

Stories of Change: Comparative Time-Framed Experience Telling in Health Promotion Group Discussions

Supplementary file

Transcription Symbols

[word]	Onset and offset of overlapping talk
=	Contiguous utterances: second is latched immediately onto the first
(0.2)	Timed interval within or between utterances, measured in seconds and tenths of seconds
(.)	Interval of less than 0.2 seconds
wo:rd	Extension of the sound or syllable
.	Falling intonation
,	Continuing intonation
?	Rising intonation
-	Abrupt cut-off
↑↓	Rising/falling pitch
<u>word</u>	Emphasis
WORD	Louder volume
°word°	Quieter volume
>word<	Faster-paced talk than the surrounding talk
<word>	Slower-paced talk than the surrounding talk
#word#	Creaky voice
fwordf	Smiley voice
@word@	Animated voice
hh	Audible aspiration
.hh	Audible inhalation
w(h)ord	Laughter
hah heh huh	Laughter
(word) ()	Transcriber doubt
((word))	Transcriber's comments
→	Feature of interest

Excerpts with original transcript, interlinear gloss and English translation

Excerpt 1: Reinforcing story. (Diabetes group)

- 01 A: suolaa t- sitä ei tuu lisättyä.
salt that not 0+tend add+to
salt t- one does not tend to add that.
- 02 >minä e- ainaki< mullon jääny se pois että tuota
I at+least I+have left it out that erm
I d- at least I have left it out that erm
- 03 .hh minä en lissää sitä suolaa.
I don't add that salt
.hh I don't add that salt.

((9 lines omitted))

- 13 A: aamu, aamupuuro o >esimerkiks< tämmöne=
morning, morning+porridge is example+for this+like
breakfast, breakfast porridge is one example=
- 14 =mie syön suolattoman puuron.
I eat salt+less porridge
=I eat porridge without salt.
- 15 kyl siihen tottuu.
indeed that+to 0+gets+used+to
one does get used to that.
- 16 Y: .mt joo-o.
mcht yeah.
- 17 B: joo, kyl se tota, nikö,
yeah indeed it erm like
yeah, it is indeed erm, like,
- 18 poika ko synty ni. (.)
son when born+was so
when my son was born. (.)
- 19 sit kö se alko syä meän eväitä ni,
then when he started eat our meals so
when he started to eat the same food as us,
- 20 (0.2) .hh (0.4)
- 21 ja >vähä<, jäi se suola pois ni kyl se ↑alussa tuntu

and little left that salt out so yes it beginning+in felt
*and, the salt was left out so **in the beginning** it felt*

22 että on se ipahanmakusta
that is it bad+tasting
like it tastes bad indeed

23 mut nyt sitä ei kyllä kaipaa sitä suolaa.
but now that not indeed 0+miss that salt
*but **now** one doesn't indeed miss the salt.*

24 A: mm

25 GL: ↑mm-m

26 (.)

Excerpt 2: Encouraging story. (Wellbeing group)

01 A: mää ainaki aattelen sillai että pitäs niinku enempi,
I at+least think that+way that 0+should like more
I at least think that one should like more,

02 (0.6) enempi tavalla tai toisella, panostaa ihteessä.
more one+way or another invest one+self
(0.6) in one way or another, invest in oneself.

03 että löytää niitä keinoja että itellä olis asiat hyvin jahh,
that 0+finds those means that oneself have+would things well and+hh
that one would find those means for one's wellbeing andhh,

04 sitte varmaan tuo, (.) #työ#, (0.2) kuviopuolelle
then probably that work pattern+side+to
then probably for that, (.) work, (0.2) things related to work

05 joutuu palakkaamaan sitä, tai kahtelemmaan sitä,
0+must hire that or look+for that
one must hire that, or look for that,

06 (0.4) keinoja että tuota seleviää tuostahhh (0.6)
means that erm 0+copes that+with
(0.4) means that erm one copes with thathhh (0.6)

07 kokonaistyömäärästä tai sitte palakata tilapäistyövoimaa lissee.
total+work+amount or then hire temporary+work+force more
total amount of work or then to hire more temporary labor.

08 (2.2)

09 GL2: joo. (1.2) Mm.
 yeah. (1.2) Mm.

10 (0.6)

11 B: .hhh no mulla se läh- mulla se meni sillä lailla,
 well I+for it st- I+for it went that way
 .hhh well for me it st- for me it went like that,

12 että t(h)ot(h)a ha ha, .mt .hh mää olin niinku,
 that erm I was like
 that e(h)r(h)m(h) ha ha, .mt .hh I was like,

13 mitähän tuosta nyt ois aikaa sitte, (0.2)
 what+CLI that now would+be time then
how long ago that would be then, (0.2)

14 varmaan, toista vuotta tai jottain niis
 maybe second+of year or something so+s
maybe, over a year ago or something so,

15 >mä olin niinku tullu< siihen pisteeseen #siinä#,
 I had like arrived that+to point that+in
 I had like reached that point in,

16 (0.8) väsymisessä ja, terveystasioissa #että#,
 fatigue and health+issues that
 (0.8) the fatigue and, the health issues that,

17 (.) mul oli niinku kaks mahdollisuutta #että#,
 I had like two possibilities that
 (.) I had like two options that,

18 (.) niinku, itelleni tein selväksi
 like me+for made clear
 (.) like, I made it clear for myself

19 #että joko ylös tai alas tästä lähetään että,#
 that either up or down here+from go+PASS that
 that it's either up or down to go that,

20 sama tie ei voi jatkua. .hhh (.)
 same way not can continue
 it's impossible to continue the same way. .hhh (.)

21 olin yrittäny puhua kotijoukoille ja hh,
 had+I tried talk home+troops+to and
 I had tried to talk to my family and hh,

22 ja tuota mutta::#, ei sieltä niinku #sillä lailla#
 and erm but not there+from like that way
and erm but, there wasn't like that way

23 löytyny sellasta tukea siihen sitte ja, .mh resursseja nin tuota,
 found that+kind support that+for then and resources so then
couldn't find that kind of support for that and .mh resources so then,

24 (.) .hh sitte aloin puhua, hh niinku,
 then started+I talk like
 (.) .hh then I started to talk, hh like,

25 läheisemmille ystäville ja, .nff
 closer friends+to and
to some of my closer friends and, .nff

26 sitä kautta rupes löytyy sitte kanavia että,
 that way started find then channels that
that way some channels started to emerge that,

27 (0.2) että sain sitte sukulaistytön, (0.2) meille,
 that got+I then relative+girl us+for
(0.2) that then I got my niece, (0.2) to our place,

28 (.) tänne, <↑kottiin kaveriksi> ja
 here home+at companion+as and
 (.) here, at home to accompany me and

29 hänen kautta oon nyt sitte saanu sitte tän-
 her through have+I now then got then he-
*by her means I have **now** got he-*

30 =navettaanki ty(h)öv(h)oim(h)aa, ett(h)ä ha ha .hhh,
 cowshed+also work+force that
 =workforce to the cowshed as well, tha(h)t ha ha .hhh

31 että tuota #ihan#, ihan, kyllä se aina se puhuminen kannattaa.
 that erm really really yes it always that talking worth+be
that erm, really, really, it is really always worth to talk.

Excerpt 3: Challenging story. (Diabetes group)

1 A: ku mää niinku, (.) olin nii: järkyttyny ku
 because I like was so shocked when
because I was like, (.) so shocked when

- 2 B sitä alussa kerto=hän o elokuussa,
 B that beginning+in told she has August+in
B told about that in the beginning=she has in August,
- 3 (.) viimeks syöny karkin? (.)
 last has+eaten a+candy
(.) had candy for the last time? (.)
- 4 †MUST †se oli NII:N <<käsittämätön [asia]>>
 I+find it was so inconceivable issue
I find it such an inconceivable [issue]
- 5 B: [hm hm hm]
- 6 A: et joku niinku kyke:nee.
 that someone like can+bring+herself
that someone can like bring herself.
- 7 GL: krhm joo.=
 yeah.=
- 8 A: =että se on niin iso päätös niinkun,
 that it is so big decision like
 =that it is such a big decision like,
- 9 m- mää ajattelin et on melkeen kun tupakasta luopuminen
 I thought that is almost like smoking giving+up
I- I thought that it's almost like giving up smoking
- 10 [() semmoseen pystys.
 that+thing able+do
 [() be able to do that.]
- 11 X: [(että, ihan,)
 that quite
 [(that, quite,)]
- 12 (1.6)
- 13 A: mm
- 14 GL: nii, eiks oo jännä et,
 yeah, not+Q is odd that
 yeah, isn't it interesting that,

((14 lines omitted: Nutritionist talks about how everybody is different and has their own strengths and challenges.))

29 GL: =°mis on petraami[sta°

where is improvement
=°where's room for improvem[ent]°

30 B: [°kyllähän se oli< iso asia
yes+CLI it was big issue
it was indeed a big issue

31 >mulleki ku mä oon< ollu kova syömään [karkkia.
me+for+also because I have been tough eat candy
for me too because I have been eager to eat [candy.

32 A: [↑nii
[yeah

33 B: >meleki aina ko< käyt kaupassa ni
almost always when go+you shop+in so
almost always when you go shopping so

34 jotaki #sieltä lähti mukkaa ja# mietti aina että
something there came along and 0+thought always that
you picked something from there and one was always thinking that

35 .hh @.mikä .nyt .ois .hyvää@
what now would+be good
.hh @what would be good now@

36 =mut >sitte ku loppujen lopuks rupes< miettii ku söi sitä nii,
but then when end+of after 0+started think when 0+ate that so
=but then after all when one started to think when eating that so,

37 (.) oliko se sitte nii hyvää.
was+Q it then so good
(.) was it so good then.

38 (1.2)

39 B: ku [sitte,
because [then

40 A: [↑nii
yeah

41 B: krh nimittäin yks, (ku) me,
you+see one when we
krh you see one, **(when) we,**

42 käytiin siellä Helsingin reissulla >ni me sitte<
went there Helsinki trip so we then
had that trip to Helsinki so then we

- 43 tytön kanssa päätettii=ei kerrottu kenellekkää että
daughter with decided not told anyone that
with my daughter we decided=we didn't tell anyone that
- 44 ostettii siellä <junassa karkkia>.
bought there train+in candy
we bought candy in the train.
- 45 ↑ei se ollu kummastakkaa enää hyvää.
not it was neither+of+us anymore good
*well for neither of us **it wasn't good anymore.***
- 46 (.) ei >me edes sitte< välttämättä syöty [niitä kaikkia
not we even then necessarily ate them all
(.) *we didn't even necessarily eat [all of them*
- 47 GL: [↑hmm
- 48 B: mitkä meillä oli sit, me:, ostet-
what we had then we bough-
what we had then, we bough-
- 49 =VAIKKA EI OSTETTU KU Kismetit
even+though not bought+we but Kismet((chocolate bar))
even though we didn't buy but chocolate bars
- 50 ja sitte semmoset pikku, karkkirasiat.
and then those little candy+boxes
and then those little candy boxes.
- 51 Y: hm
- 52 B: nii, ei- >meillä Anna sano et< ei tämä oo edes hyvää.
so not our Anna said that not this is even good
so no- our Anna said that this is not even good.
- 53 >no että< @no ei minustak(hh)kaa.@
well that well not my+opinion+neither
well that @well I don't think so eit(hh)her.@
- 54 A: ↑mm
- 55 B: se oli [siinä.
that was there
that was [it.
- 56 GL: [eiks oo <jän[nä>
no+Q is odd

[isn't it interesting

((Group leader continues by explaining that preference for sweet can be trained.))

Excerpt 4: Challenging story. (Diabetes group)

- 01 GL: nii, mitä hyötyä on siitä e- et, (0.2)
so what benefit is that+of t- that
so, what are the benefits of that, t- that, (0.2)
- 02 sää sanoit että, että pitäis syyä jotaki päivällä.
you said that that 0+should eat something day+at
you said that, that one should eat something during the day.
- 03 B: niin. ei ois niin illalla nii hirviä nälkä,
yes not be+COND so evening+at so awful hunger
right. one wouldn't be so awfully hungry in the evening,
- 04 (si) tarvis ahmia sitte (vallan).
then 0+need binge then totally
(then) one wouldn't need to binge (totally).
- 05 (0.4)
- 06 GL: mm
- 07 (0.8)
- 08 B: no päi- päivällä jotakin syyä.
well day- day+during something eat
well day- to eat something during the day.
- 09 (0.2) aamulla. (1.0) päivällä. (0.4)
morning+at day+at
(0.2) in the morning. (1.0) during the day. (0.4)
- 10 illalla vähä vähemmän sitte.
evening+at little less then
then a little less in the evening.
- 11 (1.0)
- 12 A: no sehä o ku ei aamulla ota, kone vastaan ruok(h)aa. (.)
well that+CLI is when not morning+at take machine in food
well that's it when the system doesn't, accept food in the morn(h)ing. (.)
- 13 >muuta ku< kahavee.
other than coffee.

14 (0.2)

15 B: hm (0.4) sehän on, totuttamiskysymys
that+CLI is habituation+question
hm (0.4) well that's, a matter of habituation

16 ainaki mulla oli, [joskus,
at+least I had sometimes
at least for me it was, [sometimes,

17 X: [joo
[yeah

18 B: minä, nuorempana nii >ei muuta ku<, (.)
I younger+as so not other than
when I was younger it was just, (.)

19 kahavia ja nortti aamulla ja se oli sillä selevä.
coffee and North+Star morning+at and it was that+with clear
coffee and smoke in the morning and that was it.

20 =sillä pärjäs iltaa asti.
that+with 0+coped evening untill
=one could keep up until the evening with that.

21 (0.6)

22 B: >kyllä se ku< opettelee välillä syömää.
indeed it when 0+learns every+now+and+then eat+to
>it's indeed when< one learns to eat every now and then.

23 (0.4)

24 X: °joo°
°yeah°

25 (0.6)

26 B: kyl se ruppee uppoomaa vaa.
indeed it starts sink+to just
it will indeed start to sink in.

27 (2.0)

28 B: nykyisi ei kerkiä vaa.
nowadays not 0+find+the+time just.
nowadays one just has no time.

29 A: mh hh, h h

30 (2.0)

31 B: mutta tullee kyllä joka aamu syötyä.
but 0+tends indeed every morning eat+to
*but indeed one tends to eat **every morning**.*

32 A: hä?
huh?

33 B: nii joka aamu tullee syötyä.
*nii every morning 0+tends eat+to
one tends to eat **every morning**.*

34 A: ↑mm ↓joo.
mm yeah.

35 B: (mää ainaki syön) [ka- kaks näkkileipäpalasta yleesä.
I at+least eat tw- two crisp+bread-pieces usually.
(I at least eat) [two- two slices of crisp bread **usually**.

36 A: [joo, joo
[yeah, yeah

37 A: njoo
nyeah

38 (2.4)