

## **Objective**

To understand perspectives and beliefs held by models.

1. What do models perceive as the main health impacts of their occupation?
2. According to models themselves, how can these impacts be best mitigated?
3. Are the health needs of models met?

Questions in **bold** below are priority.

## **Introduction:**

I want to thank you for taking the time to talk to me today. My name is -----and I would like to talk to you about your experiences of modelling, in relation to your health. When I talk about health, I mean this in a holistic way: your social life, physical and mental health. I will use this for my Master thesis at The London School of Hygiene and Tropical Medicine. The interview should take less than an hour. I will be recording the session because I don't want to miss any of your comments, is that OK? Are you in a space where you can talk freely, and it will be quite quiet for the duration of our chat?

Because we're recorded, please be sure to speak up so I don't miss what you are saying. All what is said in this interview will be kept confidential. If you speak of something that could be harmful, I have a list of places and people who can provide you with the necessary support. Your anonymized interview transcript will only be seen by me and my supervisor, and we will ensure that any information we include in my thesis does not identify you as the respondent. I would also like to ask you to try not mention any agencies or people by name, to maintain their confidentiality as well.

Remember, you don't have to talk about anything you don't want to, and you may end the interview at any time. If you say something you do not want to have written down, please let me know. Are there any questions about what I have just explained? Are you willing to participate in this interview?

# Interview Questions

## **Experience of modelling**

### **1.1 Can you tell me how and when you started modelling?**

1.1.1 How old were you? How did your career develop?

## **Social/Career**

1.2 What are some positive aspects and negative aspects of modelling?

### **1.3 Can you describe the compatibility of modelling with your social/private/family life?**

1.3.1 In what ways would you like to see your job improved?

1.6. How are your relationships with...

1.6.1. other models?

1.6.2. Agents?

## **Health impacts**

2.1 How do you rate your health?

2.1.1 If X why not X-1?

### **2.2 In what ways do you think modelling influences your health and wellbeing?**

2.2.1 Can you describe a situation when X occurred?

2.3 What role have eating disorders played in your modelling career?

2.3.1 Do you feel there are different requirements for models in other countries?

2.4 What are your experiences of modelling-related sources of stress?

2.5 What role have mental health issues played in your modelling career?

2.6 What are in your experience the risks of modelling for serious diseases?

### **2.7 How do you manage your health and wellbeing while...?**

2.7.1 On a job?

2.7.2 Traveling?

2.7.3 In a foreign country?

2.8 What are some unhealthy circumstances you have experienced on set?

2.9 Do you feel appropriately cared for on set? If yes: how? If no: why?

2.10 Did you have proper insurance?

2.10.1 If not originally from the UK - Are you registered to the NHS?

## **Mitigation of health impacts**

3 Who do you go / have you gone to for advice on your health and wellbeing?

3.1.1 Why did you go to this specific person?

### **3.2 What should be done to improve the health of models?**

## **Services**

4.1 Do you use or you aware of any services / institutions / organizations for model's health?

4.1.1 If YES: What is your experience using these services / institutions / organizations?

4.1.2 If NO, what services should be available to models?

**4.2 What strategies, interventions, tools, etc., would you recommend for the health of models?**

## **COVID**

5 What was the effect of COVID on your career? Has this changed your opinion of modelling?

5.1 Thinking back to covid-19, what measures need to be put in place for models?

## **Closing the interview**

**Is there anything more you would like to add? Is there anything you were surprised I didn't ask you?**

I'll be typing out the interview and analysing the information you and others gave me this month. In August I'll be submitting a draft report to my supervisor and I'll be happy to send you a copy to review at that time if you are interested. Thank you for your time.