

## **Investigating the Lived Experiences and Self-Management of Cardiometabolic Multimorbidity**

**Location:** Across Canada (over Zoom)

**Number of participants:** 12-15 participants

**Description:** The purpose of this study is to investigate the self-management of those with cardiometabolic multimorbidity (CM), which is the diagnosis of 2 or more of heart disease, stroke, and diabetes. CM is a key health concern due to its increased risk of mortality. Specifically, we will look at how people with CM self-manage their medical tasks, behaviours and life roles, and their emotions. Researchers will recruit 12-15 participants with CM to participate in semi-structured interviews on zoom. The results of this study will produce knowledge on this emerging health condition and may be used to develop relevant self-management support strategies for people with CM. We are interested in all locations.

**Language:** English only.

### **Eligibility:**

- have a diagnosis of cardiometabolic multimorbidity CM (2 or more stroke, diabetes and heart disease)
- are  $\geq 19$  years of age
- able to respond and converse in English

### **Participant requirements:**

The participants will be interviewed using zoom at their preferred time and date. The interview itself is approximately 45-60 minutes, and approximately 15-30 mins to go through the consent form and demographic form. The total time requirement is 60-90 minutes. There is only one time point of data collection. If participants are interested, we will be conducting a secondary member-checking sessions a couple months after their interview. This member-checking is completely optional, and only if participants are interested. Participants will be e-transferred an honorarium of \$30 to recognize their time.

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