

INTERVIEW SCHEDULE

Supplementary File 1 — English version of the interview schedule

Anaemia Prevalence and Associated Factors among Pregnant Women at First Antenatal Visit in a Tertiary Hospital in Delhi, India: A Cross-Sectional Study

Instructions: This schedule is to be completed in the first trimester, at the time of the first antenatal care (ANC) visit, **before** iron/folic acid supplementation is started. All measurements are to be taken according to standard procedures.

IDENTIFICATION AND GENERAL PARTICULARS

Code / UHID	
Date of interview	
Ward No.	
Name of participant	
Husband's / Father's name	
Mother's name	
Gotra (clan)	
Age (years) / Date of birth	
Sex	Female
Mother tongue	
Religion	
Category	☐ UR ☐ OBC ☐ SC ☐ ST
Caste / Tribe	
Community	
Phone number	
Address	
Place of birth	☐ In Delhi ☐ Outside Delhi (state: _____)
Marital status	☐ Married ☐ Unmarried
Type of marriage	☐ Consanguineous (C) ☐ Non-consanguineous (N)
Last menstrual period (LMP)	
Expected date of delivery (EDD)	
Gestational age (weeks)	_____ (☐ Based on LMP ☐ Based on USG)

ELIGIBILITY SCREENING

Inclusion criteria — all responses must be “Yes”

Criterion	Response
Gestational age $\leq$ 12 weeks (confirmed by LMP or first-trimester USG)	☐ Yes ☐ No
This is the first antenatal (ANC) visit	☐ Yes ☐ No
Written informed consent obtained	☐ Yes ☐ No

Exclusion criteria — a “Yes” to any item makes the participant ineligible

Criterion	Response
Major chronic illness	☐ Yes ☐ No
Prior folic acid / vitamin B ₁₂ supplementation	☐ Yes ☐ No
Multiple pregnancy	☐ Yes ☐ No
History of neural tube defect	☐ Yes ☐ No
Hepatitis B	☐ Yes ☐ No
HIV	☐ Yes ☐ No
Overt diabetes	☐ Yes ☐ No

Final eligibility decision: ☐ Eligible ☐ Ineligible

SECTION A: SOCIO-DEMOGRAPHIC INFORMATION OF THE PARTICIPANT

Age (years)	_____ Group: ☐ <20 ☐ 20–24 ☐ 25–29 ☐ 30–34 ☐ $\geq$ 35
Education (highest level)	☐ Illiterate ☐ Secondary / 10th ☐ Senior secondary / 12th ☐ Graduation & above
Occupation	☐ Homemaker ☐ Working — details: _____
Family size (total members)	_____ ☐ <5 ☐ 5–10 ☐ >10

SECTION B: STRUCTURE OF THE PARTICIPANT'S FAMILY

S. No.	Name	Sex	Age	Relation to Ego	Marital status ^a	Education ^b	Occupation ^c	Monthly / Annual income
1								
2								
3								
4								
5								
6								
7								
8								

^a **Marital status:** Married (1), Unmarried (2), Divorced (3), Widowed (4), Separated (5).

^b **Education:** Illiterate (1) / Informally educated (2) / Formally educated (3): Primary / Middle / Secondary / Graduate / Postgraduate / Professional.

^c **Occupation:** Unskilled (1) / Semi-skilled (2) / Skilled (3) / Professional (4) / Business (5).

SECTION C: ANTHROPOMETRIC AND PHYSIOLOGICAL MEASUREMENTS**(a) Anthropometry — First trimester**

Measurement	Value
Weight (kg)	
Height (cm)	
Body Mass Index (BMI, kg/m ²)	_____ (calculated)

BMI classification (Asia-Pacific criteria): ☐ Underweight <18.5 ☐ Normal 18.5–22.9 ☐ Overweight 23–24.9 ☐ Obese ≥25

(b) Blood Pressure (mm Hg) — measured with an Omron digital device

Measurement	R1	R2	R3	Mean
Systolic BP				
Diastolic BP				
Pulse rate				

Blood pressure classification (AHA 2017): ☐ Normal (<120/<80) ☐ Elevated (120–129 / <80) ☐ Hypertension Stage 1 (130–139 / 80–89)
☐ Stage 2 (≥140 / ≥90)

SECTION D: CLINICAL INVESTIGATIONS

Blood group	
Haemoglobin (g/dL)	_____ (Instrument: point-of-care haemoglobinometer — HemoControl, EKF Diagnostics)

Anaemia classification (ICMR): ☐ Normal ≥11 ☐ Mild 10–10.9 ☐ Moderate 7.0–10 ☐ Severe <7

Note: For the purpose of analysis, moderate and severe anaemia are combined into a single category (moderate/severe).

SECTION E: REPRODUCTIVE AND OBSTETRIC HISTORY

No.	Item	Response
1	Age at menarche (years)	_____
2	Age at marriage (years)	_____
3	Menstrual cycle	☐ Regular ☐ Irregular Average duration (days): _____ Bleeding: ☐ Normal ☐ Heavy (menorrhagia)
4	Gravidity (Gravida)	_____ ☐ First ☐ Second ☐ Third or more
5	Parity (P)	_____ Number of living children (L): _____
6	History of pregnancy loss	☐ No ☐ Once ☐ More than once Total number: _____ (abortion / stillbirth)
7	Gestational age of current pregnancy (weeks)	_____ (☐ LMP ☐ USG)
8	Hygiene — cleaning of external genitalia	☐ Water only ☐ Soap ☐ Antiseptic ☐ Other: _____
9	History of urinary tract infection (UTI)	☐ Yes ☐ No
10	Complications in previous pregnancy / delivery (if any)	

Name of interviewer:

Signature and date:

Abbreviations: LMP – Last menstrual period; EDD – Expected date of delivery; USG – Ultrasonography; BMI – Body mass index; BP – Blood pressure; UTI – Urinary tract infection; C – Consanguineous marriage; N – Non-consanguineous marriage; UR/OBC/SC/ST – Social categories; ICMR – Indian Council of Medical Research.