

Semi-structured Interview Guide

Study title: Knowledge, habits, and barriers to sun safety practices among farmers in Bagua Grande: a mixed-methods study

Purpose:

To explore in depth the perceptions, knowledge, habits, and barriers that farmers face regarding sun protection in the context of their agricultural work.

Interview type: Semi-structured (face-to-face or telephone, depending on availability)

Estimated duration: 30 – 45 minutes

Thematic axes and guiding questions:

1. Knowledge about sun exposure and sun protection

- What benefits do you think sun exposure provides?
- What problems do you think prolonged sun exposure can cause?
- Do you know any sun protection measures?
- Have you heard about skin lesions or illnesses caused by sun exposure? Which ones?
- Have you heard about photosensitivity? What do you think it means?

2. Sun protection habits

- What kind of clothing do you usually wear when working in the field?
- Do you wear any kind of hat or cap?
- Do you use sunglasses?
- Have you used sunscreen? How often?
- Do you seek shade or cover yourself when working?
- Do you take breaks during outdoor work?
- Do you adopt specific positions or locations to avoid direct sun?

3. Barriers or difficulties in protecting oneself from the sun

- How easy or difficult is it for you to protect yourself from the sun while working?
- What obstacles do you face when using sunscreen or proper clothing?
- Do you find sun protection uncomfortable? Why?
- Do you feel that protecting yourself from the sun takes time or interferes with your work?

4. Perception of risks and coping strategies

- What health problems have you noticed in yourself or your family due to sun exposure?
- What do you usually do when you experience skin discomfort or other symptoms?

- Do you seek medical attention? Where?
- What do you think about the service you receive at health centers?
- Do you usually self-medicate or use home remedies? Why?
- Have you received information on how to protect yourself from the sun? From whom?