

Interview Guide for Herbal Practitioners in Tigray, Ethiopia

Introduction:

How are you doing today? Thanks for talking to us. My name is _____

The title of our research is “**Traditional Phytopharmaceutical Practices and Integrative Healthcare Perspectives among herbal practitioners: a cross-sectional analysis in Tigray, Ethiopia**” and is managed by Yemane Tadesse Desta (PhD), a researcher at Tigray Health Research Institute.

We're looking to learn from your traditional medicine experience to understand traditional phytopharmaceutical practices and your healthcare perspectives.

As you have gone through the full consent form, this interview will take approximately 50 minutes maximum to complete.

Do you have any questions before we begin?

The interviewee has agreed to answer: ☐ Yes ☐ No

“All my questions were answered. I have understood and agree to give verbal consent to the interview.”

Date: ____/____/____(DD/MM/YYYY): Signature of Interviewer: _____

Section 1: Participant Background and Sociodemographic Information

1. What is your age?

Under 40 ☐ 40–59 ☐ 60 and above ☐

2. What is your gender?

Male ☐ Female ☐

3. What is your religion?

Ethiopian Orthodox Christian ☐ Muslim ☐ Other (please specify) _____

4. What is your highest level of education?

No formal education ☐

Church/Mosque or adult education ☐

Formal education ☐

Both church/mosque and formal education ☐

5. How many years have you been practicing traditional herbal healing?

2-5 ☐

6-10 ☐

11-15 ☐

16-20 ☐

More than 20 ☐

6. Do you practice traditional healing full time or part time?

Full time ☐

Part time ☐

7. On average, how many clients do you see per week?

Less than 8 ☐

8-21 ☐

More than 22 ☐

8. How close is the nearest modern healthcare center to your practice?

0-5 km ☐

6-10 km ☐

More than 10 km ☐

9. How do you perceive the acceptance of modern healthcare by your clients?

Fully accepted ☐

Partially accepted ☐

Not accepted ☐

Sources of Knowledge and Training

10. How did you acquire your traditional herbal knowledge? (Select all that apply)

Family inheritance ☐

Religious institutions ☐

Personal illness experience ☐

Apprenticeship ☐

Prior formal training ☐

11. Have you received any training on traditional herbal medicine?

Yes ☐

No ☐

12. Are you willing to transfer your knowledge to others?

Yes, to anyone ☐

Yes, only to relatives ☐

No ☐

Phytopharmaceutical Practices

10. What are the most commonly used medicinal plants in your practice? Please list names and parts used. _____

11. Which plant part do you use most frequently?

Leaves ☐

Roots ☐

Stem bark ☐

Seeds ☐

Fruits ☐

Rhizomes ☐

Flowers ☐

Other (please specify) _____

12. How do you prepare your herbal remedies?

Decoction/boiling ☐

Crushing and mixing with other substances (e.g., honey, tea, milk) ☐

Topical application ☐

Smoking or inhaling aromas ☐

Other (please specify) ☐

13. What are the main ailments you treat with herbal medicine? (e.g., respiratory diseases, digestive problems, spiritual healing)

14. Do you include spiritual or religious components in your healing methods?

Yes ☐

No ☐

Integrative Healthcare Perspectives

15. Are you open to integrating your traditional herbal practices with the modern healthcare system?

Yes ☐

No ☐

16. What is the reason for your openness or resistance to integration? (Explain)

17. What benefits do you see in integrating traditional medicine with modern healthcare?

(Select all that apply)

Recognition of herbal practices ☐

Improved patient care ☐

Enhanced therapeutic efficacy ☐

Economic benefits ☐

Others (please specify) ☐

18. What challenges or concerns do you have about integrating traditional herbal medicine with modern healthcare? (Select all that apply)

Fear of losing efficacy ☐

Cultural resistance ☐

Religious conflicts ☐

Lack of clear government regulation ☐

Intellectual property concerns ☐

Scientific validation issues ☐

Other (please specify) ☐

Challenges in Traditional Herbal Practice

19. What are the major challenges you face in your practice? Rate the severity as High, Medium, or Low for each:

Environmental degradation affecting plant availability ☐

Lack of documentation of knowledge and practices ☐

- | | |
|--|--------------------------|
| Presence of false/unqualified herbal healers | ☐ |
| Lack of storage facilities for herbal products | ☐ |
| Lack of formal recognition by government/health system | ☐ |
| Inadequate training opportunities | ☐ |
| Regulatory gaps and absence of clear policies | ☐ |
| Limited market access for herbal products | ☐ |

20. How do you think these challenges can be best addressed?

21. How do these challenges affect your practice and the passing on of knowledge?

Closing

22. Is there anything else you would like to share about your experience as a herbal practitioner or your views on healthcare integration?

23. Do you have any questions for us?

Thank You!