

GWG KAP STUDY – IN-DEPTH INTERVIEW GUIDE (HEALTHCARE PROVIDERS)

1. How do you explain gestational weight gain (GWG) to pregnant women?
2. Would you please tell me how much weight pregnant women are recommended to gain?

Probe: would you please tell me in detail according to women's pre-pregnancy weight: for underweight, normal weight, overweight and obese women.

3. Would please tell me about GWG guideline you are aware of (if any).

Probe: Do you use a GWG guideline?

If yes, would you tell me about it? What are the contents of the guideline?

If there is no guideline, to what extent you need a guideline?

What type of information you want to be included in the guideline?

Have you ever heard of or seen the Institute of Medicine (IOM) guidelines for pregnancy weight gain? If yes, would you tell me what you know about the IOM GWG recommendations?

Have you ever heard of or seen the INTERGROWTH-21st standards for gestational weight gain? If yes, would you tell me what you know about the INTERGROWTH-21st standards?

4. How do you manage GWG in your practice?

Probe: What type of information you provide for pregnant women? Type of advice for pregnant women about GWG, about nutrition, about physical activities...

Do you regularly measure pregnant women for their body weight?

Do you specifically tell pregnant women in detail the amount of weight they already gained and the amount they are recommended to gain? If no, why not?

Do you encourage women to follow their own plans for weight management? If yes, why? If no, why not?

What are the practical challenges of managing GWG in antenatal care?

5. How do feel about discussing GWG with pregnant women?

Probe: how sensitive is it?

Level of priority of GWG management? Why a priority or why not a priority?

How much are you confident in providing advice on GWG and nutrition? What should be done next?

6. Would you please tell me about your view on postpartum weight management?

Probe: what women's postpartum weight management looks like? Would you tell me from your observation?

What advice you provide for pregnant women during ANC follow up regarding postpartum weight management? If there is no advice, why not?