

## Instructions for photos

The purpose of this research is to understand how you think about your own health and well-being and what you do that affects it. To help with this I would like you to take some photos over the course of a week that I will then print with you on a portable printer. We will then talk about the photos so I can understand why you took them and what they mean to you.

1. Please take photos of anything in your life that reflects your feelings of health and well-being in a positive or negative way.
2. If you take more than one photo of the same thing, choose which one you would like to talk about.
3. I am not going to guide you as to which things that might reflect your feelings of health and well-being. I would like you to choose your own.
4. Please don't take photos of children as I will not be able to print them or ask you about them. If you wish to talk about children, please take a photo of something that reminds you of them, such as a toy or clothing.
5. Please try to gain verbal consent from any adults before taking their photograph
6. If you take photos of anyone or a specific location that could be identified, these images will be pixelated before being used in research. This will ensure that anonymity is preserved for you and those around you.

If you have any questions, please ask me now. If you have any questions over the course of the week, please email me at [psmpj@leeds.ac.uk](mailto:psmpj@leeds.ac.uk) or call or text me on xxx.

Thanks,

Mike