

In-depth interview(KII) Health Professionals working on Administration position

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.

In-depth interview Checklist

Make arrangements for

- Private setting for in-depth interviews
- Transportation of staff to in-depth interviews
- Transportation of participant/s to in-depth interviews site
- Refreshments for participants (if applicable)

What to take to the in-depth interview

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 in-depth interviews

- Completed archival information sheet
- Signed informed consent form
- Labeled in-depth interviews 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/ _____.

Section 1: Background and expertise

- 1.1 Can you please share your background and experience in the field of maternal and child health, and nutrition?
- 1.2 What inspired you to focus on cultural practices and their impact on pregnancy?

Section 2: Cultural practices during pregnancy

- 2.1 What are some of the most common cultural practices you have encountered that influence nutrition during pregnancy?
- 2.2 How do these practices vary across different cultures or geographic locations?
- 2.3 Can you provide examples of specific rituals or ceremonies that are performed during pregnancy in different cultures?
- 2.4 In your opinion, how do these cultural practices impact maternal nutrition, health and well-being?

Section 3: Food taboos during pregnancy

- 3.1 What are some common food taboos during pregnancy that you have come across in your research or practice?
- 3.2 How do these taboos differ between cultures or communities?
- 3.3 What are the potential nutritional implications of adhering to these food taboos?
- 3.4 Have you observed any particular food taboos that could be harmful to maternal or fetal health?
If so, could you elaborate?

Section 4: Food diversions during pregnancy

- 4.1 What are the common food cravings and aversions that pregnant women experience, and how might these be influenced by cultural factors?
- 4.2 How do different cultures perceive and manage food cravings and aversions during pregnancy?
- 4.3 Can you share any interesting examples of culturally specific food cravings or aversions?

4.4 What advice would you give to healthcare providers on how to address food diversions in a culturally sensitive manner?

Section 5: Pregnancy outcomes

5.1 In your experience, how do cultural practices and food taboos impact pregnancy outcomes such as birth weight, preterm birth, and developmental health of the child?

5.2 Have you noticed any positive outcomes that are specifically linked to cultural practices during pregnancy?

5.3 Conversely, are there any adverse outcomes that you believe are directly related to certain cultural practices or food taboos?

5.4 How do you recommend balancing cultural practices with medical and nutritional guidelines to ensure the best pregnancy outcomes?

Section 6: Healthcare and cultural sensitivity

6.1 What challenges do healthcare providers face when dealing with culturally diverse populations in terms of pregnancy care?

6.2 How can healthcare providers effectively communicate with patients about the importance of nutrition and prenatal care while respecting cultural beliefs?

6.3 What role do you think community and family support play in reinforcing or challenging cultural practices during pregnancy?

Section 7: Research and future directions

7.1 What areas of research do you believe are most critical for understanding the impact of cultural practices on pregnancy outcomes?

7.2 Have you been involved in any research studies related to this topic? If so, could you share some key findings?

7.3 What future directions do you see for improving maternal and child health outcomes through the understanding of cultural practices?

Section 8: Personal insights and recommendations

8.1 What has been the most surprising or insightful discovery you have made in your work on cultural practices during pregnancy?

8.2 Are there any specific cultural practices that you believe should be more widely recognized or integrated into mainstream prenatal care?

8.3 What recommendations would you give to pregnant women and their families regarding balancing cultural practices with modern healthcare advice?

Any additional information/idea you think left?

Thank you very much for your time.