R4S - An exploratory study of family planning self-care in Nepal, Niger, and Uganda

Guide for individual interviews

Community Leaders [Niger only]

Instructions to Interviewers

This interview guide is for community leaders that have been purposefully selected for IDIs.

- *Ensure you have adequate privacy and cannot be overheard before beginning to ask questions.*
- *Using the tablet, administer the Participant ID and Eligibility Screening surveys*
- ***AFTER determining eligibility**, obtain participant's consent using the Informed Consent Form and answer any questions*
- ***AFTER consent and BEFORE beginning the interview,** use the tablet to administer the Demographic survey*
- ***AFTER the demographic questions have been asked,** save the responses and put the tablet away.*

Eligibility Screening

READ AFTER ID GENERATION: First, I will ask some information about you which will determine whether we will continue with more questions.

Read the following questions to potential participants and have them respond. If any of the responses lead to '→STOP', the client is not eligible to participate. Do not proceed with the survey. Thank the client for their time. Let them know that they have done nothing wrong, but you would like to interview those who have the most to contribute to this study.

NO.	QUESTION	RESPONSE	CODE	SKIP
101.	How old were you at your last birthday?	[___|___] ***Years***		**If <18 → STOP**
102.	Are you currently active in a major community organization or play a leadership role in your community?	Yes No Don't Know No response	1 0 8 9	 **→STOP** **→STOP** **→STOP**
103.	Have you ever participated in family planning activities in your community?	Yes No Don't Know No response	1 0 8 9	 **→STOP** **→STOP** **→STOP**

Demographic Questions

READ AFTER ELIGIBILITY: Your answers indicate that you meet the eligibility for this study. I am now going to tell you more about this study and what you can expect if you decide to participate.

[Informed consent process]

READ AFTER CONSENT: Thank you for agreeing to share your experiences. I will ask you a few more questions on this tablet before we move to the audio-recorded part of the interview. As a reminder, you can decline to respond to any of these questions.

NO.	QUESTION	RESPONSE	CODE	SKIP
201.	What is the highest level of school you've attended?	No formal schooling Primary school Secondary school University or technical school No response	1 2 3 4 9	
202.	Did you do any paid work within the last six months?	Yes No Don't Know No response	1 0 8 9	

***READ*:** Thank you for agreeing to share your experiences with family planning services. There are no "right" or "wrong" answers to the questions I ask. What interests me is understanding your perspective on how best to support the delivery of different FP services and the types of support that members of your community may need. I will make an audio recording of the interview so that I can remember the information you provide me. But, as a reminder, I will keep confidential all the information you share with me. I will not share them with anyone outside the study team (See consent information). Do you have any questions? Are you ready to get started?

Turn on recorder, state your name, the participant ID, and confirm that they consented to participate and be recorded.

Questions

Introduction:

I. General characteristics of the population

1. I'd like to learn about your community. Please tell me a bit about it.
    a. What do most people in your community do for work?
    b. What health services are available in your community?
    c. Are family planning services available?
    d. Do members of your community use the family planning services offered?
    e. To what extent are families willing to use family planning methods?
2. Is it easy or difficult to discuss how many children families in this community want to have or when they want to have them?
    a. Easy: why? Where?
    b. Difficult: why?

II. Understanding 'self-care as a concept

3. When I use the term "self-care", what does it mean for you?
    a. How would you describe it when it comes to family planning?

4. In this *study, we define 'self-care' as 'the ability* of *individuals, families and communities* to *promote and* maintain *sexual and reproductive health and* avoid *unwanted pregnancies with or without the help of a health provider.'*
    a. How would you describe this idea in your own words?
    b. To what extent do people in this community practice "self-care"?
    c. What are the most common self-care behaviors in this community?

III. Community capacity for self-care

[Recall the definition of self-care in this study]

5. Do you think that self-care is good for your community?
    a. What good things can happen with self-care in your community?
    b. How do members of your community practice family planning in their own way?
    c. To what extent do you think they are able to manage health-related decisions themselves?
    d. What benefits do you see for people, if more services or products were available through self-care mechanisms?
6. What are your concerns about expanding how people engage in health care to be more self-care-driven?
    a. What disadvantages do you see for people, if more services or products were available through self-care mechanisms?

IV. Contraceptive use

7. What are the most commonly used contraceptive methods in your community?
8. What role do you play in raising awareness or influencing members of your community to use contraceptive methods?
9. Are members of this community criticized or discriminated against for using a family planning method?
    a. How? What are the things people say?
    b. Who criticizes them (types of people, for example, women, men, friends, leaders)?
    c. Are men and women judged differently when they use a family planning method? What do we say about female users? What do we say about male users?
10. What methods, if any, can currently be obtained or used without medical supervision (for example, obtained or refilled at the pharmacy, market, or another location)?

    What other methods do you think could be provided through "self-care" – that is, with less management by Health Workers?

Sexual and reproductive health

11. What services, other than FP, do men and/or women in this community seek in the health center regarding their sexual health?
12. Where else are they looking for these services? (For example, traditional/herbal medicines, non-Western doctors, information, or services on the Internet)
    a. Why (or why not) would they seek these services elsewhere, rather than in the health center?
13. What types of people are more oriented towards self-care options for their sexual health needs?
    a. Does it differ based on gender, literacy, geographic context, or other elements?

VI. Effect of COVID on FP services

14. Have you heard of COVID?
    a. Has this pandemic affected your daily habits in general?
15. How has the COVID pandemic affected access to and use of services offered in your community's health center.?

    Were there periods when health services were not available? If so, when and for how long did this take place?
16. What effect do you think this has had on the ability of members of your community to research and obtain information, methods, or services?

VII. Risks and Benefits of Expanding Self-Care Options
[Recall the definition of self-care in this study]

17. From your perspective, what are the pros and cons of making more sexual and reproductive health self-care options available to people?
    a. How would this affect the behavior of members of your community regarding the use of FP services?

VIII. Recommendations for improving self-care options

18. As a result of this discussion, what are your recommendations for improving self-care options for people in your community?
    a. What information would you like to have?
    b. Who do you think could be the most reliable source for this information?
    c. What could you do (as a community leader) to encourage members of your community to use FP self-care options?
    d. What are the obstacles?

INFORMATION TO INCLUDE IN TRANSCRIPT	
Interviewer's name	
Interviewer ID number *Assigned during training*	[____|____]
Interview date	[____|____] / [____| ____] / [____| ____] Day Month Year
Start/End Times	Start time [__ __: __ __] End time [__ __ : __ __]
Participant ID *Generated during screening process. Use ID exactly as it appears on the tablet.*	[____] - [____] - [____] - [____|____] SNU Type Sex Participant
Venue of interview (e.g. client's home, health facility, etc..)	
Language of interview	