doesn’t leave me. She wakes me up to feed me.”

C. Part Three: Comparison between Maternal and Child Reports

1. Children are Aware (Maternal Perspective) vs. Awareness of Parental Concern by Children

Children were not explicitly asked about awareness of household situation; however, developed themes (such as; understanding the importance of the father's salary and value of money, worry about siblings not being able to eat, remarks on household environment, and working or saving money to help parents in their time of need) serve as indicators of child awareness. Individual child reports were analyzed and a "single report" on one of the themes mentioned was considered an indication of child awareness. Comparisons between mother-child dyads produced the following observations. Twenty three out of twenty nine mothers commented that their children are well aware of the situation while four out of twenty nine reported that their children are not. On the other hand, twenty one out of thirty seven children were aware of the situation based on affirmation on one or more of the developed themes and thirteen out of thirty seven were unaware (there were three children who did not have any comments on any of the indicators).

Eighteen out of twenty nine mother-child dyads reports were in agreement (fifteen on presence of awareness.) Conversely, there were nine disagreements and in almost all of the cases, mothers commented that their children are aware while children were not. Interestingly, five of the eight sibling pairs differed in terms of awareness.

Table 1 Examples of mother child dyad agreements and discordances

Mother	Child
<p>“My children are living in the conditions that I am living in; nothing is hidden from them. I live in one room so there is nowhere else for me and my husband to talk in private. This room is everything. So unconsciously you fight with him because he did not generate any money... My children are aware of the situation that’s why they talk to their dad and judge him for not providing them with food.”</p>	<p>“My mother does not cook sometimes because she does not have money.”</p>
<p>“Yes, they know that their father doesn’t have money.” Mother</p>	<p>“Sometimes my dad doesn’t have money and we have we make something at home. He is worried about us and doesn’t have money.”</p>
<p>“I think they don’t know because we don’t make them sense that.”</p>	<p>“Sometimes I buy from the kiosk not every day so that the money lasts because if there isn’t food in the house, we cannot go get because we also don’t have a lot of money.”</p>

2. Parental Perspective on Child worry over Household Situation vs. Child’s Reports on Worry over Lack of Food:

A comparison was done between sixteen mothers and their children (twenty four- eight of which are sibling pairs). Nine out of sixteen mothers reported that their children worry about the household situation and seven mothers reported that their children do not feel worried. On the other hand, seven out of the twenty four children

commented that they feel worried whereas seventeen said that they do not feel that way.

When mother-child pair reports were compared, six discrepancies were apparent between the dyad reports and in most of the cases (five), mothers were affirming a feeling of concern by the child while the child denied its existence; however, ten of the mother-child dyads had similar replies (seven no, three yes). Moreover, almost all of the mothers (except one) who reported their children do not worry had children who affirmed their answer. When sibling pairs were compared, three discrepancies were observed. In two of the cases, it was the older sibling who denied feeling worried.

“He feels worried a lot. Sometimes he does not talk to me but I can see he is frustrated because he cries... Yes, he is worried and feels bad on the inside but he does not always express his feelings.” Mother 6,7

“It never happened with me. If there isn’t any food, I eat one plate and then I feel hungry again and eat again.” Child 6,7

“Yes, he worries. He asks me: “why are we poor?” for example; “why aren’t we like other people?” “why don’t we have a car or a good house?” Mother 10

“These thoughts don’t cross my mind.” Child-10

3. Child’s Feelings over the Situation- Maternal and Child Perceptions

Mothers were much more expressive when it came to how their children feel because of the household situation. Mothers mentioned feelings of anger, frustration, sadness, worry and jealousy over not being able to buy or eat what they desire.

Although some children expressed feelings of worry; however, a few of them expressed emotions like those described by the mothers.

4. Maternal worry about Household situation vs. child's opinion on parental worry over lack of food

Almost all of the mothers expressed feelings of worry about the household food situation. On the other hand, children's reports were divided; thirteen out of thirty three (three did not provide answers) said they sense worry by their parents and twenty commented that they do not feel that way.

When mother-child reports were compared, nineteen disagreements and eight agreements were observed; two pairs were excluded because the children did not provide answers. In almost all of the disagreeing cases (excluding two), mothers said "yes" while children denied. In addition, of the eight sibling pairs, six pairs disagreed, and one responded similarly (one pair was excluded because children did not provide an answer). Interestingly, in all of the sibling pairs, the child who replied "no" to the question was the older sibling.

"Every day, every day I worry because my husband doesn't have a salary, he is self-employed and there isn't any work opportunities lately and he is sick, he can't go." Mother A3

"No, my mom cooks every day" child A3

"I feel worried because there isn't enough food at home when we do not have money to get what they want. That's why I feel worried."
Mother 4,5

"No we always have food." Child 4,5

“Yes, sometimes.” Child 4,5

“Yes, it happens a lot; every day. We have no financial abilities, because we don’t have money.” Mother M2

“Yes. I don’t know because there isn’t any money. It happens every one to two months.”
Child M2

5. Maternal perspective on child hunger vs child’s reporting of hunger

Twenty four out of thirty seven children reported that they do feel hungry at school; however, three of them mentioned that they do because they do not feel full after eating their sandwich. Thirteen children said that they do not feel hungry at school.

Moreover, twenty eight mother-child dyads were compared on reports of hunger by the child (one was removed due to lack of an answer by the mother). Twenty six out of the twenty eight pairs agreed on feelings of hunger or lack of it. Most of the agreements were on the presence of hunger feeling however not for significant reasons such as the food not being enough.

“No she does not feel hungry at school, I give her half a loaf and cut it in half for her; she eats the half before the bell rings at 8:00 a.m and she eats the other half during the recess at 10:30 a.m.”
Mother A2

“Yes, I do feel hungry at school. Sometimes not a lot I mean. Sometimes the sandwich is not enough.” Child A2

“Yes, she comes sometimes to me and says that she is hungry.” Mother M3

“It depends on the recess that they give us, before an hour of the recess I feel a bit hungry.” Child M3

6. Maternal reports on child coping mechanism vs. child reports on their coping mechanism:

Maternal and child reports on coping mechanisms were similar. Strategies mentioned included accepting the situation by not being very demanding, saving money to provide help when needed, expressing an intention to work or working to help improve the household situation as well as sharing food and cutting amount of food consumed. It should be noted that, in some instances, when mother-child dyad reports were compared, the reported mechanisms were not the same. Additionally, there were nine cases where mothers did not report any coping strategies while children reported strategies like sharing food, not asking for food even if not full, relying on relatives, saving money and working.

CHAPTER IV

DISCUSSION

A. Communication and Awareness

The study showed that the majority of mothers choose to openly discuss the household food situation with their children. On the other hand, some mothers avoid involving their children to protect them from any distress as they believe their children should not be held responsible. Although it is a sensitive issue; however, some mothers explained that their children are living in this situation and it is necessary that they are aware of it; some also explained that children are aware of the household state because they live under the same roof, and often times the same room, so it is not possible to hide the situation from them. This is consistent with results by Fram *et al.* (2011) which found that parents differed in their communication regarding food insecurity. While some parents openly discuss the situation with their children, others choose not to involve them in this matter. On the other hand, a study which examined the communication between parents and children about maternal breast cancer showed that in general, parents avoid communication with their children to reduce or control the difficulties they may face (Barnes *et al.* 2000).

Almost all of the mothers reported that their children are aware of the household situation. In addition, reports by children on matters such as salary importance, stressful home environment and feelings of worry indicated that they have had some experiences of food insecurity; Connell *et al.* (2005) described children's reports of adult behaviors and responses associated with food insecurity. Findings showed that children are

perceptive to parental stress during periods of food lack and their tendency to hide the situation to protect the children. Children in this study experienced similar episodes of parental distress; some children described their parents as angry, crushed and worried over not being able to provide food for them.

Maternal reports on child awareness of the presence of food insecurity in their households, revealed reasons such as household structure and environment, their own behaviors during times of lack such as being worried, the inability to provide children with what they ask for and comparison with other friends and relatives. Hence, it seems that in some cases, it is inevitable for the child to be aware.

However, discrepancies were observed in some of the mother-child dyad reports where mothers commented that their children are aware of parental concern while children were not perceived as being “aware.” Additionally, when mother-child pair reports on worry due to limited food resources were compared, it was observed that more than half of the mothers reported that their children worry while more than half of the children reported that they do not feel worried. It could be concluded here that either mothers tend to over report “awareness” and feelings of worry by the child or the child is not sharing his/her “true” experience.

B. Perceptions, Feelings and Coping Mechanisms:

In line with the literature, it was observed that children’s perspective of food insecurity manifested in three categories, cognitive, emotional and physical awareness (Connell *et al.* 2005 and Fram *et al.* 2011). Cognitive awareness is observed in the child’s understanding of the value of money and the importance of the father’s salary.

Additionally, children acknowledge the need to borrow food or money from friends or relatives to provide for the family. Emotional awareness was apparent in their comments about a tense home environment and parental stress when food is lacking as well as the expression of worry over lack of food and concern towards other family members. Finally, physical awareness manifested through the experience of stomach aches, tiredness, headaches and an inability to concentrate at school.

Reports by some of the mothers reinforced this awareness by children as more than half stated that children are aware of the situation and this has manifested in feelings of anger, frustration, heart break and questioning. In addition, some women commented that their children experience worry regarding food. Fram *et al.* (2011) reported similar findings on how the experience of food insecurity manifested through children's reports.

In general, mothers were more prepared to talk about the household food situation and how it has affected family members. Although children were encouraged to openly voice their experiences and feelings, few were willing to cooperate. It was obvious through the course of the interviews that children were more guarded and reserved.

Interestingly, when comparisons were done between sibling reports on the issue of worry, whether by their parents or themselves, findings revealed that older siblings were more likely to deny these feelings. This might be explained by the fact that older children (ages 11-12 years) might be more conscious hence they tended to be more protective of their family and were less willing to collaborate on issues that are culturally considered very private.

In many of the cases, it appeared that children understood the nature of the topic and how sensitive it is; this was apparent through nonverbal cues. At the beginning of the interviews, some children were more relaxed; however, once sensitive questions were being asked, changes in their posture and facial expressions were observed; thus, it seemed that some of the children did not want to share their actual experiences.

This might be explained by the child's loyalty to their parents. In the Arab world, the family structure is much more rigid and highly emphasized in comparison to the West (Hammad *et al.* 1999). The feeling of kinship is so strong that bringing shame to the family through a bad action does not only disrepute the individual but the whole family (Hammad *et al.* 1999). This outlook is ingrained in a child's mind once they are conscious; thus, although strict confidentiality has been stressed, it is expected that a child might be discouraged to openly share their personal experiences about such a sensitive matter especially with an outsider.

Moreover, while mother's recounting of children's feelings during circumstances of food lack were very detailed, children did not mention the same emotions. Mothers talked about feelings of anger, frustration and questioning which were rarely stated during child interviews. Some children expressed feelings of worry, but they were unable or unwilling to describe more profound emotions. A qualitative study conducted by Jensen *et al.* (2005) examined disclosures by children regarding sexual abuse and found that children are very sensitive about adult feelings and thoughts. This is in line with our findings particularly as food insecurity is a sensitive topic, it is therefore likely that children tended to empathize with and protect their parents; for example, some children mentioned that they have felt hungry but then explained that their parents would never leave them without food.

Several studies have found that primary care givers established various strategies for coping during times of food lack; these include limiting portion sizes, eating less preferred foods, borrowing food or money to buy food and skipping meals (Maxwell, 1996 and Theron *et al.* 2006).

Primary care giver's coping mechanisms may reflect child strategies since they live under the same conditions. Bandura argues that children who are capable of reasoning observe adults and selectively mimic their behaviors. He defined this as modeling and observational learning (Bandura and McClelland, 1977). In this study, mother and child reports on coping mechanisms, utilized by the child, were very similar. Children reported numerous behaviors which reflected taking responsibility such as decreasing the quantity of food consumed, prioritizing younger siblings, sharing their food and eating whatever is available. Furthermore, other children took responsibility for generating more resources by saving money and working. Similar coping mechanisms were reported by Fram *et al.* (2011) who found that children create their own strategies to manage when food is limited. These strategies included stretching food resources, bringing food from relatives or friends, asking family members to borrow food and working to help parents.

This is also consistent with results from a qualitative study done by Dammann *et al.* (2010) which revealed that children manage by eating whatever is available at home and eating at friend's houses. Connell *et al.* (2005) came to similar conclusions where children adopted behaviors such as eating less and sharing food to cope with periods of food lack.

Reasons for food insecurity reported by mothers included low income, unstable jobs as well as medical and educational expenses. The literature shows that food insecurity is more likely to occur in low income families (Huang *et al.* 2010). In addition, many mothers explained that other demands such as health care expenses and school tuition fees create a burden. Huang *et al.* found that competing demands such as health and educational expenses force some households to make tradeoffs between food and these needs (Huang *et al.* 2010). Many of the mothers explained that they prioritize spending on education rather than on food because by this, they are improving their children's chances of a better future.

Strengths and Limitations:

One of the most important strengths of this study is that it addresses a gap in understanding children's own experiences of food insecurity which has not been examined before in the Lebanese population. In addition, interviews were conducted by researchers who are trained in qualitative research methods. The study conducted by Nalty *et al.* (2013) for example utilized "promotoras" who are certified community health workers residing in the community. Granted this might be a strength on their part because it is easier to establish trust with the children; however, if this kind of research is to be done on a larger scale, it might not be feasible to recruit social workers who are not usually experienced in qualitative interviewing, in our context.

Despite the strengths of the study, there are limitations. First, it has a small sample size. Unlike quantitative research which aims to generalize findings to the whole population, qualitative research includes the development of themes which aim to describe and explain certain social phenomena exclusive to a certain sample of

participants. Second, Arab children are not very outspoken and discussing sensitive family issues with strangers is not common practice. This created an obstacle given that there was not enough time to establish rapport with the children. This problem became apparent when some children did not open up and even became defensive when certain questions were asked.

Third, interviews were carried out in the dispensaries and not in the participant's homes. This might have created additional barriers if children did not feel comfortable enough to express their thoughts freely in that environment. Fourth, subjectivity can be considered a limitation of qualitative research because it involves understanding the experiences of people through their own narratives and these could be interpreted differently by different researcher; thus, this might increase the chances of bias in explaining and analyzing the results. Finally, interviews were conducted in Arabic and then translated to English; thus, certain words might lose their actual meaning through this process.

CHAPTER V

CONCLUSION

There is limited research in the literature which focuses on children's experiences of food insecurity as the main focus has been on parental reports. However, there is a recent move in the literature to explore individual reports (FAO, 2013).

This study gives us first insights on children's experiences of food. Findings revealed that most children are aware of the presence of food insecurity in their household and are able to report on their experiences. Interviews with children have introduced a full range of child experiences of food insecurity which included health, social and psychological manifestations.

Children's experiences of food insecurity manifested in three categories which included: cognitive, emotional and physical dimensions. Their reporting of issues such as stressful home environments, importance of the father's salary, instances of hunger, and feelings of worry over the household situation indicated that they have had experiences of food insecurity.

Moreover, findings of this study showed that mothers were more prepared to discuss their household situation while children were more reserved. In addition, discrepancies between sibling reports revealed that younger children were more willing to share their experiences with food insecurity.

While there were some discrepancies on matters such as awareness of the existence of food insecurity, mothers and children reported similar coping strategies

which included, bringing food from relatives or friends, asking family members to borrow food and stretching food resources.

Findings from this study reveal a need for future research to consider both age and gender differences while examining the nutritional and psychological effects of food insecurity. Results from this study showed that there might be differential gender experiences of food insecurity, within the same household, based on maternal reports. In addition, age differences can create discrepancies in reporting food insecurity where younger children tend to report more food insecurity than their older siblings.

Examining children's own perceptions of food insecurity and how they deal with this issue on a daily basis is important to identify the most appropriate mechanisms to target child food insecurity. In this study, we were able to define the various components of child food insecurity and cover awareness of food insecurity as well as coping strategies that are used in periods of hardship. These components could be used to develop a well-grounded tool that can measure food insecurity in children in Lebanon which will provide child-specific insights for intervention.

APPENDIX A

Maternal Interview Guide

الأسئلة أدناه مكتوبة باللغة العربية ولكن سيتم طرح السؤال باللغة العامة (المدونة بالأحمر)

أ. مفهوم الأمن الغذائي:

يقوم مؤتمر القمة العالمي للغذاء لعام 1996 بتعريف الأمن الغذائي على النحو المحدد "عندما يتمتع البشر كافة في جميع الأوقات من الحصول على الأطعمة الكافية والأمنة والمغذية للحفاظ على حياة صحية ونشطة".

١. هل يمكن أن نخبرينا عن تجارب الأمن الغذائي في مجتمعك؟

(دقق: كيف واجهوا هذه الحالة؟ تغيير في الكمية/النوعية؟ ما هي الأسباب؟)

فيكي نخبرينا عن تجارب الأمن الغذائي بمجتمعك؟

(دقق: كيف يواجهون هدي الحالة؟ بغيروا الكمية ول نوعية؟ شو الأسباب؟)

٢. ماذا تفعلون حيال ذلك؟

(دقق: آلية التعامل)

شو بتعملو بهيك وضع؟

(دقق: آلية التعامل)

ب. اسئلة عن الابنة / الابن:

١. سؤال لإفتتاح المقابلة:

ما هي وجبة ابنك/ ابنتك المفضلة؟ هل غالباً ما يأكلها/تأكلها؟

شو أطيب أكلة عندابنك/بنتك؟ كل أدي بياكلها/بتاكلها؟

٢. سؤال إنتقالي:

حدثني/حدثيني عن نوع الغذاء الذي تأكله/ يأكله ابنك/ ابنتك أولاً في النهار؟

(نبحث: أين يأكله / تأكله؟ هل في المنزل، عند الجيران، أو عند الأقرباء؟ هل يتناولها/ تتناوله يومياً؟ هل يشعر/تشعر بالجوع في المدرسة؟ أحياناً؟ غالباً؟ متى؟ لماذا يجوع/تجوع؟)

خبرني/خبريني عن أول شي بياكله/بتاكله ابنك/بنتك بالنهار؟

(نبحث: وين بياكله/بتاكله؟ بياكل/بتاكل بالبيت، عند الجيران أو عند القراب؟ بياكل/بتاكل نفس الشي كل يوم؟ بيجوع/بتجوع بالمدرسة؟ كل أدي؟ أي متى؟ ليش بيجوع/بتجوع؟)

٣. سؤال عن الأمن الغذائي:

بما يشعر/تشعر ابنك/ ابنتك عندما يجوع /تجوع؟

(نبحث: هل يشعر/تشعر غالباً بهذا؟ ماذا كان يحصل عندما كان/كانت يجوع /تجوع؟ لم حصل ذلك؟)

شو بحس/بتحس ابنك/بنتك بس يجوع/تجوع؟

(نبحث: كل أدي بحس/بتحس هيدا الشعور؟ شو صار اخر مرة كان/كانت جو عان/جو عاني؟ ليش صار هيك؟)

٤. سؤال عن الأمن الغذائي:

حدثني/ حدثيني عن المرة الأخيرة التي شعرت عائلتك بالقلق حول فكرة عدم توافر الطعام الكافي في المنزل.

(نبحث: لماذا قلقتم؟ متى تشعرون بالقلق؟ غالباً؟ ماذا تقولون لابنك/ابنتك؟ ماذا تعملون في هذه الحالة؟)

خبرني/خبريني عن آخر مرة عيلتك كنت عطلانة هم ما يكون في أكل كفاية بالبيت؟

(نبحث: ليش عطلتم؟ ايمتى بتصير بالعادة؟ كل أدي؟ شو بتقولوا لابنك/بنتك؟ شو بتعملوا؟)

٥. سؤال عن الأمن الغذائي:

حدثني/ حدثيني عن المرة الأخيرة التي قلق/قلق ابنتك/ ابنتك من ألا يأكل/تأكل الكمية الكافية.

(نبحث: لماذا قلق/قلقتم؟ متى يشعر/تشعر بهذا القلق؟ ماذا يحصل في المنزل عندما يشعر/تشعر بالقلق؟ مما يقلق/تقلق؟)

خبرني/خبريني عن آخر مرة كان ابنك/بنتك عطلان/ عطلانة هم ما ياكل/تاكل كفاية

(نبحث: ليش بيعطل/بتعطل هم؟ اي متى بتصير؟ شو يكون عم بصير بالبيت وقتا بيعتل/بتعتل هم؟ من شو بيعتل/بتعتل هم؟)

٦. سؤال عن الأمن الغذائي:

هل قمت/قمتي بعمل ما لمساعدة عائلتك للحصول على طعام أكثر؟

(نبحث: ماذا فعلت/فعلتي؟ هل تقوم بهذا العمل غالباً؟ أحياناً؟)

عمل/عملت شي ابنك/بنتك كرمال يساعد/تساعد العيلة تحصل على أكل أكثر؟

(نبحث: شو بتعمل/بيعمل؟ كل أدي؟)

ج. إستمارة عن الأمن الغذائي في الأسرة اللبنانية

HFSQ1 ما هو عدد الأشخاص المقيمين في المنزل؟

ما هو عدد الأشخاص الذين عمرهم دون ال-١٨؟

كم شخص انتوا عايشين بالبيت؟

كم ولد في تحت ال-١٨؟

HFSQ2 ما هو الدخل الشهري المقدر في أسرتك؟

أدي تقريباً مدخول البيت بالشهر؟

HFSQ3 ما هو المبلغ من المال الذي تنفقه أسرتك على الغذاء شهرياً؟

أدي تقريباً بتدفعوا مساري عل أكل بالشهر ؟

HFSQ4 كم هو عدد الوجبات التي تتناولها أسرتك يومياً؟

١	٢	٣	٤	٥	٦
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كم مرة بتكلو بالنهار، إذا حسبتني الوقعة الاساسيه ول مش اساسيه؟

HFSQ5 خلال السنة الماضية ، هل أمضيت، أو أي فرد آخر في أسرتك، يوماً كاملاً من دون تناول الطعام، أو خلدت إلى السرير جائعاً لأنه لم يكن هناك ما يكفي من الغذاء؟

بالسنه يلي مرات في شي شخص فوق ال-١٨ ما أكل لنهار كامل أو نام جوعان لأنو ما كن في أكل بكفه؟

1. نعم، كل شهر تقريباً
2. نعم، في بعض الأشهر، ولكن ليس كل شهر
3. نعم، في شهر أو شهرين
4. أبداً
5. لا أعرف / رفض الاجابة

HFSQ6 خلال السنة الماضية ، هل تخليت، أو أي فرد آخر في أسرتك، عن وجبة لأنه لم يكن هناك ما يكفي من الطعام؟

بالسنه يلي مرات، في شي شخص فوق ال-١٨ من البيت أفا وجبه لأنو ما كان في أكل بكفي؟

1. نعم، كل شهر تقريباً
2. نعم، في بعض الأشهر، ولكن ليس كل شهر
3. نعم، في شهر أو شهرين

4. أبداً
5. لا أعرف / رفض الاجابة

HFSQ7 خلال السنة الماضية ، هل خففت أنت أو أحد من أفراد أسرتك من كمية الطعام لأنه لم يكن هناك ما يكفي من الطعام؟

بالسنه يلي مرأت، في شي شخص فوق ال-١٨ من البيت ألل من حجم الوجبه لأنو ما كان في أكل بكفي؟

- 1 . نعم، كل شهر تقريبا
2. نعم، في بعض الأشهر، ولكن ليس كل شهر
3. نعم، في شهر أو شهرين
4. أبداً
5. لا أعرف / رفض الاجابة

HFSQ8 خلال السنة الماضية ، هل لم تتمكن أسرتك من تناول أنواع الأطعمة التي يجب تناولها ليكون غذاوك صحياً؟

بالسنه يلي مرأت سأببت شي مرة إنو حدا من أفراد العيله ما ادر يحصل على نوع الأكل يلي لازم ياكلو تيكون بصحة جيده؟

1. نعم --> أكمل إلى HFSQ8b

2. كلا--> توجه إلى HFSQ9

HFSQ8b إذا كان الجواب "نعم" لـ HFSQ8، ماذا فعل أفراد أسرتك في هذه الحالة؟ (مسموح بالأجوبة المتعددة)

شو عملوا أفراد العيلة بهيدي الحالة؟

1. تناولوا كمية من الطعام أقل من التي يأكلونها عادة
2. تناولوا الكمية ذاتها ولكن من أطعمة أرخص.
3. اقترضت المال (بما في ذلك الاستدانة من الدكان)
4. عملت أكثر للحصول على المال لشراء الطعام
5. قبلت بالهدايا / بالتبرعات
6. اقترضت الطعام
7. أرسلت أحد أفراد عائلتك لتناول الطعام عند أقرائك أو جيرانك
8. توسلت من أجل المال
9. لم يكن بمقدورك عمل شيء

HFSQ9 خلال السنة الماضية ، هل يمكن تطبيق العبارة التالية على أسرتك؟ "إن المواد الغذائية التي اشتريناها لم تكن كافية ولم يكن لدينا المال للحصول على المزيد."

قل لي إذا هل عبارة بتتنطبق عليك بأغلب الأحيان، أوقات، أم أبداً: "الاكل اللي اشتريناه ما كفى ، وما كان معنا مصاري نجيب أكثر"

1. نعم، كل شهر تقريبا
2. نعم، في بعض الأشهر، ولكن ليس كل شهر
3. نعم، في شهر أو شهرين
4. أبداً
5. لا أعرف / رفض الإجابة

HFSQ10 خلال السنة الماضية، هل مر عليك وقت شعرت فيه بالقلق من أن الغذاء لأسرتك قد ينفذ في الشهر المقبل؟

بالسنة يلي مرات في شي مرة قلقتي ما تقدري تأمنه أكل للعياله للشهر يلي جاية؟

1. نعم، كل شهر تقريبا
2. نعم، في بعض الأشهر، ولكن ليس كل شهر
3. نعم، في شهر أو شهرين
4. أبداً
5. لا أعرف / رفض الإجابة

HFSQ11 هل هناك أي أطعمة تشعر أن عائلتك لا تأكل ما يكفي منها؟

في شي أنواع أكل معين بتحس إنو عيلتك ما بتاكل كفاية منو؟

1. نعم ← تابع إلى **HFSQ11b**

2. لا ← إذهب إلى **HFSQ12**

HFSQ11b إذا كانت الإجابة نعم، حدد (مسموح بأكثر من إجابة واحدة)

1. اللحم	7. الحلويات
2. الدجاج	8. العسل
3. السمك	9. زيت الزيتون
4. الفواكه	10. غير ذلك،
5. الخضار	11. لا أعلم
6. الألبان والأجبان	

HFSQ12 أي من هذه الجمل تنطبق أكثر على معظم الأطعمة التي تناولتها أسرتك خلال السنة الماضية؟

1. كان لدينا ما يكفي من أنواع الطعام التي نريدها (النوعية والكمية)
2. كان لدينا ما يكفي من الطعام، ولكن ليس دائماً أنواع الطعام التي نريدها (الكمية فقط)
3. في بعض الأحيان لم يكن لدينا ما يكفي من الطعام (الكمية قليلة)
4. في كثير من الأحيان لم يكن لدينا ما يكفي من الطعام
5. لا أعرف / رفض الإجابة

كيف يتوصفه الاكل يلي اكلتو بالعيلة بالسنة يلي مرات؟ هالأ بس تأعتيك الاحتمالات بصير أوضح لإلك؟

1. كان عنا أكل بكفي من ناحية الكمية والنوعية
2. كان عنا كمية كافية بس مش كل أنواع يلي بدن
3. مرات ما كان عنا كمية كافييه
4. في كتير مرات ما كان عنا كمية كافييه
5. لا أعلم لا ينطبق

HFSQ16 إذا كانت العائلة تضم أطفالاً تتراوح أعمارهم بين 0-18 سنة من العمر تابع، وبخلاف ذلك اذهب إلى HFSQ16

HFSQ13 خلال السنة الماضية، هل أمضى طفل في منزلك يوماً كاملاً من دون تناول الطعام أو نام جائعاً لأنه لم يكن هناك ما يكفي من الطعام؟

بالسنة يلي مرات في شي ولد تحت ال-18 ما أكل لنهار كامل أو نام جوعان لأنو ما كن في أكل بكفه؟

1. نعم، كل شهر تقريبا
2. نعم، في بعض الأشهر، ولكن ليس كل شهر
3. نعم، في شهر أو شهرين
4. أبداً
5. لا أعرف / رفض الاجابة

HFSQ14 خلال السنة الماضية، هل لم يتناول طفل في أسرتك وجبة بسبب عدم وجود ما يكفي من الطعام؟

بالسنة يلي مرات، في شي ولد تحت ال-18 من البيت أفا وجبه لأنو ما كان في أكل بأدي؟

1. نعم، كل شهر تقريبا
2. نعم، في بعض الأشهر، ولكن ليس كل شهر
3. نعم، في شهر أو شهرين
4. أبداً
5. لا أعرف / رفض الاجابة

HFSQ15 خلال السنة الماضية، هل قلل أي من الأطفال في أسرتك من حجم وجبته لأنه لم يكن هناك ما يكفي من الطعام؟

بالسنة يلي مرات في شي ولد تحت ال-18 ألل من حجم الوجبه لأنو ما كان في أكل بكفي؟

1. نعم، كل شهر تقريبا
2. نعم، في بعض الأشهر، ولكن ليس كل شهر
3. نعم، في شهر أو شهرين
4. أبداً
5. لا أعرف / رفض الاجابة

HFSQ16 خلال السنة الماضية، هل قلل أي من أفراد أسرتك من كمية الطعام التي يتناولها من أجل أن يحصل فرد آخر على كمية أكثر

بالسنة يلي مرات، في شي فرد من العيلة ألل كمية الاكل تغيرو يقدر ياكل أكثر؟

1. نعم، كل شهر تقريبا
2. نعم، في بعض الأشهر، ولكن ليس كل شهر
3. نعم، في شهر أو شهرين
4. أبداً
5. لا أعرف / رفض الاجابة

APPENDIX B

Child Interview Guide

Questions are standardized in classical Arabic and an informal interpretation in Lebanese dialect is also provided (in red) to ensure that all children are asked questions in the same way.

1. Icebreaker question:

- What's your favorite food? Do you often have it?

١. سؤال لإفتتاح المقابلة:

ما هي وجبتك المفضلة؟ هل غالباً ما تأكلها؟

شو أطيب أكلة عندك؟ كل أدي بتاكلها/بتكليها؟

2. Transition question:

- Tell me about the first thing you eat during the day

(Probe: Where do you eat it? (Do you eat it at school, home, neighbors, grandparents, etc...?) Is it the same every morning? Do you get hungry at school? How often? When? Why do you get hungry at school?)

٢. سؤال إنتقالي:

حدثني/حدثيني عن نوع الغذاء الذي تأكله/تأكلينه أولاً في النهار؟

(نبحث: أين تأكله/تأكلينه؟ هل في المنزل، عند الجيران، أو عند الأقرباء؟ هل تتناوله/تتناولينه يومياً؟ هل تشعر/تشعرين بالجوع في المدرسة؟ أحياناً؟ غالباً؟ متى؟ لماذا تجوع/تجوعين في المدرسة؟)

خبرني/خبريني عن أول شي بتاكله/بتاكلي بالنهار؟

(نبحث: وين بتاكله/بتاكليها؟ بتاكل/بتاكلي بالبيت، عند الجيران أو عند القراب؟ بتاكل/بتاكلي نفس الشيكل يوم؟ بتجوع/بتجوعي بالمدرسة؟ كل أدي؟ أي متى؟ ليش بيجوع/بتجوع بالمدرسة؟)

3. *Food insecurity question:* What do you feel when you get hungry?

(*Probe:* How often do you feel it? Tell me what was going on the last time you were hungry? Why did it happen?)

٣. سؤال عن الأمن الغذائي:

بما تشعر/تشعرين عندما تجوع/تجوعين؟

(نبحث: هل تشعر/تشعرين غالباً بهذا؟ ماذا كان يحصل عندما كنت جوعاناً؟ لم حصل ذلك؟)

شو بتحس لما بتجوع/ بتجوعي؟

(نبحث: كل أدي بتحس هيدا الشعور؟ شو صار اخر مرة كنت جوعان/جوعاني؟ ليش صار هيك؟)

4. *Food insecurity question:* Tell me about the last time your family was worried there wasn't enough food in the house.

(*Probe:* Why were they worried? When does it usually happen? How often? What do they say? What do they do?)

٤. سؤال عن الأمن الغذائي:

حدثني/ حدثيني عن المرة الأخيرة التي شعرت عائلتك بالقلق حول فكرة عدم توافر الطعام الكافي في المنزل.

(نبحث: لماذا قلقوا؟ متى يشعرون بالقلق عادة؟ غالباً؟ ماذا يقولون؟ ماذا يعملون في هذه الحالة؟)

خبرني/خبريني عن آخر مرة عيلتك كانتعطلانة هم إنو ما يكون في أكل كفاية بالبيت؟

(نبحث: ليش عطلوا هم؟ ايتمى بتصير بالعادة؟ كل أدي؟ شو بقولو؟ شو بيعملو؟)

5. *Food insecurity question:* Tell me about the last time you were worried about not eating enough.

(*Probe:* Why did you worry? When does it usually happen? What was happening in the house when you were worried? What do you worry about?)

٥. سؤال عن الأمن الغذائي:

حدثني / حدثيني عن المرة الأخيرة التي فلققت/فلققتي من ألا تأكل/تأكلين الكمية الكافية.

(نبحث: لماذا تقلق/تقلقين؟ متى تشعر/تشعرين بهذا القلق؟ ماذا يحصل في المنزل عندما تشعر/تشعرين بالقلق؟ مما تقلق/تقلقين؟)

خبرني/خبريني عن آخر مرة كنت عطلان/ عطلانة هم ما تاكل كفاية

(نبحث: ليش بتعطل/بتعطلني هم؟ اي متى بتصير؟ شو بكون عم بصير بالبيت وقتا بتعطل هم؟ من شو بتعطل/بتعطلني هم؟)

6. *Food insecurity question:* Have you ever done anything to help your family have more food?

(Probe: What do you do? How often do you do it?)

٦. سؤال عن الأمن الغذائي:

هل قمت/قمتي بعمل ما لمساعدة عائلتك للحصول على طعام أكثر؟

(نبحث: ماذا فعلت/فعلتي؟ هل تقوم بهذا العمل غالباً؟ أحياناً؟)

عملت/عملتي شي كرمل تساعد/تساعدي عيلتك تحصل على أكل أكثر؟

(نبحث: شو بتعمل/بتعملي؟ كل أدي؟)

7. *Diffusion question:* What's your favorite holiday meal? Tell me more about it.

٧. سؤال للتخفيف من التوتر:

ما هي وجبتك المفضلة في المناسبات و الأعياد؟

شو أطيب أكلة عيد عندك؟ خبرني عنا.

APPENDIX C

موافقة للإشتراك في البحث العلمي

عنوان البحث: تطوير أداة لقياس الأمن الغذائي لدى الأطفال في لبنان: دراسة خبرات الأطفال وتجاربهم وحالة الأمن الغذائي في عائلاتهم

الباحث الرئيسي: د. هلا غطاس \ دائرة التغذية وعلوم الغذاء في الجامعة الأميركية في بيروت

أنت مدعوة (ة) للمشاركة ببحث علمي تقوم به الجامعة الأميركية في بيروت. الرجاء أن تأخذ(ي) الوقت الكافي لقراءة المعلومات التالية بتأن قبل أن تقرر(ي) إذا كنت تريد(ين) المشاركة أم لا. بإمكانك طلب إيضاحات أو معلومات إضافية عن أي شيء مذكور في هذه الإستمارة أو عن هذه الدراسة ككل.

الغاية من هذا البحث:

يهدف هذا المشروع إلى دراسة تجارب الأطفال مع الأمن الغذائي، ونعني بذلك عندما تجد الأسرة صعوبة في الحصول على ما يكفي من الغذاء ومن نوعية جيدة. نود أن نسالك وأن نسال ابنك/ابنتك عن مثل هذه الحالات من أجل فهم أفضل لتجارب الأطفال وكيفية تعاملهم مع هذه الحالة. وهذا يساعدنا على فهم القضايا الرئيسية التي يتعامل بها الأطفال في ما يخص الأمن الغذائي، وسوف تسمح لنا بتصميم استبيان هدفه تحديد هذه المشكلة ومحاولة إيجاد الحلول لها على مستوى المجتمع المحلي.

شرح موضوع البحث والوقت المطلوب لإجازه:

إذا اخترت المشاركة في هذه الدراسة، سيتم مقابلتك ومقابلة ابنك/ابنتك كل واحد على إنفراد وطرح أسئلة حول الأمن الغذائي. سوف تعطي رأيك عن خبرات عاشتها الناس في مجتمعك في ما يتعلق بالأمن الغذائي وماذا تفعل/تفعلين أو يفعل أشخاص تعرفهم/تعرفينهم لتحصلوا/يحصلوا على الغذاء في فترات الشدة. وسيتم طرح أسئلة من استبيان عن الأمن الغذائي في المنزل، تليه مجموعة من الأسئلة المتعلقة بخبرات ابنك/ابنتك مع حالة عدم توافر الغذاء الكافي أو النوعية المطلوبة. أما في ما يخص ابنك/ابنتك، إذا سمحتي له/لها بالمشاركة في الدراسة وإذا قبل/قبلت بهذا أيضاً، سيتم إجراء المقابلة معه/معها عن التجارب والخبرات التي حصلت معه/معها.

أنت حر في رفض لابنك/لابنتك المشاركة في هذه الدراسة وهذا لن يؤثر عليك أو على ابنك/ابنتك بأي شكل من الأشكال. سنتمكن من الحصول على جميع الخدمات المقدمة في هذا المستوصف بغض النظر عما إذا كنت تريد المشاركة أم لا. وسوف نسجل المقابلتين على شريط مسجل إذا سمحت لنا بذلك. وسيتم ترقيم جميع التسجيلات، ولن يستخدم أي اسم شخصي بهدف المحافظة على السرية وضمان عدم الكشف عن الهوية. إذا كنت لا توافق على تسجيل المقابلة، فلن نقوم بتسجيلها.

سوف تستغرق المقابلة ما يقرب حوالي ساعة إلى ساعتين. يمكنك ترك المقابلة في أي وقت كان. إذا قررت/قررتي التوقف عن المشاركة، فلن تكون هناك أية عقوبة، ولن تخسر/تخسري أي من الفوائد التي كانت على خلاف ذلك الحق. وقرارك لن يؤثر على علاقتك المستقبلية مع الجامعة الأميركية في بيروت.

المخاطر والمصاعب والمنافع المترتبة على المشاركة في البحث:

قد تزعجك أو تزعج ابنك/ابنتك بعض الأسئلة وبإمكانك عدم الإجابة حينها. لن ينوبك أي منافع مباشرة مقابل المشاركة في هذا البحث إلا أن مشاركتك ستساهم في مساعدة الباحثين على فهم القضايا الرئيسية التي يتعامل بها الأطفال في ما يخص الأمن الغذائي، وسوف تسمح لنا بتصميم استبيان خاص بالأطفال هدفه تحديد هذه المشكلة ومحاولة إيجاد الحلول لها على مستوى المجتمع المحلي في لبنان.

الخصوصية:

في حال وافقت على المشاركة في هذه الدراسة، سيبقى إسمك طبي الكتمان. سوف تستخدم كل المعلومات التي يتم جمعها بهدف الدراسة فقط وليس لأي سبب آخر أو غرض. سنعمد إلى التعامل مع المعلومات الشخصية بسرية تامة بحيث سيتم ترميز المعلومات بدلاً من استعمال الاسم. لن يكون بإمكان أي شخص الاطلاع على التسجيلات غير الباحثين لأنها ستحفظ في أدراج مقفلة في مكتب الباحث الرئيسي.

التعويض مقابل المشاركة:

لن تتلقى أي تعويض مادي مقابل المشاركة في البحث ولكن سيتم تغطية كلفة المواصلات وتوفير المقبلات خلال المقابلة.

للاتصال أو الإستعلام:

في حال برز لديك أي تساؤلات أو اعتبارات حول البحث بإمكانك الإتصال بالأشخاص التاليين:

د. هلا غطاس \ دائرة التغذية وعلوم الغذاء في الجامعة الأميركية في بيروت

تليفون: ٩٦١-٠١-٣٥٠٠٠٠٠ (مقسم: ٤٤٠٠) البريد الإلكتروني: hg15@aub.edu.lb

في حال برز لديك أي تساؤلات أو اعتبارات أو شكوى حول حقوقك كمشارك في الدراسة ، بإمكانك الإتصال بمكتب لجنة الأخلاقيات في الجامعة الأميركية في بيروت.

العنوان : الجامعة الأميركية في بيروت، رياض الصلح، بيروت - ١١٠٧-٢٠٢٠ ، لبنان

تليفون: ٩٦١-٠١-٣٧٤٣٧٤ (مقسم: ٥٤٤٥) البريد الإلكتروني: irb@aub.edu.lb

ملاحظة: يحتفظ كل مشارك في الدراسة على نسخة من إفادة الموافقة هذه.

موافقة المشترك:

لقد قرأت وفهمت المعلومات الواردة أعلاه و أوافق على المشاركة بالبحث

أنا اسمح طوعياً لإبني/ابنتي بالمشاركة في هذه الدراسة البحثية

أنا أوافق طوعياً على تسجيل المقابلة

التاريخ

إسم المشترك

توقيع المشترك

توثيق الموافقة على الإشتراك:

إسم الشخص المصرح له بالحصول على موافقة المشترك التاريخ

توقيع الشخص المصرح له بالحصول على موافقة المشترك

APPENDIX D

الموافقة للإشتراك في البحث العلمي للمشارك القاصر الأطفال ذو العمر الذي يتراوح بين 8-12

إسم البحث: تطوير أداة لقياس الأمن الغذائي لدى الأطفال في لبنان: دراسة خبرات الأطفال وتجاربهم وحالة الأمن الغذائي في عائلاتهم

إسم الباحث: الدكتورة هلا غطاس \ دائرة التغذية و علوم الغذاء في الجامعة الأميركية في بيروت

نريد ان نخبرك عن دراسة نحن نقوم بها. إن البحث هو عبارة عن طريقة نستعملها لمعرفة شيء. نحن نحاول معرفة معلومات إضافية حول الوضع الغذائي في منزلك. نحن ندرس كيف يعيش الأطفال حالات حيث لا يوجد ما يكفي من الطعام في المنزل. نحن نطلب منك الإشتراك لمعرفة ما تشعر وتمر به خلال الفترات الصعبة وسوف تساعدنا هذه المعلومات على التفكير في البرامج التي من شأنها مساعدة الأطفال للتغلب على هذه الحالات.

إذا قررت الإشتراك في الدراسة، إليك ما سيحصل. سيطلب منك إجراء نقاش معنا لتجاوبنا على بعض الأسئلة حول الوضع الغذائي في منزلك. سنطلب أيضا من والدتك أسئلة حول هذه المسألة نفسها. نود أن نفعل هذا في غرفة منفصلة من والدتك ولكنها ستكون في الغرفة المجاورة للرد على الأسئلة أيضا.

إذا سمحت لنا ، سنقوم بتسجيل المقابلة على شريط تسجيل.

سوف تستغرق المقابلة حوالي ٤٥ دقيقة ولن يكون هناك جلسة إضافية غير هذه الجلسة.

هل ممكن أن يحصل أي ضرر لي؟

قد تزعجك الاسئلة التي سنطرحها أو قد تجد بعضها محرجة، ولكن يجب ألا تقلق لأننا لن نخبر أحدا شيئا مما سنقول لنا، ولا حتى والدك.

هل ممكن أن يحصل أي شيء جيد لي؟

ليس هناك منافع مباشرة لكونك في الدراسة، ولكن تبادل الخبرات الخاصة بك ستساعدنا على فهم أفضل لطبيعة الأوضاع من أجل إيجاد حلول في المجتمع لهذا النوع من المشاكل.

التعويض مقابل المشاركة

لن تتلقى أي تعويض مادي مقابل المشاركة في البحث ولكن سيتم تغطية كلفة المواصلات وتوفير المقبلات خلال المقابلة.

هل لى خيار آخر؟

الوسيلة البديلة الوحيدة هي عدم مشاركتك في هذه الدراسة.

ماذا لو لم أرد أن أفعل ذلك؟

لست مجبراً ان تكون في هذه الدراسة. إنه إختيارك. إذا قلت نعم الآن و غيرت رأيك لاحقاً خلال المقابلة ، لا بأس.

في حال برز لديك أي تساؤلات حول البحث بإمكانك الإتصال ب:

د. هلا غطاس \ دائرة التغذية وعلوم الغذاء في الجامعة الأميركية في بيروت

تليفون: ٩٦١-٠١-٣٥٠٠٠٠٠ (مقسم: ٤٤٠٠) البريد الإلكتروني: hg15@aub.edu.lb

إذا أردت الإشتراك في هذه الدراسة، الرجاء كتابة أو إمضاء الإسم.

نعم أريد الإشتراك

أنا أوفق طوعياً على تسجيل المقابلة

توقيع المشترك(ة)

اسم المشترك(ة)

التاريخ و الساعة

توثيق الموافقة على الإشتراك:

التاريخ

إسم الشخص المصرح له بالحصول على موافقة المشترك

توقيع الشخص المصرح له بالحصول على موافقة المشترك

APPENDIX E



Institutional Review Board | لجنة الأخلاقيات

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APPROVAL OF RESEARCH

December 3, 2012

Hala Ghattas, PhD
American University of Beirut
hg15@aub.edu.lb

Dear Dr. Ghattas,

On November 28, 2012 the IRB reviewed the following protocol:

Type of Review:	Initial, Expedited
Project Title:	Development of a tool to measure food insecurity in children in Lebanon: Exploring children's experiences of food insecurity
Investigator:	Hala Ghattas
IRB ID:	NUT.HG.08
Documents reviewed:	Letter received November 20, 2012, amended Arabic and English consent forms (version received November 20, 2012), Arabic and English assent forms (version received November 20, 2012), amended English and Arabic versions of the oral script when approaching women at the dispensary (version received November 20, 2012).

The IRB approved the protocol from November 28, 2012 to November 28, 2013 inclusive. Before September 28, 2013 or within 30 days of study close, whichever is earlier, you are to submit a completed "FORM: Continuing Review Progress Report" and required attachments to request continuing approval or study closure.

If continuing review approval is not granted before the expiration date of November 28, 2013 approval of this research expires on that date.

Please find attached the stamped approved documents: proposal, amended Arabic and English consent forms (version received November 20, 2012), Arabic and English assent forms (version received November 20, 2012), amended English and Arabic versions of the oral script when approaching women at the dispensary (version received November 20, 2012), Arabic and English child interview guide (version received August 22, 2012), and Arabic and English maternal/caretaker guide. Kindly, use copies of these documents to document consent.



The American University of Beirut and its Institutional Review Board, under the Institution's Federal Wide Assurance with OHRP, comply with the Department of Health and Human Services (DHHS) Code of Federal Regulations for the Protection of Human Subjects ("The Common Rule") 45CFR46, subparts A, B, C, and D, with 21CFR56; and operate in a manner consistent with the Belmont report, FDA guidance, Good Clinical Practices under the ICH guidelines, and applicable HARB/IBCH regulations.

Sincerely,

Michael Clinton, PhD
IBB Vice Chairperson
Social & Behavioral Sciences

Uc: Fuad Ziyadeh, MD, FACP, FASN
Professor of Medicine
Chairperson of the IRB

...LEO

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