Name of Study: Contraception Induced Menstrual Changes

Study component: Focus Group Discussion, Females

FGD ID#: CIMC 101

Date of FGD: 21 November 2024

Time FGD Began: 11h08

Time FGD Ended: 12h54

Name of Facilitator: [redacted]

Name of Note taker (s): [redacted]

Location of FGD: Wits MRU board room

Name of Transcriber: [redacted]

Name of Translator: [redacted]

Name (s) of Reviewer (s): [redacted]

CONTEXTUAL INFORMATION

- ***This was an FGD with women between the ages 18-49 years.***
- ***The interview was conducted in a private interview room.***
- ***Participants were relaxed, laughing, responsive and willing to share their perceptions and experiences.***
- ***There were 6 females.***

VERBATIM TRANSCRIPT

F: Okay, today's date is 21 November 2024. Our time to start now is 11:08. This is a focus group C101. Okay, before we start, I would like for us to help our minds, relax, be creative and be open, you see. Because since we have written the numbers here [facilitator referring to the number tags to identify the participants], we don't call each other by names but I would like for us to get to know each other, you see. Who are we, in some type of way. Do you see what I am saying?

C_101_02: Yes.

F: Yeah. So, I will ask a question; the question is which animal do you see yourself as? Do you see that? [Facilitator means, does the participants understand the question]. Choose whichever animal.

[Slight silence]

F: I will start by making an example by explaining myself, that which animal I associate myself with.

[Chuckles by participants].

F: [Chuckles] You are laughing at me. Okay, I see myself as a soft lion. Why do I see myself as a soft lion? While I am explaining myself, I would like for you to think of animals that you associate yourselves with because I will then ask you to raise your hand. And explain which animal you associate yourself with and say why. Okay? Let me start, I see myself as a soft lion because I have a soft side. A side that is caring, a side that is warm. But if you start with me, I will mmh!

[facilitator is making a roaring sound to show that if someone does something wrong to her, she will attack the individual]. I am very protective of the people that I love and my family. And I don't believe that if I have shown that side of being a "lion" someone will be able to put up with me. Even though I look like I am young and so forth, I am that type of person. Yeah, I have described myself. [Participant raising her hand] Oh, here is number 1//

CIMC_101_01: //I will start//.

F: //She wants to describe herself. Thank you, number 1.

CIMC_101_01: I see myself as an animal, an elephant. I see myself as an elephant. Because if you do something for me, I don't forget. Even if you do something nice or bad I don't forget.

F: Mhm.

CIMC_101_01: Yeah.

F: We are happy to know you, number 1, thank you. Is there anyone else that wants to describe themselves? [Participant raising her hand] Number 5.

CIMC_101_05: I see myself as a rabbit.

F: Mhm.

CIMC_101_05: I love tactics even though I am not troublesome, but I always want something to happen, see you. Some tactics, something with chaos, I love laughing. So, I sometimes want to have tactics, I am a person of tactics.

F: Thank you, number 5, I have noticed that you love laughing.

[Chuckles by participants]

Okay, [participant raising her hand] here is number 6.

CIMC_101_06: I see myself as a cat.

F: Mhm.

[Chuckles by participants]

CIMC_101_06: The reason I am a cat is because a cat is observant. Every situation that comes from the forefront to me, I first observe it before I attack.

F: Mhm, we are glad to know you number 6 who is a cat.

[Chuckles by participants]

F: Is there anyone else, [participant raising her hand] number 3.

CIMC_101_03: I am number 3, I see myself as a lamb. I love helping people and I have a kind heart. I end up helping people over [and beyond] but when I need help, I don't get it from the person I was helping. I am very sensitive.

F: We are happy to know you, number 3. I saw your helpful nature [facilitator referring to how the participant helped another participant earlier before the FGD began].

[Chuckles by participants]

F: [Participant raising her hand] Let's come to number 2.

CIMC_101_02: Hi everyone.

F: Yes.

CIMC_101_02: I can also say I am a lamb because I have a kind heart, a lot. But I am short tempered. But I easily boycott but I can help people. I love helping people. I don't like seeing another person in trouble, I want to be helpful. But I don't want a person to start with me because I have that heart that gets annoyed.

[Chuckles by everyone]

CIMC_101_02: But I have a kind heart, I know myself.

F: Ncooah.

[Chuckles by participants]

F: Thank you to hear from you, number 2. We have number 4 left.

CIMC_101_04: [Chuckles] I can say that I maybe see myself as a lion because I care for other people but at the same time, I am a person who has a shot temper too much. If you are going to start with me, I don't know but I do care about another person. I love helping people, but you stamp [meaning if you fight with her or get on her wrong side] on me *yoh*! [it is an expression that explains how furious she gets when she is angry].

F: Thank you, number 4. Thank you so much for introducing yourselves. I can attest that I have seen some of the things in your characteristics.

[Chuckles by participants]

F: Yeah, and it is good things. Don't worry, thank you for introducing yourselves or for letting us know what kind of people you are. So, we are now going to start today our discussion. Throughout our discussion today, we will be talking about menstrual cycle, do we understand?

[Participants agreeing]

F: Okay. So, sometimes people use different words when they are talking about menstrual cycle. Please tell me which words do you normally use when you are talking about menstrual cycle? [Participant raising her hand] Number 5.

CIMC_101_05: Periods.

F: Periods, okay. Is there anyone else that has a different word? [Participant raising her hand] Number 3.

CIMC_101_03: We going to Japan.

[Chuckles by participants]

F: Can you maybe explain where does the word we are going to Japan come from?

CIMC_101_03: It comes from the flag from Japan, it has a red dot, so we say that when we are hiding [that we are on menstrual periods] from the guys.

F: Okay, okay.

[Chuckles by participants]

CIMC_101_03: Or we say we cook red curry.

F: Oh okay, okay. Thank you for sharing that number 3, [participant raising her hand] number 1.

CIMC_101_01: The robot is red.

F: The robot is red.

CIMC_101_01: Mhm [agreeing].

F: [Chuckles] Okay.

CIMC_101_01: It means stop.

[Chuckles by participants]

F: Oh, it means stop, stop doing what?

CIMC_101_01: [Chuckles] As number 3 had mentioned that when we are hiding it [the menstrual period] from the boys.

F: Okay. Number 1 said it [red robot] means stop, to hide it [menstrual periods] from the boys as number 3 said. So, since we have mentioned different words that we know and use, in our conversation please feel comfortable, you can say your words. Yeah, the words that a person feels comfortable with or used to, when you are talking, you can say [the word]. Okay, okay. So, if I were to ask, how do people normally track their menstrual cycle, that now they are about to start? How do people track that, that their periods are about to start when? [Participant raising her hand] Number 6.

CIMC_101_06: I usually feel back pains//

F: //Mhm//

CIMC_101_06: //And I have menstrual cramps//

F: Mhm.

CIMC_101_06: That is what becomes a sign that I am about to start my menstrual periods.

F: Okay, thank you, number 6. [Participant raising her hand] Number 2.

CIMC_101_02: My breasts get full [in size] and big, like I am a virgin.

[Chuckles by participants]

CIMC_101_02: And then it is the menstrual cramps.

F: Mhm.

CIMC_101_02: Yes.

F: Okay, I saw number 3 and number 4 had raised their hand. I will start with you, number 3.

CIMC_101_03: I used to know when I had pimples that I am about to go on periods. And I would have menstrual cramps but now I don't [go on menstrual periods] at all. Maybe a lot of months go or a year then I go on [referring to menstrual periods] them when I started being like that [having pimples and menstrual cramps].

F: Okay, number 4.

CIMC_101_04: My breasts get big and then have menstrual cramps.

F: Okay, [participant raising her hand] number 5.

CIMC_101_05: I had pimples and then feel menstrual cramps.

F: Menstrual cramps, okay. Thank you for telling me how it happens, how you track that you are about to start [menstrual] periods. Other people in the community or the people you live with in your lives, have you heard how they normally track their [menstrual] periods apart from you? Other people that you know. [Slight silence] Maybe when you are talking as women, have you heard how they usually track that they are about to start [menstrual] periods? [Participant raising her hand] Number 5.

CIMC_101_05: My other friend feels nausea and cries a lot.

F: Mhm.

CIMC_101_05: That is when she is about to go on her [menstrual] periods. She cries a lot [participant's friend gets emotional when about to go on her menstrual periods].

F: Okay, [participant raising her hand] number 1.

CIMC_101_01: It happens to me.

F: Mhm.

CIMC_101_01: My urine sometimes changes and then I can tell that I am about to go on to my [menstrual] periods and the way it [urine] smells.

F: Mhm, okay. Thank you, number 1, I noticed number 4 had raised her hand there.

CIMC_101_04: Yes, I wanted to say something like what the lady said, that others complain about the fact that when they are about to start [their menstrual periods], they become nausea, they become fatigue. A person gets tired, yet they are about to start their menstrual periods.

F: Mmh, okay. Thank you all for your responses. We have spoken and you said according to your knowledge to go on to [menstrual] periods and menstrual cycle what it means, right?

[Participants agree]

F: Thank you also for that. For us to have the same mindset throughout our discussion, what does it mean to go on to your [menstrual] periods, you see. When we are talking about menstrual cycle,

we are talking about going on your cycle monthly, which is what women usually experience. This includes the days for the month where you bleed, the time before you start bleeding and the time after bleeding and other times in the month, when talking about menstrual cycle. I am just giving you a definition so that we all have the same understanding about what we are talking about when we speak about a menstrual cycle, right?

[Participants agree]

F: Okay. Are there any questions that you maybe, or other things that you want to add to what I have said, feel comfortable.

No. [Participants response]

F: Okay. Yeah, so now, I would like for you to think how your menstrual cycle changed when you used contraception. When we are talking about how it changed, you will talk about changes that you liked or changes that you didn't like. Isn't all of us since we are here we are using contraception?

[Participants agree]

F: We confirmed before our discussion began.

[Participants agree].

F: So now I want us to think how using these things changed how you go on to your period, your contraception. Even if it is things that you like or things that you don't like, okay. First, I would like for you to tell me about ways your contraception changed your bleeding, in such a way as to how much do you bleed? When I speak about how much do you bleed, I am talking about, do you bleed a lot, or do you bleed a little as compared to using the contraception that you use now? [Participant raising her hand] Number 1.

CIMC_101_01: Before I used contraception//

F: //Please raise your voice so that the one writing [referring to note taker] can hear you.

CIMC_101_01: Oh, before I used contraception I would go for seven days in a week [on menstrual periods] and then I started to be on contraception, I go for the whole month on [menstrual] periods and a blood comes that is not normal, it is strong [in color] and it is like clots.

F: Mhm.

CIMC_101_01: Then when I am done going on to [menstrual] periods, I stay for a long time not going on them [menstrual periods]. Maybe for 3 months the injection that I use stays [in the participant's blood stream] for the whole month, I don't go on my [menstrual] periods [for the whole month]. And then when I go and get an injection again, the blood starts [menstrual period] again for the whole month I would be on [menstrual] periods. I don't know what causes me to go for the whole month [on menstrual periods].

F: Thank you, number 1. Number 1 has said a lot of things. She has responded even other questions//

[Chuckles by participants]

F: //I am happy about that.

[Chuckles by participants]

F: No, I am happy about that. Number 1 has responded that, please correct me if I am wrong.

CIMC_101_01: Yes.

F: If I heard you correctly, you said going to your [menstrual] periods, using what you use [contraception method], causes your days of bleeding increase?

CIMC_101_01: Yes.

F: Mhm, they become a lot?

CIMC_101_01: Yes.

F: And that your blood becomes strong?

CIMC_101_01: Yes.

F: I heard you mention that it [menstrual blood] has clots.

CIMC_101_01: Yes.

F: Yeah, is there anything else that I left out. I am asking for the ones that are writing [note takers].

CIMC_101_01: No, there is nothing that you left out.

F: Okay. So, I believe that the note takers have noted that down. [Disturbing noise coming from outside] Please can we wait a bit because there is noise outside. [waiting for the disturbing noise to stop]. Okay, if I were to ask, if you say it [blood] becomes very strong can you explain what do you mean?

CIMC_101_01: Like, it is like it [blood] wants to change it redness, like it wants to be black [in color].

F: Okay, so it becomes strong in terms of blood//

CIMC_101_01: //Yes, in terms of blood//

F: A very red color, near to being black?

CIMC_101_01: Yes.

F: Okay, thank you so much, number 1. You have really explained. I have noted you, number 2 and 4. Please may I come to you, number 5.

CIMC_101_05: I, since I have, okay, before I started preventing [referring to using contraception to prevent pregnancy], I would go for 7 days when going on my [menstrual] periods. Then I had a baby and started preventing [referring to using contraception to prevent pregnancy] when I had a baby//

F: Mhm.

CIMC_101_05: So, at the hospital they gave me prevention injection for two months [referring to a contraception method which was an injection]. I continued with it; I think I bled for about 2 years//

F: //Mhm//

CIMC_101_05: //Then I lived off pills, I don't know what they are called. The ones that have red and change and have white, I think and yellow [description of the pills that the participant was using]. I was using them and not preventing [participant means she was no longer using a contraceptive method] but then I kept on continuing to bleed.

F: Mhm.

CIMC_101_05: I kept on taking the ones to stop bleeding. I saw that it wouldn't help me with anything. I changed the injection to the one for 3 months. The one for 3 months maybe I bleed for a week or 2 weeks and that is if I am coming from preventing [participant means if she is coming from the clinic to get her contraception injection]. Then weeks would pass by and then it becomes drops [of blood].

F: Mhm.

CIMC_101_05: Yeah.

F: Okay. So, now since you are preventing number 5, since you are preventing, the time you go on your [menstrual] periods, if you compare it to before preventing, would you say you go [on menstrual periods] for longer days or shorter days?

CIMC_101_05: Longer days since I am preventing//

F: //Since you are preventing.

CIMC_101_05: Yes.

F: Oh okay, thank you so much. There are other questions, please don't mind, I will keep asking. I want to hear from number 4 about the question that I asked, that your bleeding is for how long? Number 4.

CIMC_101_04: At first, before I inserted the IUD I would go [on menstrual periods] for 7 days.

F: Mhm.

CIMC_101_04: Then when I had inserted it [IUD] it then changed from 5 days to 6 [participant goes on her menstrual periods between 5-6 days]. But it also depends on how things are, since I now go for 5 days, it becomes heavier than before. You find that the whole 5 days I experienced that it is much heavier, to such an extent that even when I buy [a material used for menstruation] at the store something that I will use, I buy something deep that will last me for a long time.

F: Mhm.

CIMC_101_04: After that, sometimes you will find that I will skip a month. If I don't skip a month, the following month even then it is worse, but it will be 5-6 days. It is not like before where I would bleed for a long time, but it would stop. Some other months it happens that, you find that since I had skipped [menstrual periods], it will be much heavier the following month. And then the other [month] I will only spot. Then when it starts again, it starts heavily.

F: Okay, thank you, number 4, you have also answered a lot of questions. So, that is right, thank you. If you notice that I sometimes I go back [meaning the facilitator sometimes asks questions that sound repetitive] and ask you something that you have answered, please don't mind. We

want to capture well what you have said. So, number 4 if you compare the time before you started preventing, currently would you say you are bleeding for a long time or a short time?

CIMC_101_04: I would say I am bleeding for a short time, but I bleed heavier.

F: Mhm, okay. I hear you, number 4. I remember number 2 you had raised your hand. I saw that number 6 raised her hand. Because number 2 seems like she is still thinking, can I come to//

CIMC_101_06: //No//

[Chuckles by participants]

F: Okay, number 2. Number 2, please respond.

CIMC_101_02: Before I had a baby//

F: // Mhm//

CIMC_101_02: I would bleed for 4 days. Then I got a baby and then I prevented with 3 months [referring to a 3 months contraception injection]. 3 months [contraception injection] didn't make me go on my [menstrual] periods. Then I changed this year because I got a school. I was too lazy to go frequently to the clinic. I inserted an implant in February. February, I didn't go on my [menstrual] periods until I went on them for 2 weeks. I then went on them [menstrual periods] in August, in August I went for 2 weeks. I went on them in November, which means that I skipped 2 months. And I bleed, I bleed a lot. It [blood] becomes a lot, there were things [in the blood] that look like they are coming out [referring to clots] for 2 weeks.

F: Mmh, okay. So, if you compare now number 2, from what you are using for contraception now, if you compare it with before you started contraception, would you say you are bleeding for a long time or a short time?

CIMC_101_02: A long time.

F: A long time?

CIMC_101_02: Yes.

F: Okay, thank you, number 2. Number 6.

CIMC_101_06: In my life of contraception, when I started contraception//

F: //Mhm//

CIMC_101_06: //I started with the injection, the 3 months [referring to the type of injection]//

F: Mhm.

CIMC_101_06: When I gave birth at [Name of hospital], when I had given birth, they gave me a 3 months injection. For 3 months I didn't go on my [menstrual] periods, but I had a problem with menstrual cramps. It used to be very painful, it would be like there are needles that are poking me inside. Then I consulted a doctor, because I was still at [Name of hospital]. The doctor said the injection is affecting my eggs, so, I must try another contraception.

F: Mmh.

CIMC_101_06: Okay, I got discharged. I went to the clinic by my house. I used an implant. An implant, I started [using] it this year in March. When I had started the implant, I bled for 3 months, consecutive days. So, in the second month I consulted the nurse and said please may she help me because I go on my [menstrual] periods until the month ends. So, they gave me pills. On the 4th month I then got droplets of blood, it wasn't coming out a lot. But now I don't go on my [menstrual] periods.

F: Mhm.

CIMC_101_06: The year is ending without going on [menstrual] periods.

F: The year is ending without going on your [menstrual] periods.

CIMC_101_06: Yes.

F: Okay, so, right now when you compare with before you use the contraception, would you say your days are less for going on [menstrual] periods then before you started contraception? You don't go [on your menstrual periods] at all?

CIMC_101_06: Yes, I don't go [on menstrual periods] at all.

[Disturbing noise coming from outside]

F: Okay, I wanted to get clarity on that. Thank you, thank you. Guys, we are sorry, we are trying to close the windows for noise outside because everything that we are talking about, it is important for us to hear it on the recorders for the people who will be writing [transcribing] the things you are saying. Okay, so, if there is noise again coming from outside, please can when a person is talking to raise [their voice] because there is another note taker there who needs to write what you are saying. So, don't mind if I keep asking you to raise your voice, okay?

CIMC_101_06: Yes.

F: Okay. So, now please tell me how your contraception changed the regularity of your menstrual cycle? Right?

CIMC_101_06: Yes.

F: **When I say the regularity, I mean how often, does it [menstrual cycle] happen like before you started contraception, or it doesn't happen? Sometimes it happens when you don't expect it, sometimes it doesn't happen. You see, things like that.**

CIMC_101_06: Mhm

F: Yeah, so do you understand the question?

[Participants agreeing]

F: Okay, so, number 4.

CIMC_101_04: Yeah, now it happens in different ways.

F: Mhm.

CIMC_101_04: At first, I knew that at the beginning of the month [menstrual periods would start].

F: Mhm.

CIMC_101_04: So, now, it happens that I start [menstrual periods] on the 15th or the 25th. I even know. Sometimes it is even the 31st. Those are the days when I know that I am about to go on my menstrual periods.

F: Mmh, okay. I am noting you, number 5, but please may I start with number 3.

CIMC_101_03: The injection, I can say that it has stopped the [menstrual] periods because the month ends without going on [menstrual] periods.

F: Mhm.

CIMC_101_03: Maybe when they start, the dirt will come out, that comes out when you are about to start your [menstrual] periods. It is brown [dirt that comes out of your virgina].

F: Mhm.

CIMC_101_03: And it is not heavy, maybe I can wear the pad for the whole day because a dot [of blood] comes out, maybe a small one. So, it affected my cycle for [menstrual] periods because I don't experience them often.

F: Mhm, okay. Uhm, number 5 you had raised your hand.

CIMC_101_05: Mhm.

F: Okay, number 5.

CIMC_101_05: For me, preventing [pregnancy] has affected the days that I go on my [menstrual] periods because I knew that when the month starts, I go on [menstrual] periods. But then I have marked that okay, if I am going to go and get an injection, I must expect that for that 2 weeks I will go [on menstrual periods]. And if I am going to go on [menstrual] periods, I just see blood, not expecting because you find that a week passes by and get drops [of blood]. You find that 2 weeks go by//

F: //Mhm//

CIMC_101_05: So, I don't have a time that I can say I will go on [menstrual] periods that I can cram, that since it is in the middle of the month maybe I will go on [menstrual] periods.

F: Okay, thank you, number 5. For the next set of questions, please remember that in the beginning I mentioned that there are questions that you will feel are repetitive and you have answered, you see. But don't mind, we are doing it to get clarity for those writing and for the recorders, you see.

CIMC_101_05: Okay.

F: Yeah, so, preventing [pregnancy], how has it changed how often you bleed? When I am talking about how often I am talking about how many days does it [menstrual periods] last, do you see that?

[Participants agreeing]

F: Yeah, if you compare it with before you started preventing [pregnancy], okay? Number 2.

CIMC_101_02: It has changed because I would go on [menstrual periods] for 4 days.

F: Mhm.

CIMC_101_02: But now I go [on menstrual periods] for 2 weeks and I bleed heavily now.

F: Mhm.

CIMC_101_02: Yes.

F: Okay, number 2 I hear you. Number 5.

CIMC_101_05: I can also say it has changed as before I prevented [pregnancy], I would go on [menstrual] periods for like 7 days, now 2 weeks finish while on [menstrual] periods.

F: Mhm.

CIMC_101_05: So, there is a difference.

F: Mhm, okay. Thank you, number 5. Number 6.

CIMC_101_06: Before I prevented [pregnancy], I would go on [menstrual] periods for 7 days. When I had prevented [pregnancy], I inserted an implant and went [on menstrual periods] for 3 months. After 3 months I didn't experience [menstrual] periods.

F: Mmh, until today?

CIMC_101_06: Yes.

F: Okay, number 3.

CIMC_101_03: It has also changed, because before I started prevented [pregnancy], I would go for 7 days [on menstrual periods] and I was a heavy bleeder. Now that I am preventing [pregnancy] I don't go [on menstrual periods] at all, even if I go for 2 days it is light [referring to the volume of their bleeding] also.

F: Mhm, okay. Thank you, guys, the next question has been answered, you. Number 3 just answered it, but I will repeat, I am doing it for others who want to say something, right//

CIMC_101_03: Yes.

F: Okay. So, using things to prevent [pregnancy], how much has it changed how much you bleed. When we talk about how much you bleed, we are talking about whether it is more bleeding or less bleeding. Do you see that? Yeah. Number 3 you have mentioned that, yeah.

CIMC_101_03: Yes, I was a heavy bleeder, now I am light [a light bleeder].

F: Mhm, number 1, I remember you have spoken about it. What did you say?

CIMC_101_01: I said it has changed it [menstrual periods] using the injection, the menstrual cycle. Because if I started using the injection, I would go [on menstrual periods] for 7 days. Now I am using the injection, I am going on [menstrual] periods for 7 days and the blood is different from the one that came out normally. The blood that comes out is blood that wants to change color, like it is black.

F: Mhm, okay. Uhm, number 1 has answered the question that speaks about how the color of your blood looks, yeah. Number 5.

CIMC_101_05: Before I prevented, I would bleed a lot. It would be clear that I am on [menstrual] periods. But now I go on [menstrual] periods, it is not the same the way I used to change the pad. I would change it often before I prevented [pregnancy]. Now it is not the same, it is for those times.

F: Mhm.

CIMC_101_05: Yeah.

F: Okay, thank you, number 5. Is there someone else that wanted to say something before I move on to the next question? [Slight silence] Okay, so, the next question says using contraception methods, how has it changed the color of your blood. Number 1 has already answered it. Is there someone else that wants to talk about the color of the blood? Number 5.

CIMC_101_05: My blood color is the same as number 1 as she said it is happening now. For me, it happened before [using contraceptive method]. I would have clots; I don't know if it is clotting the thing that is "meat" [participants trying to describe the clots]. I would have that; it [blood] would look black. Now it is normal, it is red to show that you are on [menstrual] periods.

F: Mhm.

CIMC_101_05: Yes.

F: Okay, number 3 you had raised your hand. I can see you number 2 and number 4.

CIMC_101_03: Before [using contraception], it would be red, the one that is bright as if it wants to be maroon [the color of the blood].

F: Mhm.

CIMC_101_03: Now dirt comes out that looks like it is brown, if you are going to start [menstrual] periods. That is how it [blood] looks.

F: If you are on [menstrual] periods?

CIMC_101_03: Have you noticed when you about to start [menstrual] periods or about to finish?

F: Mhm.

CIMC_101_03: The dirt that comes out, it looks like it is brown. But when you bath, maybe insert your finger [in your vagina], you can see that something like blood is coming out from inside.

F: Okay, so, that color it is there when you are about to start [menstrual] periods, or it is there throughout the whole [menstrual] periods?//

CIMC_101_03: It is for 2 days anyways [referring to the number of her menstrual period days], because the year is about to finish without going on [menstrual] periods. If it happens that I am supposed to be on [menstrual] periods, that dirt comes out that is like that.

F: Okay, I hear you, number 3. Number 2, you raised your hand.

CIMC_101_02: Currently it [blood color] has changed, it is black. But before [using the contraception method] it used to be red like normal.

F: Mhm.

CIMC_101_02: Mhm.

F: If you are saying it is black, are you saying it I black like this pen?

[Chuckles by participants]

CIMC_101_02: No, it [menstrual blood] is now strong [in color]. I don't know how to explain it//

[Chuckles by participants]

F: //It is//

CIMC_101_02: Clots are coming out.

F: Oh okay. I understand you. So, number 2 says it [blood] is strong [color], it is red that is very strong.

CIMC_101_02: Yes, it is very strong.

F: It [looks] towards looking black.

CIMC_101_02: Yes.

F: That goes along with clots.

CIMC_101_02: Yes.

F: We hear you. Thank you so much. Uhm, thank you guys. Is there someone who wants to say something. I think number 6, you had also raised your hand.

CIMC_101_06: Yes.

F: Okay.

CIMC_101_06: A black one [blood color] came one out with clots in the [[past]] 3 months.

F: Mhm.

CIMC_101_05: When I inserted the implant. But when I had not inserted it [the implant], the right [color] blood came out with nothing [abnormal].that was red.

F: Mmh, okay. Uhm, thank you. Is there someone that I have left out that might have wanted to say something, maybe didn't get to talk. Be comfortable, this is the time. Is there someone that comes out fluid but not blood, if they are maybe on their menstrual period. Is there anyone who noticed such things? Number 4.

CIMC_101_04: Ay, for me fluid comes out maybe when I am about to finish [menstrual periods]. Since I am going for 5 days, on the 6th day it comes out. Something that looks brownish.

F: Okay, okay. Is there anyone else? Number 2

CIMC_101_02: It comes out when I am about to finish [menstruation period].

F: Mhm.

CIMC_101_02: Maybe it was the last day blood coming out and then the following a brownish thing will come out.

F: Mhm.

CIMC_101_02: Yes.

F: Okay, thank you number 2. Is there anyone else who comes out fluid, even if it is not something brown but another color apart from that? Number 3.

CIMC_101_03: For me, it happens that it comes out like yellow maybe.

F: Mhm.

CIMC_101_03: Yes, it is a lot, it is like a yellow discharge.

F: Mhm.

CIMC_101_03: During the days of coming out brown [fluid], maybe it is first brown, that is dark. Then eventually the yellow one comes out only.

F: Thank you so much, number 3 for this information. So, now I would like for you to tell me that the things that you are using to prevent, how it changed your condition of having cramps when you are on your menstrual periods? Number 1.

CIMC_101_01: Before I prevented [pregnancy], menstrual cramps would be severe. I would even cry at school and even ask for a notice leave for leaving. Now I don't have it [menstrual cramps]. I don't have it [menstrual cramps].

F: Okay, number 2 I am coming to you. Number 5 and number 4.

CIMC_101_02: Uhm, before I prevented [pregnancy] , before I had a baby, I had menstrual cramps that was painful but now it is manageable. It is a little bit painful.

F: Mhm.

CIMC_101_02: Yes.

F: Okay, thank you. Number 5.

CIMC_101_05: Uhm, before I prevented [pregnancy], I would have menstrual cramps. It would be very painful. But now, I just see myself on [menstrual] periods without feeling anything [no menstrual cramps]. I don't feel any pain, I don't know if I don't have it [menstrual cramps] anyone, but I can't feel it anymore.

F: Okay, I hear you, number 5. Number 4 I saw that you raised your hand.

CIMC_101_04: Yes.

F: Okay

CIMC_101_04: It [menstrual cramps] was very painful.

F: Mhm.

CIMC_101_04: But now it is for that 1 day or maybe 2 days. But it is painful.

F: Okay, thank you. So, when we were talking, sharing about our experiences, that how we were bleeding, things like that or things that we encountered. Uhm, [name of note taker] was writing on her cards, writing so that we remembered some of the things that you were saying.

[Note taker is placing the cards on the wall]

CIMC_101_02: Yes.

F: So, now I would like for her to place [on the wall] our cards. So that we can see what the things we said. It might happen that while the cards are being placed, you forgot something and maybe you want to add it.

CIMC_101_02: Yes.

F: Yeah, I think this is the time.

CIMC_101_01: Please may I say something briefly.

F: Here is number 1, she wants to say something.

CIMC_101_01: I don't know what to say. Yoh, I am scared to say it. [Participant shy]

F: Mhm.

CIMC_101_01: This of that maybe when I am going to go on [menstrual] periods, you find that today I don't feel like I will go on [menstrual] periods.

F: Mhm.

CIMC_101_01: But if I go to my baby's father and get naughty [referring to sex], it [blood] will come out.

F: Mhm.

CIMC_101_01: That how things get. I don't know what causes that but if we get naughty [referring to sex] it [blood] will come out.

F: Mhm.

CIMC_101_01: He would even get confused as why every time when we [have sex], blood comes out. [Participant's partner says], "that means that you went somewhere" [meaning that the participant's partner was implying that she slept with someone else].

F: When you say you were naughty, what do you mean?

[Chuckles by participants]

CIMC_101_01: It is something that happens at that time, I am scared to say.

F: No, don't be scared, we are all grown-ups. You know why I am doing this?

CIMC_101_01: Mhm.

F: I am doing it for the people that are writing, for them to know that when you said you were naughty what you meant.

[Chuckles by participants].

F: And the person who will be listening to the recorders must know what does being naughty mean that you are talking about. We understand things in different ways, right?

[Chuckles by participants]

F: So, I want to hear that the being naughty that you are talking about, don't be scared we are all grown-ups here. We are here to talk about these things, no one will judge you.

CIMC_101_01: Okay.

F: Mhm.

CIMC_101_01: I would not feel myself until I go on my [menstrual periods]//

F: //Mhm//

CIMC_101_01: //I would go and visit the father of my baby, when we get [chuckles], when we are having sex [chuckles]//

F: //Oh, it is sex that you were talking about//

CIMC_101_01: //Yes, when I am done [having sex] that is when I see that I am on my [menstrual] periods when I didn't feel that I would go on [menstrual] periods.

F: Oh//

CIMC_101_01: //And even when the day is has ended, maybe the following day I don't go on them [menstrual periods]. If I go to him again, it [menstrual period] will start.

F: Oh okay, so all along you were scared to say sex.

[Chuckles by participant and participants]

F: Ay, be comfortable guys, sex is sex, right?

[Participants agreeing]

F: Nice one, and it is a beautiful name that is mindful nicely, you see. Yes. So, these are the cards that saw [Name of note taker] place them. They have the answers that you said when we asked you. You will remember that we were asked how long a person bleeds. A lot [of people] responded and said it is not regular. It doesn't happen during the times that it usually happens if you compare with before people started going on their menstrual periods, to use contraceptive methods. Uhm, we also asked how often does a person bleed. People responded and said it usually happens when they least expect it, they can't track their [menstrual] cycle, the dates [of the menstrual cycle] changes in a month. Sometimes some people skip months, someone mentioned that a year has passed by without [menstrual] periods. We spoke about bleeding; we asked how long a person bleeds. Others said 2 weeks, 7 days, 5-6 days, some said, [name of note taker] wrote there I can't [the facilitator couldn't see properly the card written because the participant was facing it].

3 months! [participants read the card out loud]

F: You see, these are all the responses that you gave. We spoke about how much a person bleeds. Some mentioned it is light [bleeding]. Some said they spot. For others it is heavy [menstrual] periods. As I am reading these things, if there is something that you are recalling, maybe something is coming up that she [note taker] forgot don't be afraid to say so. So, we spoke extensively about how the blood looks. You mentioned that it has changed. It changed from being brown to being yellowish, like a discharge. You mentioned that it [menstrual blood] has clots. Some mentioned that it is strong, it is very red, it nearly looked like it is black. Some mentioned that it is brown, the discharge that comes out [from the vagina] is not exactly blood but it is a brown discharge, it is like dirt if I remember well that is the word that was used [to explain the brown discharge]. It [blood] looks black; you see. We spoke about cramps, the other has experienced a lot of cramps. The other mentioned that ay [no], the cramps are now light, it is not very painful anymore. Another one mentioned that she doesn't experience cramps at all. Is there something that I have left out that you would like for us to add or there is something that has come across a person's mind. Be comfortable, this is the time to say. [slight silence] So, these are all the things that we spoke about, we agree?

[Participants agree]

F: Okay. So, are there maybe other ways that contraception changed your menstrual cycle that you think we can talk about apart from what we have spoken about so that we can continue? [Slight silence] There aren't any? [Slight silence] Okay, thank you. So, now these changes that have happened to your body, how did they make your body feel? With everything that we counted that happens when you are on your menstrual periods, how do they make your body feel? Number 1.

CIMC_101_01: My body is sensitive, before I even started to prevent [pregnancy]. Now I have this tendency of if I was on my [menstrual] periods, like I lose weight.

F: Mhm.

CIMC_101_01: My weight has decreased since it is 36 yet before I prevented [pregnancy] my weight was 40, 40kg yes. Now it [weight] says 36.

F: Okay, for you number 1, would you like for your weight to increase?

CIMC_101_01: I would like it to [increase], they take me lightly.

[Chuckles by participants]

F: You would like it to?

CIMC_101_01: Mhm [agreeing].

F: So, when you say they take you lightly, do you feel if you are small [in terms of body weight], you are taken lightly?

CIMC_101_01: Nodding [agreeing].

[Chuckles by participants]

F: Ncooah, yeah, I feel you. I also feel the same way, you see. I would like to gain [weight]. Okay, is there anyone else? I saw the hands [raised] were many. Uhm, I see you number 5, let's come to you number 3.

CIMC_101_03: I have a headache most of the time. I get easily annoyed. I think it is the injection that does that.

F: Okay, thank you, number 3. Number 5 you had raised your hand.

CIMC_101_05: Preventing [pregnancy] gives me a headache. And I don't know, I feel big [in terms of body weight] that is not healthy.

F: Mhm.

CIMC_101_05: And my body shape, the injection makes have *imicondo* [small legs].

F: Mhm.

[Chuckles by participants]

CIMC_101_05: No, seriously, ever since I prevented [pregnancy], I have *imicondo* [small legs] that I don't understand where they come from because I had big legs, I think it is that [contraception]. And I also bled for a long time, I bled for 2 years, now I don't know if I can recover from *imicondo* [small legs]. In other places [on the body] I recover, it is *imicondo* [small legs] that are not changing, that don't want to go back to the right condition and have my big legs.

[Chuckles by participants]

F: For me who doesn't know *imicondo,* please explain to me what is *imicondo*?

CIMC_101_05: No, as in like I had big legs, not that *imicondo* [small legs], *imicondo* [small legs] but you see here on my legs, I had big legs. You see now it is not like before//

F: //Mhm//

CIMC_101_05: You see that since I am big, if I don't balance [chuckles].

F: So, *imicondo* is small legs?

CIMC_101_05: Yes, *imicondo* is small legs yet I had big legs.

F: Oh okay, ay [no] I hear you. Uhm, is there a way that [contraception] made your body feel or change maybe in terms of having energy or having mood swings or sleeping a lot or bloating, things like that? Here is number 1 saying.

CIMC_101_01: I sleep, you see my time for waking up is 9-10. I don't know what is happening.

F: Mhm.

CIMC_101_01: I was a person that would wake up in the morning and clean. Clean the yard, at home they ask me why I am so lazy now.

F: Mhm, so, all this number 1 happened when you were preventing [pregnancy]//

CIMC_101_01: When I was preventing [pregnancy], yes.

F: Okay, number 1 thank you. Number 5.

CIMC_101_05: Uhm, before I prevented [pregnancy], I would get tired if I am on my [menstrual] periods, also had cravings, I would feel like eating nice things. Now, ay [no], even when I am on my [menstrual] periods I don't sleep//

F: //Mhm//

CIMC_101_05: //And I don't have the cravings that I used to have.

F: Okay, thank you, number 5. Number 3.

CIMC_101_03: I also get tired and easily annoyed and get lazy to even talk.

F: Okay, thank you, number 3. Is there someone else that would like to share how it [contraception] made her body feel? Number 6.

CIMC_101_06: the implant made me lose weight drastically on my body, because I was bleeding for almost 3 months. It is was continuous bleeding, that I am bleeding and then stop.

F: Mhm.

CIMC_101_06: So, I lost weight. After 3 months then my body started to come back [to it weight] slowly.

F: Mhm.

CIMC_101_06: Yeah.

F: Okay, I hear you, number 6. Thank you. So, all these changes that you were talking about, what impact did they have on your daily life? If we are talking about daily life, we are talking about your personal life, if you are working at work maybe, if you are dating maybe in your relationships. Uhm, it is things like that or maybe in terms of costs. Mhm, since you are using certain things when you are on your menstrual periods to protect yourselves. All that you have counted now, what impact does it have in your lives? [Participant raising her hand] Number 6.

CIMC_101_06: For me, it had a huge impact because there was a family involved in it.

F: Mhm.

CIMC_101_06: Since I have started to use the implant, since I mentioned that I have lost weight//

F: //Mhm//

CIMC_101_06: //So, family members suspected that I have HIV or AIDS//

F: //Mmh//

CIMC_101_06: //Yet is the changes of the implant. And I go often on [menstrual] periods, I check [HIV status] also at the clinic. So, the parents didn't understand, they thought that maybe I was lying. I even had to give them a card [from the clinic] and disclose my information from them, even friends and families. So, they suspected such things.

F: Mhm, I hear you, number 6. How did it make you feel that people are thinking of such things?

CIMC_101_06: It was painful because I have a baby that is 2 [years], a small baby. So, it is very painful if it is going to be your parents. It is better if it is someone from outside [of the family] because a person from outside speaks without considering because they are from outside [the family]. But if it is going to be your family it is painful because she can't believe what is coming from your mouth, you must bring proof that you are not like that [HIV positive], it is the contraception that I am using. So, it really affected me, emotionally and physically.

F: Thank you for sharing that information that is important and trusting us for you to be able to share such information number 6. Uhm, is there anyone else, oh number 3 you raised your hand.

CIMC_101_03: I, number 3 since I am using 3 months injection, without going on [menstrual] periods at all, that changed my life because I have questions that since I don't go on my [menstrual] periods maybe one day when I want a baby, will I be able to get it. Because my partner always asks me that this [menstrual] blood that doesn't come out, where does it go because it is nature [to have menstrual periods]. Where does it [menstrual blood] go since it is not coming out. How will it affect me when we want kids, things like that.

F: Mhm.

CIMC_101_03: I have those fears, because I don't have a baby at all.

F: Okay, is there anywhere where you have looked information in relation to the fears that you have maybe try and get information that will put you at ease and have information?

CIMC_101_03: I once checked on google if there are pills or even something that I can drink because a lot of people say if you have been injected for a long time the injection takes years to get out of your blood [system].

F: Mmh.

CIMC_101_03: I found that maybe there are pills that I can buy and drink . They will take the injection out of the [blood] system and others say that since I don't go on my [menstrual] periods at all, reproduction doesn't happen to me which means my eggs are not reproducing so that is why I am not going on my [menstrual] periods.

F: Mmh.

CIMC_101_03: So, I am not sure if I will be able to have a baby.

F: Mmh. Okay, once our focus group discussion is finished, please can our note takers note that we will refer you because we are a research clinic. We will refer you to a nurse that you can be comfortable to ask her everything that you want to ask her, maybe get information that will enable you to be able to take decisions going forward, you see//

CIMC_101_03: //Okay//

F: And for you to be comfortable, you see. Okay, thank you, number 3. So, again, since I was talking, is there anyone else that still wants to count certain things with regards to what kind of impact all these changes that were happening on their body, in their life? [Slight silence] There is no one, okay. Okay, since we were talking, again our note taker was writing the responses that were said by people. She also wrote on the cards to help us to remember what was being said. So, I will read them so that we can see what people are saying. I asked about changes, how they make people feel on their bodies. They explained, they lose weight, someone else said they have small legs, someone else said they have a headache and have nausea. Another one said they feel big [in

terms of weight], another one said they feel tired, all the time she sleeps a lot. Uhm, we also asked what impact do the things that you were counting have, a lady explained here that she feels judged by her family members because she lost weight. They thought she was ill and HIV positive. She had to produce proof that it is not what they think. Uhm, another one said she is worried about whether she will be able to have children in the future. These are all the responses, is there something that we are leaving out? Or maybe something that you want to add, be comfortable you can add it. [Slight silence] Okay, moving on from this section where the lady [note taker] was writing the cards. Before we move forward, are you still alright guys? Drink water//

[Chuckles by participants and mumbling]

F: //I know that talking a lot makes you very thirsty, are you alright?//

[Chuckles by participants and mumbling]

F: You don't want water, to calm down. Are you alright number 1?

CIMC_101_01: Ay [no] I am alright.

F: I sometimes forget you here in front of me.

[Chuckles by participants]

F: Okay, okay. So, now we will do an activity together, right. So that you can share what you have experienced concerning menstrual cramps. Isn't we have spoken about [menstrual] cramps, that people had [menstrual] cramps, or they have [menstrual] cramps. So, we will do an activity concerning it, uhm the [menstrual] cramps that are caused by things that you use to prevent pregnancy, okay, yeah. So, we will give each person stickers then please put them on the poster. Do you see? Please look at the posters, do you see the posters that we have? [referring to body mapping posters]

[Participants agreeing]

F: So, each person will be given stickers, please put them on the posters wherever on the body where you know you have felt menstrual cramps when you were using the things that you use to prevent pregnancy. Is it clear what we are asking?

Yes [Participants agreeing]

F: Our helper will help us over there [name of observer], to go and put the stickers, right. So, the stickers please, it will depend on the things that you use right. A person who uses pills [contraceptives], please raise your hand if you use pills. Are there any people who use pills to prevent [pregnancy]? [Slight silence] Okay, there aren't any. Okay, are there any people that are using the injection, the injection?

[Participants raising their hands]

F: Number 1, number 5 and number 3, you are using the injection, right? Which means you will take green stickers and go individually to put it there [referring to the body mapping poster] to that lady on your left right [referring to the front side of the body mapping poster]. You must put [stickers] where you experience [menstrual] cramps, right. So, you can start number 1 and stand up, the lady [observer] will give you a green sticker because you use an injection. Put it in whichever part of the body where you feel [menstrual] cramps.

[Participant placing the sticker on the body mapping poster]

F: Okay, please stand-up number 3 and put your green [sticker] where you feel [menstrual] cramps.

[Participant placing the sticker on the body mapping poster]

F: Yes, number 5 stand-up and put [a sticker] where you feel menstrual cramps.

[Participant placing the sticker]

F: Okay, the time she is placing, okay the time number is placing [the sticker], now we will ask the ones using an implant.

[Participants raising their hands]

F: There are 2, okay, we will start with you, number 2. She [observer] will give you a blue sticker the lady [observer], for you to go and put it [on the body mapping poster] where you feel cramps on your body. Number 2 is going to put it [the sticker on the body mapping poster] because she is using an implant.

[Participant placing the sticker on the body mapping poster]

F: Then number 5, she will also stand up and put it [the sticker on the body mapping poster] because she is using an implant. She will go to put her blue [sticker], you can stand up number 5 to go and put it [the sticker on the body mapping poster]. Aibo [no], I mean number 6, sorry number 6 go and put your blue [sticker] because you are using an implant.

[Participant placing the sticker on the body mapping poster]

F: While number 6 is putting [the sticker on the body mapping poster], uhm is there anyone using the IUD, the one for copper?

CIMC_101_04: Yes. [Participant raising her hand]

F: Yes, number 4 you are using copper IUD, please stand-up and go put your purple [sticker on the body mapping poster] where you feel [menstrual] cramps.

[Participant placing the sticker on the body mapping poster]

F: Okay, she has put it [the sticker] number 4. Uhm, these are all the places [on the body] that you said you experience [menstrual] cramps, right. When we look [at the body mapping poster] we can see that they [stickers on the body mapping poster] make a line on the same place right. We are still going to talk in depth about that. Let's all take stickers, the last sticker, the gold one. This time around please put the gold sticker that [name of observer] will give you, on one place on the body where the [menstrual] cramps bother you the most.

CIMC_101_02: Yes.

F: You are the one that knows whether you have [menstrual] cramps on certain places [on your body] but there is where they bother you the most. So, with the gold sticker, please may an individual stand-up and put it [on the body mapping poster]. We can start with you, number 1.

[Participant placing the sticker on the body mapping poster]

F: So, while number 1 is putting [the sticker on the body mapping poster], number 2 can stand-up in the meanwhile to go and go and put [the sticker on the body mapping poster] where the [menstrual] cramps bother you the most.

[Participant placing the sticker on the body mapping poster]

F: While number 2 is putting it [the sticker on the body mapping poster], number 3 can stand-up in the meanwhile.

[Participant placing the sticker on the body mapping poster]

F: Mhm, we can stand up and join the line.

[Participants standing up to go and put the gold stickers on the body mapping poster]

F: There we go, number 5 has gone [to put the sticker on the body mapping poster], number 6 can get ready.

[Participant placing the sticker on the body mapping poster]

F: Okay, we have all put [the stickers on the body mapping poster] right. As we can see where we put our stickers, all of us, I can see that the stickers you have placed are in the area that is the same, you see. So, which words would you use to describe the area where you have placed the sticker. The area where you have placed the sticker, what do you call it? Number 1.

CIMC_101_01: It is the bladder.

F: Number 1 is saying it is the bladder. Number 2.

CIMC_101_02: It is the bladder.

F: Number 2 is also saying it is the bladder. Number 3.

CIMC_101_03: It is the right-hand side of the bladder.

F: It is the right-hand side of the bladder number 3. Is there anyone else who wants to say something different? [Slight silence] Okay, so the word that is used is just the bladder right.

[Participants agreeing]

F: Number 3 then explained that where on the side of the bladder. Okay, okay. So, now the person who placed a sticker there, maybe let's say the one who put a sticker on the start of left, can she tell me about her [menstrual] cramps. Maybe tell me about them, explain in depth, what happens to her cramps//

[Participant raising her hand]

F: Oh, her is number 3 raising her hand.

CIMC_101_03: In fact, it is on your right if you look.

F: It is on your right, on your body. Our left, for us who are looking at [the body mapping poster], yeah.

CIMC_101_03: It feels like it is getting strained inside [the bladder], it is like the meat [referring to the muscle tissue] is peeling off, it becomes painful.

F: Mhm.

CIMC_101_03: Yeah.

F: Okay, number 3 is saying if it happens [that she has menstrual cramps] on the side where she placed the sticker, it becomes like she is getting strained inside, it is like the meat [referring to the muscle tissue] is peeling off. Is there someone who can explain where you placed your sticker, what is happening when you are experiencing [menstrual] cramps? [Participant raising her hand] Number 1.

CIMC_101_01: On my end, it happens like as it happens to number 3. It is like something is peeling off inside [the bladder], it is painful. It is like there are sharp pains.

F: Mhm, okay number 3. Number 1, I hear you. Number 2.

CIMC_101_02: It is like I am undergoing an operation. [Participant speaking softly]

F: Please repeat number 2 for me, so that it can be audible on the recorder.

CIMC_101_02: It becomes like I am undergoing an operation on the bladder.

F: It becomes like I am undergoing an operation on the bladder.

CIMC_101_02: Yes.

F: Okay number 5.

CIMC_101_05: With me the same thing happens like number 2. It is like I am undergoing an operation and have discomfort and don't know what to do. It is like I can keep on hitting myself on the area this side [referring to the area on the bladder that is most painful when having menstrual cramps].

F: Mhn, okay. I hear you, number 5. Number 4, I saw you raised your hand.

CIMC_101_03: With me, the same happens like with number 3. It becomes painful like it is getting strained. For me, it becomes painful even the stitch that I have, the one I got when giving birth. It is like I am undergoing an operation.

F: Mhm, okay. So, if you were to explain to me why having menstrual cramps during your menstrual periods worries you a lot? We have heard that you feel pain, right. Maybe you explain to me why it bothers you so much having cramps? What bothers you the most about [menstrual] cramps? [Participant raising her hand] Number 5.

CIMC_101_05: Please may I ask, getting tired as in being worried about being tired?

F: Mhm [yes], something that worries you or bothers you a lot about [menstrual] cramp. Yeah, number 5.

CIMC_101_05: For me, what bothers me is that I don't even know what is happening for me to feel that way. Maybe it is something wrong for me to feel that way. But then I tell myself that since it is common, we are feeling all of this, is it maybe nature that if we are going to go on [menstrual] periods that is how we are meant to feel. I get worried that maybe there is something wrong, maybe there is a damage that is happening the time I feel that pain.

F: Okay. So, number 5 to follow up on your answer, when you have cramps how do you manage them? What do you do?

CIMC_101_05: Uhm, usually I put hot water here [pointing to the bladder]. Apparently if you place hot water, you become better but again, I don't get better. I drink painkillers, then it becomes a little bit better. You see, sometimes I end up getting used to it. At school I would ask to go home.

F: You mentioned that you placed water here and saw you pointing. Where were you pointing to//

CIMC_101_05: //Here [on the bladder] on the right because you see, it is usually here on the right//

F: //The right of your bladder?//

CIMC_101_05: Yes.

F: Oh okay, okay, okay. I hear you, number 5. Number 4 I saw you raised your hand.

CIMC_101_04: Mhm [no].

F: Okay. So, to those who responded with regards to [menstrual] cramps. Maybe can I please ask you the same question, that what is bothering you about having [menstrual] cramps? What bothers you the most about [menstrual] cramps? Number 3.

CIMC_101_03: It is pain that is unbearable.

F: Mhm, how do you handle the pain?

CIMC_101_03: I lick *insizi* or drink painkillers.

F: You lick *insizi*?

CIMC_101_03: Yes.

F: Mhm, can you explain in depth about *insizi*?

CIMC_101_03: It is thing that is powder, it is black, this Zulu thing.

F: Mhm.

CIMC_101_03: Yes, I lick it. I mix it with water sometimes and drink it.

F: Where is it found?

CIMC_101_03: From the Zulu people [in this context the participant is referring to the traditional people].

F: Oh okay, I hear you. Number 2, I saw she also raised her hand.

CIMC_101_02: It is pain, that is continuous.

F: Mhm.

CIMC_101_02: But Then I try to drink warm water, I put salt in them.

F: Mhm, okay. When you have drank the [warm] water does it get better?

CIMC_101_02: It becomes better [once the participant drinks warm water with salt]. Or I try pills, panados [it is the name of the painkillers].

F: Oh, okay. So, are there any of you that can say that since they have started to use things for preventing [referring to contraception], they had small [menstrual] then before?

Yes! [Participants agreed at once]

F: Okay number 1, can you please explain to me about what happened.

CIMC_101_01: Uhm what happened to me, before I prevented [used contraception] I used to have more [menstrual] cramps. It would be painful. Now that I am used to preventing [using contraception] I don't feel them [menstrual cramps]. I just see when I am on [menstrual] periods. I don't have them [menstrual cramps].

F: Okay, is there anyone else? [Participant raising her hand] Number 4.

CIMC_101_04: I felt the [menstrual] cramps a lot but now it is that 1 day or 2 days and then that's it. By the time I continue [with menstrual periods], I don't have them [menstrual cramps].

F: Okay, I hear you, number 4. [Participant raising her hand] Number 2.

CIMC_101_02: I also felt them a lot at first but now, it is better.

F: Mhm. Is it better?

CIMC_101_02: It is painful just a little.

F: Oh okay.

CIMC_101_02: It is those minor pains.

F: Okay, thank you. Is there someone else that wants to say something?

CIMC_101_05: Ay [no], I am also going with number 1, I just see myself on menstrual periods before I feel the [menstrual] cramps.

F: Mhm, oh okay. Thank you, number 5, number 5 was talking now. So, on the few next questions that we will be talking about, please may we look back on all the ways that these things for preventing [contraception methods] changed your menstrual cycle. We look at all the things that happened as you were explaining about [menstrual] cramps that you are experiencing. We looked at the areas [on your body] where you have those [menstrual] cramps. So, which knowledge did you get at the clinic or from the nurse of the clinic about the changes of menstrual periods before you started using these things that you are using to prevent [contraception methods]? Which information were you given by the nurses or that you got from the clinic about the things that you are using [contraception methods]? [Participant raising her hand] Number 5.

CIMC_101_05: Uhm, I will start with, I got information that if you are preventing [on contraception method] it is wrong to go on [menstrual] periods. So, if you are preventing [on contraception method], you are not supposed to go on your [menstrual] periods. Uhm, another thing is that if you prevent [use contraception methods] obvious that means you are not pregnant, so you are safe from being pregnant but preventing [using contraception] doesn't protect you from HIV and all of that.

F: Mhm.

CIMC_101_05: Yes.

F: Do you think number 5, this knowledge was helpful to you, or it wasn't helpful?

CIMC_101_05: Its was helpful because know I have confidence, I am not always worried that maybe I am pregnant, you see all of that. And they helped me to know that okay, since I am preventing [using contraception method] I will have to also prevent HIV. And not say okay since I am preventing [using contraception method] obviously I won't have HIV. So, it helped me to know that HIV goes alone and preventing [using contraception method] goes alone, to prevent pregnancy.

F: Mmh, thank you, number 5. Number 1, I saw you had also raised your hand.

CIMC_101_01: Uhm, preventing [using contraceptive method] helped me to know that you don't fall pregnant easily. The chances of falling pregnant are slim that you might have them. There is another lady by my house, she makes me worried that it [fall pregnant] might happen again. She says she fell pregnant will preventing [using contraceptive method], I don't know what causes that. That is what worries me.

F: Okay, please can the note takers note that so that maybe when the focus group discussion is finished and has our recorders closed, you get a chance to ask in depth about that. So, you spoke about the fact that you got the information that you mentioned, where did you get it?

CIMC_101_01: The clinic by my house. Oh, I first got it from [name of hospital] because they explained that the ones that are there for the injection, the ones that want implant, loops must come that side. They then explained to us about the injection. Even the ones that had gone there explained to me, because I continued after coming from there [the hospital].

F: Okay, for others, number 4 you raised your hand.

CIMC_101_04: Let me talk about me, when I inserted the IUD. I heard the nurses saying the things we used for contraception help but they are not 100%. It does happen that you have a baby, while you are on contraception. So, sometimes they say that it helps you to protect yourself, maybe use a condom if there is something that you are doing [referring to being sexually active].

F: Mhm, did that information help you or didn't it help you?

CIMC_101_04: I can say it helped me.

F: Mhm, maybe how? From your perspective.

CIMC_101_04: Maybe sometimes I protect myself but if I don't, I sometimes get stressed and tell myself, cause now I skip a month. Sometimes I stress and say, "Oh my goodness, it means I am pregnant now".

[Chuckles by participants]

CIMC_101_04: They say, "You will have the baby, it will come out and you will carry it with your hand". I always have that [in mind].

[Chuckles by participants]

F: Okay, is it your thoughts?

CIMC_101_04: I think about, that ay no, maybe there is something wrong.

[Chuckles by participants]

F: Please remember if there are other questions that you wish to be responded to when the focus group discussion is finished. We will ask for one of our nurses to come and explain. Okay.

CIMC_101_02: Yes.

F: Is there anyone else that wanted to say there is information that she got from the clinic, [Number 3 raising her hand] yes number 3.

CIMC_101_03: They told me that there will be changes in my body. Preventing [referring to using contraception] has a lot of side effects. Another thing that they told me is that the contraception method is not 100%. What you can protect yourself with is to abstain or use a condom.

F: Mhm.

CIMC_101_03: Yes.

F: How did that information help you, if it helped you.

CIMC_101_03: It helped me, but we sometimes are stubborn and say ay [no].

F: With who?

[Chuckles by participants]

CIMC_101_03: An individual is sometimes stubborn and doesn't use a condom, but nothing happens [meaning that even though the participant sometimes doesn't use a condom, but she doesn't get pregnant or get infected with HIV].

[Chuckles by participants]

F: Okay, ay [no] I hear you clearly number 3. These things happen. Okay, now please think about all the things that we spoke about today. When you look at all the problems that you say you are experiencing or have experienced since you are using the things that you are using for contraception. What do you wish they had told you in depth about the changes that happen when using contraception methods at the clinic? Number 1

CIMC_101_01: Uhm, what I wish they had explained in depth about is the injection that I am using, how can it change my body since I am saying I lost weight.

F: I hear you number 1, number 6.

CIMC_101_06: I, as number 6, the information that I wish for them to tell us about is important according to me, is that it is guaranteed that since you are using these things, they affect your birth hormone. Your birth hormone, you are given by God it is natural.

F: Mmh.

CIMC_101_06: When it affects you and you can't conceive. Like I have known this other lady by my house, she was engaged and got married and couldn't conceive because she was getting an injection [using a contraception injection]. Now she is divorced because she can't build a home [meaning she can't have kids] and all that stuff.

F: Mmh.

CIMC_101_06: So, not that all of us will build homes [participant means we won't all have kids], just for our safety reasons, I think they should have explained in depth about that information.

F: Okay, I hear you clearly number 6. Is there anyone else, number 3.

CIMC_101_03: Mine will be like number 6's, since I am using an injection [as a contraception method], will my fertility not be affected? Will I be able to have a baby soon when I want it?

F: Okay, it is clear guys. Is there anyone else that would say there is other information that they wish to know before they start to prevent [use contraception] that would have helped her. [slight silence] Okay, so, to move on to the next question, which knowledge is very important that you would love for your friend to know about the changes that are happening if a person is using contraception methods? That you would like your friend, if they start to go to the clinic to go and prevent [meaning to use a contraception method] to be told or know before they start? Uhm, let's start with number 5 this time.

CIMC_101_05: Uhm, the information that I would wish for my friend to know before she starts to go to the clinic to go and prevent [meaning to use a contraception method] is that I want her to maybe have knowledge on how many chances are there for her to fall pregnant maybe if she skipped a day for her to go and prevent [meaning to go and get a contraception injection] and didn't go. Maybe things like. What are the odds that she falls pregnant if she skipped her date [for her contraception injection] and how long must it be that she goes to her person [meaning she has sex with her partner] after preventing [meaning after getting a contraception injection]. Because I heard that I don't know if you wait for 7 days after preventing [using a contraception injection]. I, that uses an injection [for contraception], the nurses say you wait for 7 days before you go [and have sex] with your person. Now, I wish that my friend also has knowledge because others say they get pregnant while preventing [while on contraception] yet you find that a person maybe skipped a day for preventing [getting contraception]. Yet I have information that a [contraception] injections stay in the body of an individual, even if, maybe it lasts maybe a year. Now, we sometimes have that, "that ay it is still in my body" [referring to the contraception injection] let me wait and maybe go [to the clinic for the contraception injection] next month, you see.

F: Mhm

CIMC_101_05: Yes.

F: Thank you so much, you explained it clearly number 5. Another person, what would they say is the information that they would like their friend to know and have it and be told at the clinic when starting to prevent [using contraception]. Number 1.

CIMC_101_01: It is the way you start your [menstrual] periods.

F: Mhm, maybe how do the [menstrual] periods start.

CIMC_101_01: Uhm, and for how long.

F: Mhm, why is this information important for your friend to know?

CIMC_101_01: It is not nice to always bleed daily. You see, it also [menstrual periods] smell.

F: Mhm, it is clear number 1. Is there anyone else, that says they wish for their friend to know before they start to choose things for contraception? Number 3.

CIMC_101_03: I would love for her to know that if you insert a loop, because I have inserted it previously, there is a discomfort that you feel when you have sex. Sometimes it is like it is moving, it is like you are touching it when having sex.

F: Mhm.

[Chuckles by participants]

F: Don't be shy number 3, relax. You are talking about things that you know; you see. We are talking about experience here. Yeah, so, what makes that the important thing that she can know, your friend.

CIMC_101_03: Because I have experienced it and ended up stopping it.

F: Oh, you ended up taking it out? [the loop]

CIMC_101_03: Yeah, it wasn't nice. Sometimes you feel pain in your bladder. Because sometimes the nurses say you need to insert your finger to feel if you can still feel the rope [of the loop].

F: Mhm, okay thank you so much guys for sharing your experiences. Now we are going to do the last activity. It is nice, this activity because it makes us stand up. I can see we have been sitting down for a long time. Even when I offer water, you don't want it.

[Chuckles by participants]

F: But what is nice about this group is that you are awake [meaning they are alert, energetic and responsive]. I am happy about yol [referring to the group members], I don't know about your side, but I am happy. Our last activity here, uhm on this activity we will talk about 2 questions. The questions that health providers like nurses and researchers, sometimes they ask people if talking about things pertaining menstruation and menstrual cycle, yeah. So, I will ask a couple of questions here and it will take a couple of minutes for us to discuss those questions. The first question talks about, when you last went on your [menstrual] periods, you know since you are here that when last an individual went on their period. When you last went on your [menstrual] periods, how would you explain going on your periods. Was it light, in terms of bleeding or it was in the middle or it was heavy? Other things you have already mentioned//

CIMC_101_06: //Yes.

F: But we are now talking about when you last went on your period, how was it? Your periods, [participant raising her hand] number 5.

CIMC_101_05: When I last went on my periods it was in the middle [moderate]. It was neither light nor heavy, it was moderate.

F: It was in the middle [moderate].

CIMC_101_05: Yes.

F: Okay. So, since you have mentioned that it was in the middle [moderate], I would like to ask that we start with the ones that say it was light. Was it light for any of you?

[Participants agreeing]

F: Okay, please can the ones that it was light for them to stand up and go there on that corner. There are 2 of them. Number 5 mentioned that it was in the middle [moderate], right?

CIMC_101_05: Yes.

F: Since you are middle [moderate], please stand here in the middle. If there is someone else that says it was moderate, please stand here in the middle. [participants moving to the middle] The ones that say it was heavy, please stand here. The heavy people. [participants moving to the side] Please may we move the recorders closer to the groups, so we can hear clearly everything. [recorders are moved closely] Okay, so, on that corner we have the ones that said when they last went on their [menstrual] periods, their period was light. Here in the middle, they said when they last went on their period, their period was moderate, and this side, this thing is just balanced [the members in each group are even], it is 2, 2, 2 [in each group]. We have people who said when they last went on their period, their period was heavy. Okay, so, please can we start on this side, on the light? How did you decide that it was light? How did you decide that your period was light. Can you say why did you said your period was light? Maybe number 3.

CIMC_101_03: I am saying it was light because I was able to stay with a pad for the whole day, a small drop would come out.

F: Okay, number 3 is saying it was light because she was able to stay with a pad. [Participant raising her hand] Number 6.

CIMC_101_06: As number 3 has said, I was able to stay with a pad the whole day and small droplets [of blood] came out.

F: Okay, so light group is saying that they were able to stay with a pad for the whole day. The whole day, throughout your period?

CIMC_101_03: Yes, I would change it the following day when I am bathing.

F: Oh okay. Let's come to the ones that said it was in the middle, it was moderate. What made you say it was moderate, did you see, how did you get to that decision of that it was moderate, your [menstrual] period? [Participant raising her hand] Number 5.

CIMC_101_05: I started with, since I was on [menstrual] periods before preventing [using contraception injection] I would come out clots

F: Mhm.

CIMC_101_05: I would change the pad frequently, now there are no [blood] clots, but I am still changing the pad maybe like twice a day. So, I won't say it is drops [of blood] because it [the pad] would be full and I would have to change it again.

F: Mhm.

CIMC_101_05: Yes.

F: Okay, number 2.

CIMC_101_02: I also change it [sanitary pads] twice day.

F: Mhm.

CIMC_101_02: Which was an indication that it [blood] isn't there a lot.

F: Mhm.

CIMC_101_02: It is in the middle, it is moderate, I change it [sanitary pad] in the evening.

F: Okay, number 5 and number 2 are in the middle, the moderate group. They have explained their responses. Let's come to the group which says it was a heavy period, the last one. Number 4 and number 1. Let's start with you maybe number 4.

CIMC_101_04: Uhm, since I am saying mine is heavy, I change [sanitary pads] frequently in a day. Maybe in a day, maybe I change 5 times.

F: Mhm.

CIMC_101_04: Yeah, and then I use the long pads.

F: The long ones?

CIMC_101_04: Yes, the maxi [a description how of big and long the pads are].

F: Okay, number 1.

CIMC_101_01: It is me number 1. The blood that I last experienced was very heavy because it was even changing the blood. It wanted to be black. I changed the pad frequently.

F: Mhm, okay. Uhm, I will come back reverse wise. Let us continue with you heavy bleeders. The period that you are talking about, how long ago was it? When was it when you last went on it? Number 1.

CIMC_101_01: It was June, it was around June.

F: June this year?

CIMC_101_01: July it [menstrual blood] was not coming out up until now.

F: Mhm, okay. [Participant raising her hand] Number 4.

CIMC_101_04: When I started it was the 25th of October.

F: October?

CIMC_101_04: Yes.

F: 25 October, number 4. These are the heavy bleeders. We are coming to the moderate ones. The [menstrual] periods that you are talking about, when were they?

CIMC_101_05: For me, they were for now in November.

F: Now in November?

CIMC_101_04: The beginning of November, yes.

F: Okay, number 5 is saying it is now in November. [Participant raising her hand] Number 2.

CIMC_101_02: For me, it was now, on Tuesday.

F: Now, the Tuesday that we just came from?

CIMC_101_02: Yes.

F: Number 2, now, the Tuesday that we just came from, in November, the month. Let's go to the group for light bleeders. Number 6.

CIMC_101_06: For me, it was the beginning of July.

F: It was the beginning of July this year. Okay. Okay, you have explained, and your explanations have answered my questions, the next questions.

CIMC_101_02: Yes.

F: It is going to be easy. Now, is there anything else about the first question that I asked, that made it hard for you to answer the question? When we are talking about the first question, we are talking about the question that said, "Uhm, when you last went on your [menstrual] periods, would you describe your [menstrual] periods as light, moderate or heavy". Is there anything that was maybe hard about answering that question?

No [participants responded all at once].

F: Was it easy, was it clear or?

It was easy and clear [participants responded all at once].

F: Okay, so, all of you are saying it was easy and clear. Okay, we are now going to have the second question. While we are still standing, please may we answer the second question. When you were bleeding heavily, the last time you were on your [menstrual] periods, how many pads, or tampons or other things that you are using that you had to use, to be able to handle your menstruation [period] on the day you were bleeding the most? [Slight silence] So, since we have all said when we last went on our [menstrual] periods, on our [menstrual] periods when we last went on our [menstrual] periods, you will choose a day that you say it was the heaviest and then you decide that on that day you used how many things for protection. It can be pads, it can be tampons or anything. We will start with the light bleeders. I know that you had mentioned what you use, just to confirm that//

CIMC_101_03: //I used 1.

F: 1.

CIMC_101_01: I used 1.

F: 1. Okay, moderate bleeders, number 2.

CIMC_101_02: I used 2.

F: On your heaviest day?

CIMC_101_02: Yes, on Friday.

F: Okay, number 2 on her heaviest day, on her last period she used 2. You used 2, what do you use?

CIMC_101_02: [Sanitary] Pads.

F: [Sanitary] Pads, okay. Number 5.

CIMC_101_05: Uhm, I used 2 of the [name of the brand of the sanitary pads], the big ones.

F: Okay used [name of the brand of the sanitary pads], the big ones, 2 of them. We are coming to the heavy bleeders. During your last period, when you were bleeding heavily, how many materials did you use?

CIMC_101_04: I changed 4 times.

F: 4?

CIMC_101_04: Yes.

F: Yeah, I know that you had mentioned that you use that you use a [sanitary] pad.

CIMC_101_04: Yes.

F: You changed 4 times. Number 1.

CIMC_101_01: I, the last time I was on [menstrual] periods, I used all of them [sanitary pads] that come out 8 inside.

F: The ones that are 8 inside.

CIMC_101_01: Yes.

F: On one day?

CIMC_101_01: It was 1 day,

F: Okay. So, I believe that the ones that are writing [referring to note takers] know that a person used 1 or 2, 3 or 4, to those writing. Or 5, 6, or 7 or 8, 9 or 10, to those writing [referring to note takers]. Okay, thank you so much. I can see in your responses, like the 1st group of light bleeders gave responses that are same. Yeah, the moderate bleeders, their responses that they said, apart if my team would assist, the answers that the moderate said are also the same. And the heavy bleeders, their responses are different. Okay, so, with the heavy bleeders you mentioned that the other one was using 4 [sanitary pads], there is a part where you said they are 7 [sanitary pads].

CIMC_101_01: 8!

F: 8, yeah. So, they are very different. Why do you think your responses are different this much maybe in terms of the things that you are using uhm, the ones for protecting if you are on your menstrual periods. Number 4, what do you use?

CIMC_101_04: I use [name of the brand for sanitary pads] night.

F: Oh, pads?

CIMC_101_04: Yes.

F: Oh number 1, what do you use?

CIMC_101_04: I use [name of the brand for sanitary pads].

F: [Name of the brand for sanitary pads and tampons]?

CIMC_101_04: Yes.

F: Tampons?

CIMC_101_04: No, [sanitary] pads.

F: [Sanitary] pads.

CIMC_101_04: Yes.

F: Okay. So, what do you think caused this much of a difference with the things that you are using in terms of the number of them?

CIMC_101_04: Maybe it is the product we are using; the quality is not the same.

F: Okay, maybe you can explain in detail what is the difference with quality maybe?

CIMC_101_04: Maybe since she uses the big ones, I use the ones that are normal [in size].

F: Ohho.

CIMC_101_04: Yes, it [sanitary pads] fill quickly.

F: Oh okay. I now understand. Thank you so much, number 1. Is there anything specific about this question that we were asking now that confused you or that you found it difficult to answer? The question that says during the heavy menstrual periods, how many things [materials] did you use? Is there anything that you found difficult and couldn't respond to the question?

CIMC_101_04: No!

F: Did you understand the question?

CIMC_101_04: Yes.

F: Are you sure?

Yes! [Participants responded all at once]

F: Okay. Uhm, other people sometimes you find that they are afraid to say that there are other things that they are using apart from [sanitary] pads or tampons, you see?

CIMC_101_04: Yes.

F: Is there anyone who was maybe using other things [materials] apart from [sanitary] pads or tampons? Or maybe if let's say I am asking this question and you know that you were not using pads or tampons, these usual things, you were using another thing, how would you have responded to that question? If we were asking you about the things you are using like pads and tampons, but you know that you are not using that thing, there is another thing that you are using. Maybe how would you have responded to this question? Number 3.

CIMC_101_03: I would have said, maybe if I was using cloths, I would have said that I was cutting 3 cloths a day, for example.

F: Mhm, oh okay. Number 3 is saying that if maybe she was using cloths, she would say she was cutting cloths, maybe she used 3 cloths in a day. Okay, it is clear, it is clear. Okay, thank you for answering these questions. Uhm, some people sometimes bleed a little bit and don't need to even use pads if they are going on their menstrual periods or pantyliners or other things, you see. Which other words can you use to explain, the small amount of bleeding. If you are bleeding a little bit to such an extent that you don't need to use the things [materials] that I was listing. Maybe you say what is happening to you, number 3 that you raised your hand.

CIMC_101_03: I would say a drop [of blood] is coming out.

F: You would say a drop [of blood] is coming out. Mhm, number 3 is saying she would say a drop [of blood] is coming out. Another person, which word would they use if they are bleeding a little bit. If the droplets [of blood] are coming out, what word would you use? If drops [of blood] are coming out, the ones mentioned by number 3. [Slight silence] If you are bleeding a little bit to such an extent that droplets [of blood] are coming out, what do you say is happening or what would you say is happening? Number 5.

CIMC_101_05: Maybe you can say that the body is cleaning itself.

F: The body is cleaning itself.

CIMC_101_05: Maybe you can call it something like that.

F: Uhm, the body is cleaning itself, number 5. Number 3, I saw you.

CIMC_101_03: You can say you are spotting.

F: Number 3 says you can say you are spotting.

CIMC_101_02: You are getting cleansed.

F: Number says you can say you are getting cleansed. Okay, thank you so much for all the words that you have listed. Okay. So, when you are on menstrual periods, how do you choose to use a pad, or tampons or something else? What makes you decide that right now you will use this or you will use this. Uhm, number 6.

CIMC_101_06: It depends on whether you are a heavy bleeder or a light bleeder.

F: Mhm.

CIMC_101_06: And whether your blood is coming out a lot or small//

F: //It comes out a little. Okay, number 3.

CIMC_101_03: It depends on maybe what you are used to. For example, at home they started to by me [sanitary] pads, I have never experienced a tampon.

F: Mhm.

CIMC_101_03: Because when I look at it, it looks like it has a lot of discomfort. So, I stuck to [sanitary] pads because they are the ones that I know.

F: Mhm. Okay, number 5.

CIMC_101_05: I can also say I am used to [sanitary] pads. I am afraid of a tampon; it is as if it is going to go inside and not come out. So, it is a decision that I decided to use a [sanitary] pad. Then since I sometimes bleed a lot, I buy the ones [sanitary pads] that are big, like the quality [name of the brand for sanitary pads] and then there are the small ones, I don't use them. The small ones from [name of the store].

F: Mhm.

CIMC_101_05: Yes.

F:Okay, [name of store] is what?

CIMC_101_05: [Name of store] has small pads that are 5 rand.

F: Mhm.

CIMC_101_05: Now those need them for you to change them now. [Name of brand for sanitary pads] are better, they last longer. [Name of store] also sells [name of brand for sanitary pads] but I don't know if you get my point.

F: Ay no I hear you.

CIMC_101_05: Yes, they usually have the small ones [sanitary pads] that are 5 rand. They don't help me.

F: Shoprite is maybe a store or a chemistry//

CIMC_101_05: //Yes, it is a store [name of the store].

F: It is a store.

CIMC_101_05: It is a store.

F: Okay, no I am doing it for the ones that are writing [note takers]. Okay, number 2 I saw that you raised your hand.

CIMC_101_02: Mhm [yes], it depends on what you are used to. I am used to [sanitary] pads, because I am afraid of a tampon, to get into another thing that you don't know.

F: Mhm.

CIMC_101_02: Yes.

F: Okay. I would like to go back to the word that was mentioned by number 3, to spot. Number 3, you spoke about spotting. The word to spot, to you what does it mean? It might happen that we didn't say it [the word spot] but we know it, I don't know. But the word to spot, to you, what does it mean?

[Chuckles by participant 3]

F: Uhm, number 5 I see you have raised your hand.

CIMC_101_05: Maybe I can say that it means droplets [of blood].

F: Mhm.

CIMC_101_05: Because we do say when it is a dress that my dress has spots here, maybe a stain, something like that//

F: //Mhm//

CIMC_101_05: // Yeah, but since we are talking about menstruation, we can say it is blood droplets.

F: Thank you, number 5. Is there anyone that wanted to explain what spotting to them means? [Slight silence] Okay, thank you for that response. So, how do you know if you have this type of bleeding called to spot. How do you see that you are now spotting? How do you know? Number 5 again.

CIMC_101_05: I think maybe you start by seeing, how we spoke about how much do you change [sanitary] pads. Maybe, is there a need to even wear a [sanitary] pad. Sometimes you find that you are wearing the same pad until the end of the day. You find that there is a small thing [blood], that is not much. I think I would see it that way, that oh okay that means I am spotting now//

F: //You are spotting//

CIMC_101_05: Yeah.

F: Okay, thank you number 5 from the group for moderate. Okay, so, the question that was asked about during the days where you were bleeding heavily, how many materials do you use. If you are spotting, how would you answer this question? Number 3.

CIMC_101_03: I can say that I am using 1 [sanitary] pad.

F: Mhm.

CIMC_101_03: Because I am spotting//

F: //Because you spot. Okay, thank you number 3, is there anyone else? [Slight silence] Uhm, thank you so much, guys. You have helped us a lot by telling us [your experiences] and for responding to 2 of these questions. We have other things that we would like to discuss with you. Uhm, I would like for the next section for us to talk with you about it, because I know that it is a section that will be interesting to us. So, please, because I can see that time, we still have other things that we need to discuss. So, please can you give me time to maybe, let's sit down on our seats and continue. We can drink a little bit of water. You don't like water.

[Chuckles by participants]

F: They are healthy guys.

CIMC_101_05: I don't like them.

F: Mmh [meaning pardon].

CIMC_101_05: I don't like them.

F: Why don't you like water?

CIMC_101_05: I don't know why.

F: Awu! [an expression of being surprised] What do you like if you don't like water?

CIMC_101_05: Juice.

F: Juice.

CIMC_101_05: [Chuckles] Yes, I also like coffee.

F: And coffee, oh dear, okay it [coffee] is here we will drink it when we are done.

CIMC_101_05: Yes.

F: So, relax about coffee. So, sometimes the health providers and researchers want to know if you have sex or you don't have sex, things like that. So, they talk about topics, topics that are sensitive, you see. Or topics that can make you feel a certain type of way, that may be hard to talk about , you see. So, here we would like to get how you would like to be asked questions pertaining sex? Did you hear number 1, number 1 is looking at me and is like , "I am nowhere to respond". [Chuckles] Yeah, so, we wish to hear from you that how would you like to be asked about things concerning sex? Which words can make it easier to be comfortable to respond, you see, if you are asked about sex? [Slight silence] Things that can make you relax. Number 5, I see you responding.

CIMC_101_05: Even if you ask me anyhow, okay maybe I can say you can ask me about those things if you ask me while laughing. If you are serious ay [no], I can't answer. And I don't have a problem, you can ask me anyhow. Like right now, you can ask me but when I arrived [at MRU] you were not going to ask me [participant was not comfortable at that time] and now I am comfortable, you see. So, even if you can ask me anyhow, I won't have a problem. But if you won't be serious.

F: Okay, number 5 thank you. Number 2.

CIMC_101_02: I am also saying even if you ask me anyhow because I am comfortable, I can see that we are able to talk.

F: Mhm.

CIMC_101_02: Yes.

F: Okay, thank you number 2. So, the word sex to you, what does it mean?

[Chuckles by participants]

CIMC_101_02: English [chuckles].

F: You are right, let me say it in isiZulu, the word *ucansi* [sex], what does it mean to you? If someone is talking about *ucansi* [sex]. Number 5.

CIMC_101_05: To me, I can take it as the coming together of a woman with a man [chuckles], I don't know what I will say they are doing but there is something that they are doing [participant is shy]. [Chuckles] I won't say it is older people because we also do things that are done by older people but//

F: //Mhm, then how do you say you don't know, because you also do it?//

CIMC_101_05: It is what I am doing [referring to being sexually active].

[Chuckles by participants]

F: Mhm [yes], what is it that you do?

[Chuckles by participant number 5]

F: But I hear you, number 1 seems like she also wants to say something.

CIMC_101_01: It is 2 genders that come together.

F: Mhm, maybe that comes together under what circumstance?

CIMC_101_01: Oh, my goodness! [Chuckles] If the feelings are aroused.

F: If the feelings are aroused. Okay, I can see that we are shy when it comes to this word, relax it is fine. So, the words that say, maybe you have heard in English it is called sexual intercourse, right//

[Participants agreeing]

F: // To you what does it mean? What does it explain? Number 3.

CIMC_101_03: Making love.

F: Mhm, what a nice word.

[Chuckles by participants]

F: Okay, have you heard about the one called vaginal intercourse? Or maybe if I explain it in isiZulu, *ucansi lwesitho sangasese sowesifazane* , vaginal intercourse. Have you not heard of that word?

CIMC_101_02: Yes [The participant has not heard of the word, vaginal intercourse].

F: Okay, because we have never heard of it, we will move on. Okay, the researchers and healthcare providers sometimes when they are asking questions, they ask whether you used a second method to prevent pregnancy when you last had sex. They ask if you have used a second method of contraception or to prevent pregnancy when you last had sex. Uhm, how do you think this question can be asked? Let's start like this, do you know the second method that we are talking about to prevent pregnancy?

[Participants mumbling]

F: Okay, please raise your hand.

[Chuckles by participants]

F: Number 2 is the one that answered with a high voice, number 2.

CIMC_101_02: It is a condom [participant is speaking softly and shy].

F: It is a condom, such shyness.

[Chuckles by participants]

F: Mhm, is there anyone else that can maybe say another different way? Apart from a condom. Number 6.

CIMC_101_06: Morning after pills.

F: Morning after pill. Uhm, is there anyone else that can say another one?

[Chuckles by number 5]

F: Number 5, you are laughing. It seems like you are thinking of something.

CIMC_101_05: Ay [no] nothing.

F: Mhm. There isn't?

[Participant number 5 nodding]

F: Okay, so, which words would make it easier for you to be able to understand and answer this question? Number 3.

CIMC_101_03: It is for them to make it clear if they are saying a condom, if you used it. Or if they are saying the second method, they must be specific which one do they mean.

F: Oh okay, it is clear number 3. Is there anyone else who can say which words can make it easier to understand this question, that what does it mean? [Slight silence] Okay, if there isn't, okay. You have explained that for you, the words that mean a second method for preventing pregnancy are which ones. I listed the ways that you were explaining, okay. Okay, if you were asked this question would you think that maybe it includes the withdrawal? Do we know the withdrawal? Number 5.

CIMC_101_05: I think so.

F: Mhm, please tell me from your perspective what withdrawal is.

CIMC_101_05: From my perspective, I would say that maybe if a man is going to take his thing [penis] and spill it [semen] outside [of the vagina], you see. It mustn't be that he is spilling it [semen] on you.

F: Mhm, okay. Yeah, if you were asked this question would you think they are including withdrawal as a second method?

CIMC_101_02: Yes.

F: Number 2 says yes. Another one.

CIMC_101_05: I can say no, number 5.

F: Number 5 says no, maybe you can explain why you don't think they are including it [withdrawal].

CIMC_101_05: From my perspective, I wouldn't say they can take it as a method for preventing [pregnancy] because it is very risky.

F: Mhm.

CIMC_101_05: Now, I don't see how you are protecting yourself.

F: Mhm.

CIMC_101_05: Because it is a risk that you would trust that a man would//

[Chuckles by participants]

CIMC_101_05: //spill his "things" [semen] outside [of the vagina], you see.

F: Mhm.

CIMC_101_05: Now for me I don't see it as a prevention method [referring to preventing pregnancy], you can do it if you want to though.

F: Okay, number 5 thank you. I know that you have explained what withdrawal or pulling out is from your understanding. I will also explain so that we are all informed as to what is withdrawal. Withdrawal is where a man can be careful and pull out before climax, as you explained that before he ejects [semen] on you. Okay, if it was not to prevent pregnancy, for example the man pulls out for another reason. Is there another reason he would have pulled out if it wasn't for pulling out for preventing you from falling pregnant, is there another reason a man would have pulled out for?

CIMC_101_02: To make you dirty [participant speaking softly and shy].

F: Number 2 is saying//

CIMC_101_02: //To not make each other dirty, because you will find that he was sleeping [having sexual intercourse] with the other one and then come and sleep [have sex] with you. He will infect you with a bad disease.

F: So, number 2 if I hear you clearly you are saying, he can pull out to not infect you with the disease?

CIMC_101_02: Yes.

F: Is there anyone that has another opinion? [Slight silence] Okay, it is clear. I can see that we are exhausted guys, I won't bother you anymore with questions. What I like is that thank you that we stayed until the end. Thank you for your input. Thank you for your responses. Thank you, you were a nice group and active with everything. Thank you for also allowing me to go on to the questions that are extra that I had asked to ask. Okay.

CIMC_101_05: Yes.

F: Now we have reached the end of our discussion. But before we get there, is there maybe other things or other experiences that are maybe about menstrual cycle that you wish for us to talk about today? They are about menstrual cycle, the time you are preventing [preventing pregnancy, using contraception], that you would like for us to talk about today. Number 1.

CIMC_101_01: I have mentioned earlier that if we are going to meet with a person [male partner], that is when [menstrual] blood comes out, when we are done [with having sex]. The next day it didn't come out. Once we do it [sex] again, it [menstrual blood] comes out again.

F: Mhm, okay. So, our note takers have noted that down. We are about to switch off the recorders, we will get nurses so that the ones that have questions like you, to be able to get responses to your questions. Okay. So, thank you for joining our discussion today. Thank you so much for sharing your thoughts, experiences, and your opinions. Okay, this information will be helpful to our study.

Okay, so, today it is 21 November 2024, the time is 12:54 and we are closing our discussion. We will stop the recorders, thank you.

[End of transcript]