R4S – An exploratory study of family planning self-care in Nepal, Niger, and Uganda
In-depth interview topic guide
Male participants

Instructions to Interviewers

This interview guide is for men living in households that have been randomly selected for IDIs.

- *The participant ID will be generated during the household enumeration process, and the consenting and screening will occur using the same process as that of the survey participants.*
- ***AFTER consenting and AFTER determining eligibility**, use the tablet to ask the short demographic survey questions.*
- *Ensure you have adequate privacy and cannot be overheard before beginning to ask questions.*
- ***AFTER the demographic questions have been asked,** save the responses and put the tablet away.*

Demographic Questions

READ AFTER ELIGIBILITY: Your answers indicate that you meet the eligibility for this study. 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	
203.	How many living children do you have? ***Enter 00 if none.*** ***Enter 99 if no response.***	[___|___]		
204.	How long does it take for you to get to the nearest preferred health facility? ***Read response options aloud and select one.***	Less than 15 minutes 15 to 30 minutes 31-60 minutes 61 minutes to 2 hours More than 2 hours Don't know No response	1 2 3 4 5 8 9	

***READ*:** Thank you for answering my questions. We will now begin our discussion. There are no "right" or "wrong" answers to the questions I ask. I am interested in understanding your viewpoints about family

planning information and methods and how they might be obtained. I will be audio-recording the interview so I can make sure to remember the information you provide. But, as a reminder, I will keep any information you share with me confidential. I will not share it with anyone in your household. (Refer to consent information.) 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

I. Orientation to the concept of "self-care"

1. How would you describe your overall health?
2. How much do you feel you are "in control of" your own health?
    i. How much control do you feel you have over your/your partner's ability to delay or avoid getting pregnant?
3. For what health issues do you visit a healthcare provider?
    i. For what health-related issues do you rely on yourself or others who are not healthcare providers? Tell me more about that.
    ii. How important is it to visit healthcare providers for family planning compared to other health-related issues? Why?
4. When I use the term "self-care", what does that mean for you?
    i. How would you describe it when it comes to family planning?
    ii. How is self-care related to providers and the health system?
    iii. How does shared decision-making between people like you and providers relate to self-care?

PROVIDE R4S DEFINITION OF SELF CARE: *We define self-care as the ability of individuals, families or communities to promote and maintain sexual health and avoid unintended pregnancies with or without the help of a healthcare provider.*

***If reading this definition, ask**: How would you describe this in your own words?*

II. Fertility awareness

5. Thinking about a woman's menstrual cycle, at what point in her cycle is a woman most fertile? Least fertile?
6. Have you and your partner ever tried to plan or time sex to get pregnant?
    i. What about to avoid pregnancy?
7. What kinds of products are on the market to help couples time their pregnancies?
8. What information or product(s) have you or your partner used to assist with this? Where did you obtain this knowledge, or these products? (e.g., calendar method, condoms)
    i. Why did you choose to obtain information on these products from that place?

III. Contraception

9. Let's talk about family planning. Are you or your partner currently doing anything to delay or avoid getting pregnant?

i. (If yes) What contraceptive method are you/your partner currently using?
ii. (If none) What was the last method you/your partner used?
iii. (If never use) Have you or your partner ever thought about using a method? Why/why not? *If respondent has never used FP, skip to Q14 – "If you were using a contraceptive method…"*

10. Why did you use this current/last method instead of other methods available?
11. How involved was a healthcare provider in determining which method to use? What role did you or your partner play in the decision?
12. Where, or from whom, did you/your partner obtain this method?
    i. Why did you choose to obtain your method from this place or person?
    ii. Were there other options? Why did you/your partner not use these places?
    iii. To what extent was your choice of method affected by where you could get it?
13. What if any concerns did you have about you/your partner's use of this method?
    i. If side effects, how were these managed? Which side effects required a visit to the clinic? Which could be managed some other way? (Drug shop, home remedies or other)
    ii. (*Probe if not mentioned*) Has your partner had any changes to her menstrual cycle or monthly bleeding while using this method? If so, how were these menstrual changes managed?

14. If you were using a contraceptive method obtained from places other than the health facility, would you still need provider support when using that contraceptive method?
    i. What do you think you would need provider support for?
    ii. When would you like to contact a provider for more information?
    iii. How easy will it be to get support from a provider in that case? Why?
    iv. What are other options to get this support?
15. In general, do you prefer family planning methods that are under your or your partner's own control – or methods that are provided by a healthcare worker? Why do you say this?

IV. Effect of COVID 19 on Access to FP Information and Services

16. How, if at all, has the COVID pandemic affected your ability to obtain FP information or services?
    i. In the last two years, did you ever find it difficult to obtain the FP information or services you wanted because of COVID? Please explain.

V. Sexual health

17. How would you describe your own sexual health?
18. Have you ever been concerned about a genital infection? Or, about your level of virility?
    i. If so, how have you managed that?
    ii. What care, if any, did you seek?
    iii. What if any products do you use?
    iv. Where did you obtain those products?
19. In general, what actions do men take if they have these kinds of concerns?

20. What kinds of remedies are most acceptable to address such issues?
    i. How involved are health care providers in helping you access and use those remedies? Why?
21. If you were using products for your sexual health obtained from places other than the health facility, would you still need provider support when using them?
    i. What do you think you would need provider support for?
    ii. How easy will it be to get provider support in that case? Why?
    iii. What are other options to get this support?

VI. Facilitating engagement in self-care

22. How easy or difficult is it to access care through a local clinic for men's health needs?
    i. Where else have you received healthcare services?
23. How would you describe the quality of services available at local clinics?
24. What are some of the challenges to obtaining services through the local clinic?
25. What, if any services, would you prefer to access in some other way?
26. Thinking about sexual and reproductive health specifically - what services or products, in your opinion, require provision by a medical expert? Why?
27. What concerns do you have about products and services being available through other venues – that is, not through a clinic?
    ii. From your perspective, does this make obtaining contraceptive methods or other services easier? Or place more burden on woman and couples?
    iii. What other advantages or disadvantages do you see?
28. At the beginning of this interview, we talked about the idea of "self-care". Thinking about the family planning experiences you have shared; how do your own experiences compare with your idea of self-care? Why?
29. In general, what kinds of self-care practices are possible or practical for men and women to avoid or delay getting pregnant?
    iv. What kinds of support do men need to be able to practice self-care in family planning?
    v. How can men support their partners to practice self-care in family planning?
        1. What might prevent them from supporting use of self-care options?
        2. What might encourage them to support use of self-care options?
    vi. What are barriers to men and women being able to do and sustain self-care in family planning?

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 household enumeration.*	[___] - [___|___] - [___|___] - [2|___|___] SNU PSU HH Participant
Venue of interview (e.g. client's home, health facility, etc..)	
Language of interview	