# Appendix

**Interview guide (translated from Russian):**

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| This guide is a reference tool for conducting a semi-structured biographical interview. It also collects participants' ego network data (social connections). Asking guide questions in the proposed sequence is not necessary. The interviewer may change the order of the questions or prefer not to ask some of them based on the course of the interview. The main goal of the interviewer is the full specification of the topics colored in bold, questions detailing topics are of an auxiliary nature. All clarifications intended for the interviewer are marked in italics in the text of the guide. |

**Introduction**

Hello! Today we will talk with you about your biography, as well as the diary that you keep. Thank you for agreeing to take part in the study.

Before we begin our conversation, I will once again dwell on the procedure.

This interview will be recorded on a voice recorder, all data will be stored and analyzed in an anonymized, generalized format. There will be several phases in the interview, I will talk about them as we move through the interview. Answers to any of the questions within the framework of our conversation are not mandatory, if some of the topics covered are too difficult for you, you can refuse to talk about them. Also, you can always interrupt the interview and not continue it if you feel that you are uncomfortable for some reason. Please tell me if you have any questions about the procedure?

*Answer the participant's questions, if any, if not, go to the biographical part of the interview.*

**Biographical part**

So, first of all, please tell me about yourself. What is your name? How old are you? What do you do for your living? Are you a student?

How many years have you kept a diary? Is it the first one in your life? Why did you decide to keep it?

*After the introduction and a brief discussion of the diary keeping:*

I see, then let's move on to your biographical story.

I suggest that you start from any moment of your life that is important to you, which you consider the initial one, and simply tell about your experience, I will not interrupt you. You can tell me about your life from the very beginning, for example, from birth.

After you have finished speaking, I will ask you some follow-up questions. Such a life story description is usually quite long, at least 10-15 minutes. Please try to tell as much as possible about your life up to the present moment. The more details you cover during your biographic narrative, the less likely I will need to ask you clarifying questions.

*After the story and clarifying questions:*

**Generation of the alters names (members of the personal networks)**

Thank you, I understand, now let's talk about your personal networks, your social environment.

Please write down on a paper in a column the names of people who are most significant to you. There is no limit on the number of people you can name, no matter how often you keep in touch with these people and where you communicate with them.

*After the participant made the list:*

Please tell me, did you forget to mention those with whom you have negative connections, that is, conflicts / misunderstandings?

Good. What does significance mean to you?

Thanks, understood.

*After compiling the list and clarifying the criteria for its formation:*

**Interpretation of the alters` names**

And now, please tell me about these people, whom you have added to the list (who are they, age, occupation, how did you meet them, why are they important to you)? *(Ask about each name sequentially, in less detail about those who have already been told about during the biographical part of the interview, but still find out why these people are significant to the participant).*

**Alters` relationships matrix**

Let's now discuss the interrelationships between the people you mentioned. Please tell me which of them know each other? Please specify the relationship between them. Can the people you mentioned be divided into some groups?

**Hierarchical mapping**

Now let's put these people on the map with you *(Shown below in Fig. 1)* . If you remember someone else, you can also include this person / group of people in your map. You are located in the center, the closer a person is to the center of the map, the more significant he / she / they / it is/are for you.

*(after drawing up the picture):* Now, please tell us why you put people in these circles.

*Fig. 1.* A blank for hierarchical mapping of the participant's social connections.

**Attitudes towards pro-ana culture, perception of anorexia, fatphobia, bodily practices and body image in oneself and the personal networks**

Tell us, now, in more detail about your attitude to pro-ana culture. What is it for you? How did you find out about it? What does it mean for you to follow it?

How do you feel about other people who follow this culture? / do not follow it? How do you think those who do not follow treat you, and those who follow it?

In general, is anorexia and other eating disorders illnesses for you? *(Questions are asked if they were not covered during the clarification or mentioned during the biographical story by the participant herself.)*

How do you feel about fat people? How do you feel about your own body?

Please tell me, with whom of those people that you wrote down on the list, have you ever discussed issues related to your body, principles of nutrition, weight loss? It doesn’t matter how long ago, how often and how positive these connections are, and where you communicated with them on this topic.

Regarding those people with whom you have talked about weight loss, dietary principles and the body, can you elaborate on the circumstances in which these conversations occurred, how often this happened / happens. What do you talk about with them? What practices in relation to their body do these people adhere to? Why do you think they tend to treat their body and other people's bodies this way? Are their attitudes towards their body and the bodies of others different from yours?

Maybe you know which of these people discuss among themselves issues related to nutrition, weight loss? What are they talking about? Under what circumstances does this happen?

**Projective associative test, self-assessment of one's life experience, projection of the future and conclusion of the interview**

Okay, I see, thanks!

We have almost finished our interview and I would like to dwell on the last three questions.

What associations do you have with pro-ana culture, please name, maybe 2-3?

And if you summarize your life up to the present moment, if you imagine yourself as such an analyst, what would you say about yourself?

The last question, today we discussed your past, present, and if you dream, think about your life in the future, how does it seem to you?

Thank you for the conversation, is there anything else you would like to add?