**IDI # 1**

**IN-DEPTH INTERVIEW (IDI)**

**Pregnant Women**

**Purpose of the In-Depth Interview (IDI):**

To identify barriers and opportunities to optimize maternal nutrition during pregnancy and identify how best to provide advice during ANC to optimize IYCF.

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Starting Time: \_\_\_\_\_\_\_\_ Ending Time: \_\_\_\_\_\_\_\_\_\_**

**District:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of Community/Village:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of Interviewer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Note to the Inteviewer:**  **Introduce yourself at the beginning of the session, explain who you work with, why you are here, and introduce anyone else on the team who is with you.**  **Introduction:** Hello, my name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I am working with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to help develop a health program in this district. We are very interested in learning more about health of pregnant women, women like you who live in this village/community. We would like to ask you a few questions to understand better what is happening within the homes in Keonjhar. This should not take more than two hours. Do not worry. There are **NO** right or wrong answers. You should feel very free to express whatever you are thinking.  Do we have your permission to continue? Do we have your permission to take photographs? **(Please note if the individual gives permission for taking photographs.)**  **Permission for photographs**? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

1. ***Women health during pregnancy***
2. What are some things that you are doing to remain healthy during your pregnancy?
   1. Probe: How is she taking care of herself? Nutrition: what types of food she needs to eat? How often? Are there some cold foods, are there some hot foods she can eat during pregnancy.
   2. Probe: Making sure she has three meals a day: does she go to bed sometimes skipping meals?
   3. Probe: what chores does she need to do (collect wood, water, field work, taking care of children in the house?)
   4. Probe: Can she rest? If so, who is taking care of her chores?
   5. Probe: going to ANC visits (if so how often and who provides the care: ANMs, ASHAs). How is she being treated when she arrives at the community health center (if she goes there?)
3. In your **family**, is there anyone who is helping you to remain healthy during your pregnancy? If yes, who is helping and what do they do to help?
   1. Probe: Family members (mother in law, husband, sister in law)?
   2. Probe: How: talking, sharing the work, etc.?
4. During your pregnancy, are there certain foods or drinks that you try to eat more of or less of?
   1. Probe: What are the foods and why for each of them.
5. Why do you think nutrition and feeding might be important for **your health** and the **health of the new baby** during your pregnancy?

* 1. Probe: How do you think what you eat during pregnancy affect the new baby?
  2. Probe: Fear of a large baby (IFA, foods)
  3. Probe: are there foods that you cannot eat (cold foods), and some foods you can eat
  4. Probe: Are there some people in the community who tell you what to eat (qwack doctors, ASHAS, ANMS)

1. Are there any traditional practices that you are following during your pregnancy? If so, what are they and how might they affect your health for better or worse while you are pregnant?
   1. PROBE: Any foods, medicines or beverages you are consuming? Any rituals regarding working, sleeping, bathing, etc.?
2. Have you heard of anemia (use the term used in the community), if yes, what **have you heard** about it?
   1. Probe: is it serious? If so, why?
   2. Probe: symptoms
   3. Probe: magnitude: do they know women in their community who are anemic
   4. Probe: who has told them about anemia? (ANMs?) and what have they said to them?
3. How do you think women like you can prevent being anemic?
   1. Probe: Eating green leafy vegetables?
   2. Probe: Taking IFA and if so, how often?
   3. Probe: For women who reported taking IFA, how do they feel with IFA (probe for side effects and coping mechanisms)?
4. Have you seen an ANM or ASHA during your pregnancy? If so, things do they talk about for remaining healthy?
   1. Probe: Iodized salt and the importance of using iodized salt?
   2. Probe: Importance of coming at least a total of 4 times to ANC?
   3. Probe: Importance of delivering at health facility?
   4. Probe: Advice on how to feed the newborn when the baby is born?

**II Question about the Digital Green videos**

1. Could you tell us about the videos you are watching? What are you seeing in the videos?
2. Which videos did you prefer?
   1. Probe: Testimonials or demonstration?
   2. Probe: Which topics they found interesting?
3. If you think of your health, and the health of your baby and foods, which topics would you like to learn about through videos?