

Supplementary Material

Engaging Fathers(to-be): A Pilot Study on the Adaptation and Programme Experience of SMS4baba Intervention in Kenya's Informal Settlements

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SUPPLEMENTARY FILE 1: EXCERPT OF TOPIC GUIDE FOR FOCUS GROUP DISCUSSION

PRE-TEST FOCUS GROUP DISCUSSION TOPIC GUIDE EXCERPT

Program Topics

1. If you were going to get health information on your phone that is important for men like you, what type of information would it be? (PROBE on specific content areas related to parenting and fatherhood)
2. *We are developing a mobile phone program for men like you. It will cover a variety of different topics related to becoming a father. Men in the program will receive information on topics that include practical advice on child development, parenting, family support, and family relationships.*
 - i. Are these the topics that men in your community will want to learn about?
 - ii. What other topics would men in your community want to learn about? (EXPLAIN)

Communication Formats

Program participants will receive mobile phone messages regularly about these topics. Here is an example of the type of text message program participants will receive: "I am about 26 cm tall now Dad. My legs are growing and I might try moving about. Imagine that."

*Let's now talk about the **timing of the program***

1. How often would you like to receive health information on your mobile phone (e.g. preferred no. of days in a week and time of the day)
2. We are thinking of running the program for 6 months, is this too much time (too long), too little time (too short)?

PROBE: 3 months, 6 months, 1 year, more than 1 year

Message Content & Testing

For each message, ask participants:

1. *Do you understand the meaning of this message, is it beneficial?*
2. *Any modification to the message e.g. content, language/ common slang, length?*
3. *If you are to hear what will you do/act.*
 - a. *Can you share and with who?*
 - b. *How will other people react on seeing the message on your phone?*

POST-PILOT FOCUS GROUP DISCUSSION TOPIC GUIDE EXCERPT

Opening questions

1. Ask about experiences with the programme
 - a. Could you tell us what you liked by participating in this programme of receiving text messages
 - b. What did you like about the programme (**probe**; message content, frequency of receiving SMS; opportunity to learn new things; able to ask questions)
 - c. Could you tell what you did not like about the programme. **EXPLAIN**

Message content and impact

Earlier, we had a chance to provide individual feedback on specific messages sent to you. Now, we would like to discuss and learn from your perceptions of the messages sent.

1. Some of the messages were about your baby, do you remember any of those? Can you give examples?
 - a. Was the information in the messages about your baby useful?
 - b. Did you do anything that was suggested in the messages?
 - c. Do you think the message helped your relationship with your unborn child?

- d. Which other information/topics would you have liked to receive to learn more about your unborn baby/relationship with your baby
2. Some of the messages were about your wellbeing, do you remember any of those? Can you give examples?
 - a. Were the messages useful
 - b. Did the message(s) help you think or act/behave differently and in what ways
Which other information/topics would you have liked to receive to learn more about your wellbeing and role as a father/father-to be
3. Some of the messages were things about helping the mother, do you remember any of those? Can you give examples:
 - a. Were the messages useful
 - b. Did the message(s) help you think or act/behave differently and in what ways
 - c. Do you think the message helped your relationship with your expectant partner/wife? And in what ways?
 - d. Which other information/topics would you have liked to receive to learn more about supporting your expectant partner/wife during pregnancy and after birth
4. Did you share any of the messages with your expectant partner/wife? (**Probe** for examples of the message)
 - a. How did she react to the message or information you shared?
 - b. Besides your expectant wife/partner, did you share the messages with other people? Specify who and why you shared with them (e.g. friends, workmates).

General recommendation and programme features

1. What modifications or improvements would you like to see in the programme?
 - Frequency of receiving the messages
 - Duration of receiving the messages i.e. currently only received for 6 weeks
 - Call/text back feature: how did it work and suggestions to improve
 - Accessing the information in other platform e.g. online community, whatsapp, facebook etc

POST-INTERVENTION FOCUS GROUP DISCUSSION TOPIC GUIDE

EXCERPT

Opening questions

You all received messages on your phone about the SMS4baba programme.

1. Could you tell us in general what the messages were about (explore programme topics)
2. To what extent did you read messages sent to you?
 - a. What are the main reasons you read all/most of the messages?
 - b. Are there some people who did not read all messages? Why?

Message content and impact

We would like to discuss and learn more from about the messages sent through the SMS4baba programme.

1. Some of the messages were about your baby, do you remember any of those? Can you give examples? ***Allow participants to refer to phone messages and read if necessary.***
 - a. Were the messages useful? Why/why not
 - b. Some messages were phrased in the baby's voice? Do you remember and how did you find these messages?
 - c. How did the messages change the way you think or act/behave? Please explain
 - d. Do you think the message helped your relationship with your child **before and after** they were born? And in what ways?
 - e. Which other information/topics would you like to receive or learn more about your baby and relationship with your baby?
2. Some of the messages were about your wellbeing, do you remember any of those? Can you give examples?
Allow participants to refer to phone messages and read if necessary.
 - a. Were the messages useful? Why/not?
 - b. How did the message(s) help you think or act/behave differently? and in what ways?
 - c. During pregnancy and the first year of a child's life, fathers experience challenges. Were there any that you experienced during this time? Give examples
 - Were the messages helpful in dealing with these challenges? Specify
 - Other ways you managed to cope with these challenges
 - d. Which other information/topics would you have liked to receive to learn more **about your wellbeing and role as a father?**
3. Some of the messages were things about helping the mother of your baby, do you remember any of those? Can you give examples:
Allow participants to refer to phone messages and read if necessary.

- a. Were the messages useful? Why/not?
 - b. Did you share any of the messages with your partner/wife? (**Probe** for examples of the message)
 - c. How did she react to the message or information you shared?
 - d. How did the message(s) help you think or act/behave differently? and in what ways?
 - e. Did you and your wife/partner make any changes in the way of doing things in your house because of the messages you have been receiving?
 - f. Do you think the message helped your relationship with your partner/wife? And in what ways?
 - g. Which other information/topics would you have liked to receive to learn more about supporting your partner/wife during pregnancy and after birth?
4. Sharing messages with others:
- a. Besides your wife/partner, did you share the messages with other people? Specify who and why you shared with them (e.g. friends, workmates).
 - b. For those who did not share messages with others, could you help us understand why not?

General recommendation and programme features

What modifications or improvements would you like to see in the SMS4baba programme?

- Frequency of receiving messages
- Timing of receiving messages
- Duration of receiving messages
- Language and comprehensability of messages
- Call/text back feature: how did it work and suggestions to improve
- Accessing information in other platforms e.g. online community, whatsapp, facebook etc

Would you recommend SMS4baba to other fathers (especially new fathers)? Why or why not?