

Focus Group Discussion with Health Extension workers

FGD study guide

Project: Progression of metabolic syndrome during pregnancy, risk factors and the risks for adverse birth outcomes in Jimma zone, Southwest Ethiopia: A prospective cohort study.

Topic: Dietary knowledge, beliefs and practices in relation to adverse pregnancy outcomes: A qualitative study in Jimma, South-West Ethiopia.

FGD Checklist

Make arrangements for

- Private setting for FGD
- Transportation of staff to FGD site.
- Transportation of participant/s to FGD site
- Refreshments for participants

What to take to the FGD site

Equipment

- 1 voice recorder/digital recorder (plus 1 extra, if available)
- Spare batteries
- Field notebook and pens
- 1 large, heavy-duty envelope
- Archival information sheet with archival number
- 2 copies of in-depth interview guide
- Informed consent forms
- Note-taking form
- Debriefing form

What to place in the envelope after the FGD

- Completed archival information sheet
- Signed informed consent form
- Labeled FGD guide with notes
- Labeled voice recorders, re-record tabs punched out

Background and Introductions (5 MINS)

Welcome and Opening Comments

- ❖ Thank participants for agreeing to come.
- ❖ Explain what in-depth interviews is.
- ❖ Encourage participants to speak freely throughout the interview.
- ❖ Not seeking consensus.

- ❖ There are no right or wrong answers.
- ❖ Identify topic in broad terms.
- ❖ Use the phrase "going to talk about some of the things I mentioned above."
- ❖ Tell how long group will last (about 40 minutes).
- ❖ Mention that the session is being audiotaped (and videotaped).
- ❖ The information will be analyzed as a whole and will not be analyzed individually or independently.
- ❖ No participant names will be used in any analysis of the discussion.
- ❖ Information given by the participant will not be available to the general public.

Introduction of Participants:

Could I begin by you telling us your first name and a little something about yourself like your responsibility in the community [ask for any employment or involvement in any social duties]?

Facilitator Name: _____

Date: _____

Woreda: _____

Kebele: _____

Basic information

Age: _____ Sex: _____

Experience: _____

Telephone: _____

Place of work /Address/ _____

Profession/ Level of education/ _____

1. Food taboos and cultural beliefs

- 1.1 Can you share any traditional beliefs or taboos about food during your pregnancy?
- 1.2 How did you learn about these taboos and beliefs?
- 1.3 Can you describe any specific food taboos or cultural beliefs related to pregnancy in this community?

2. Perceptions and Beliefs

- 2.1 What specific foods are considered taboo for pregnant women in your community, and why?
- 2.2 Do you think these taboos are beneficial to the health of pregnant lady and the health of her baby? Why?
- 2.3 Do you think these taboos are harmful to your health and the health of your baby? Why?
- 2.4 How do pregnant women perceive these food taboos and beliefs? Are they viewed as protective, restrictive, or otherwise?
- 2.5 What are the perceived benefits of following? How did you learn about these taboos and beliefs?
- 2.6 What are the perceived benefits of following these taboos during pregnancy?
- 2.7 What are the perceived consequences of following these taboos during pregnancy?
- 2.8 How do these taboos impact the health and nutrition of pregnant women and their unborn children?
- 2.9 How do these beliefs and taboos impact pregnant women differently than other community members?
- 2.10 Do you think these taboos are beneficial to the health of pregnant lady and the health of her baby? Why?

3. Food aversions during pregnancy

- 3.1 What are the common food cravings and aversions that pregnant women experience, and how might these be influenced by cultural factors?

3.2 How do different cultures perceive and manage food cravings and aversions during pregnancy?

3.3 Can you share any interesting examples of culturally specific food cravings or aversions?

3.5 Is there any food that you have an history of food aversions during pregnancy?

3.5 What advice would you give to healthcare providers (concerned body) on how to address food aversions in a culturally sensitive manner?

4. Impact on pregnancy

4.1 Are there foods that are given especially for women during pregnancy? Would you please list them?

4.2 How do these food affect pregnant women eating habits and food choices during pregnancy?

4.3 Why does the community prefer encouraging women to eat those foods?

4.4 Are there any foods that pregnant women should avoid during pregnancy? What are they? What type of foods? Why are women expected not to eat those foods during pregnancy in the community? What do you know will happen if they eat them?

5. Community and Changes over time

5.1 How open are pregnant women in your community to changing their food-related beliefs and practices? (Probe:) Did you think changing this food related beliefs and practices works right?

5.2 What factors do you think might encourage pregnant women from changing these practices?

5.3 What factors do you think might discourage pregnant women from changing these practices?

5.4 What are the historical or cultural origins of these pregnancy-related food taboos and beliefs?

5.5 What are the primary reasons given for adhering to these taboos during pregnancy?

6. Suggestions for Improvement

6.1 What do you think can be done to better address the issue of food taboos and cultural beliefs for pregnant women in your community?

6.2 How can local leaders, healthcare providers, and policymakers involve pregnant women more effectively in developing and implementing solutions?

6.3 Any additional information/idea you think left?

Thank you for your time!