

GWG KAP STUDY – IN-DEPTH INTERVIEW GUIDE (PREGNANT WOMEN)

A. PREGNANCY WEIGHT GAIN

1. Do you measure your body weight regularly during pregnancy? How frequently do you measure your body weight? Who measures your weight?
2. What do you think is the appropriate amount of weight gain for you during pregnancy?
3. How important do you think gaining appropriate weight is for you? What about for your baby?
4. What are some of the consequences of gaining too little weight during pregnancy to you? And to your baby?
5. What are some of the consequences of gaining too much weight during pregnancy to you? And to your baby?
6. Have you received any information on pregnancy weight or pregnancy weight gain from health professionals? What information did you receive? Which health professional provided you with the information? How many times have you received the information?
7. Have you received any advice on pregnancy weight or pregnancy weight gain from other individuals (e.g., family, relatives, friends, neighbors)? What advice did you receive? Who provided you with the advice?
8. What are some factors that can influence weight gain during pregnancy?
9. Do you have goals for your body weight **during pregnancy**? What are your goals? Why do you make these goals?
10. Do you have goals for your body weight **after pregnancy**? What are your goals? Why do you make these goals?
11. Does anyone in your household influence your weight management (this could be a positive influence or an adverse influence)? Who are they? How do they influence your weight management?
12. What are the barriers you have faced related to managing your weight during pregnancy? Are the barriers being addressed? How are these barriers being addressed?

B. DIET DURING PREGNANCY

13. Are there foods that are not recommended during pregnancy? What are the foods, and why are they not recommended? **Probe:** identify any practice of food taboos.

14. Do you eat differently during pregnancy compared to before pregnancy? If yes, describe what is different from the usual. **Probe:** Are there foods or drinks you have increased/added or reduced/removed from your diet since becoming pregnant? Mention the specific foods or drinks.
15. Do you have access to enough food to fill you up every day?
16. Who within your family influences what foods you eat and how much you eat during pregnancy?
17. Do you fast for religious reasons during pregnancy? If yes, how often do you fast?
18. Do religious leaders advocate fasting during pregnancy? Would you consider not fasting if your religious leaders advocated for no fasting for pregnant women?

C. HOUSEHOLD FOOD PRACTICES

19. How many times a day does your family usually eat food? What kind of food does your family usually eat? What amount? Who eats first?
20. Who decides what foods are purchased and cooked within your household?
21. Who prepares the foods/meals in your household?
22. How is food shared during mealtimes? Who receives the most food? Who receives the least food?

D. ANTENATAL CARE-SEEKING BEHAVIOR

23. What do you think about the importance of antenatal care for a woman during pregnancy?
24. How did you decide to seek care? Did the family help in this process?
25. Where do women usually go for check-ups during pregnancy in this area? And why?
26. What could be the reasons why some women do not go for regular check-ups during pregnancy?

E. CONCLUSIONS

27. Is there anything else that you would like to discuss?
28. Do you have any questions for us?