

Annex 1b
Focus Group Discussion guide; English version.

Introduction: having children

1- How is life, having children?

Probes:

- *If no children, means what?*

2- Why is it necessary to have children?

Probes:

- *What do you miss when you don't have children?*

- *What does it mean for the relationship with the wife?*

- *May be more children in future?*

Differences men and women during pregnancy, delivery and after delivery times

3- What are the differences in the village between the role of men and the role of women (the role in general)?

Probes:

- *Who makes decisions?*

- *Income?*

- *Important events in life?*

- *Social life?*

4- What should women do during the pregnancy?

Probes:

- *How to behave?*

- *Special activities?*

- *And during delivery?*

- *And after the delivery?*

5- And what should women not do during the 9 months of pregnancy?

Probes:

- *Certain types of behaviour and activities?*

- *Why not?*

- *And during delivery?*

- *And after the delivery?*

6- What should the man do during the pregnancy times?

Probes:

- *Difference with before pregnancy?*

- *Do many men also do this?*

- *And during delivery?*

- *And after the delivery?*

- *What is the difference in this with women?*

7- And what should man not do during the 9 months of pregnancy?

Probes:

- *Why not?*
- *Do many still do this?*
- *Consequences of still doing it?*

8- Where do these ideas, on what to do and what not to do during pregnancy, come from?

Probes:

- *Did someone tell it?*
- *Did you observe it from somewhere else?*
- *Who told it?*
- *What was told?*

Pregnancy and delivery

So you all have children or expecting children, so you all know something about pregnancy and getting a baby.

9- How can a woman remain healthy during pregnancy?

Probes:

- *What is healthy?*
- *What is not healthy?*
- *What are the consequences of not being healthy?*
- *Is the being healthy easy to obtain?*

10- What is healthy for a woman during the delivery?

Probes:

- *What is healthy?*
- *What is not healthy?*
- *What are the consequences of not healthy?*
- *Is the being healthy easy to obtain /realize?*

11- And what is healthy for a woman during the first weeks after the delivery?

Probes:

- *What is healthy?*
- *What is not healthy?*
- *What are the consequences of not healthy?*
- *Is the healthy easy to obtain/realize?*

12- What can go wrong during pregnancy or delivery?

Probes:

- *Sick?*
- *Death?*
- *How do you know this?*

Maternal deaths

13- From the health services in Mangochi I have heard that the number of women dying from getting a child in Mangochi is very high. How is that possible?

Probes:

- *Why is it that high?*
- *What are the reasons behind it?*
- *Why in Malawi so high?*
- *Social , economical or cultural reasons?*

14- Why do women die during the pregnancy?

Probes:

- *Where do they die from (medical)?*
- *And why during the delivery?*
- *And why in the weeks after the delivery?*

15- What will change for the father and the children when the mother dies?

Probes:

- *Will the children stay with the father?*
- *Does the father take more/ other responsibilities?*

16- What is a good solution so less mothers die from getting children?

Probes:

- *What to do?*
- *How to reduce?*
- *Who should do something?*
- *How to realize?*

Male involvement in maternal health issues

If somebody said something about the role of men;

17- Somebody told something about the role of men, is this an important part in the well-being of a future or new mom?

Probes:

- *In what way important or influence on the health of the women?*
- *How do men deal with this?*
- *Where do these views come from?*

If nobody said anything about the role of men;

18- Can men have a role in helping reduce the number of mothers dying from getting children?

Probes:

- *What is that role? Community role or role as a partner?*
- *How important is that role?*
- *Can men indeed take this role? Why / why not?*

19- Do men really perform an important role as partner for the women who gets a child?

Probes:

- *Do men only know what their role should be or do they also act towards it?*

20- Why are men sometimes not involved enough in keeping the women healthy when pregnant or delivering?

Probes:

- *What are reasons / barriers for not getting involved a lot?*

21- State that it is important that men are **more** involved. How can we do this?

Probes:

- *How to involve them more? Education? Social activities?*

- *Role of media/health workers/village elderly?*

- *What are possible barriers to this?*

Involvement of important others

22- Besides the partner, are there 'others' involved in the pregnancy, delivery or in the weeks after delivery? And if so what is the role of 'others'?

Probes:

- *who are they? family members, village people, village chief, health workers etc*

- *what is their role?*

- *what do they do and say?*

- *Closely involved?*

- *Consequences?*

23- Is the involvement of 'others' a good thing?

Probes:

- *Too much or too less?*

- *Why important or not important?*

- *Will it help improving the well-being of a woman who gets a child?*

Other changes

24- And finally; in general, what should be changed so that less women die from getting a child?

Probes:

- *Role of men in changes?*

- *How to realize this?*

Annex 1d

In-Depth Interview guide; English version.

Introduction: children history

- 1- Are you married or in a relationship?
- 2- And do you have children? At what age did you get children?
- 3- How is life being a father? *(do not ask if answer to previous question is negative)*
- 4- And when is the birthday of your child(ren)? How old are they?
- 5- Can you further tell me something about your children?

Probes:

- *Going to school?*
- *What are their general characteristics? (this should be a more general talk about the children)*

Experiences with pregnancies / deliveries

- 6- Can you tell me something about the pregnancies, so the time before the delivery?

Probes:

- *Was it hard?*
- *Did everything go well?*
- *Wife at risk of any danger?*
- *Some extraordinary happenings?*
- *How were you involved?*
- *Who is taking care of other children?*

- 7- How did you experience the delivery (ies)?

Probes:

- *Were you present?*
- *Was it hard?*
- *Did everything go well?*
- *Wife at risk of any danger?*
- *Some extraordinary happenings?*
- *How were you involved?*
- *Who is taking care of other children?*

- 8- And how were the first few weeks after the delivery?

Probes:

- *Complications?*
- *What were you doing for your wife?*
- *And for the children?*
- *Good times?*

- 9- What did change in the life of your partner when she was pregnant?

Probes:

- *Does it in any way change?*
- *And the life in the first weeks after delivery?*

10- And what did change for you when she was pregnant?

Probes:

- *Does it in any way change?*
- *And the life in the first weeks after delivery?*

Expectations of the man

11- What was expected of you while your partner was pregnant?

Probes:

- *Did you help?*
- *What did you do?*
- *Change in lifestyle?*

12- What was expected of you during delivery?

Probes:

- *How close?*
- *Main actions?*
- *Present at delivery?*
- *Change in lifestyle?*

13- And what was expected of you in the first weeks after delivery?

Probes:

- *Again how closely involved?*
- *Main actions?*
- *Change in lifestyle?*
- *Any helping hand?*

14- How did you fill in these expectations?

Probes:

- *Did you do everything that might have been expected?*
- *Did you have problems with something?*

15- From whom did you hear these expectations?

Probes:

- *Common knowledge?*
- *Specific person?*
- *What did other people tell you about it?*
- *Observed it from somewhere else?*

16- And finally, what do you think of these expectations?

Probes:

- *Should men support their wives?*
- *How and why should they support?*

Maternal deaths

17- What is your idea about the 'death of women because of having children' in your village?

Probes:

- *Is it occurring?*
- *Is it problematic?*
- *What is the problem?*
- *Knowing any examples?*

18- Have you ever experienced a mother dying because of getting children?

Probes:

- *Close one?*
- *What happened?*
- *Could it be prevented?*

19- What can you do, in trying to prevent your wife of dying from getting children?

Probes:

- *Help closely?*
- *Arrange medical assistance?*
- *Good food and drinks?*

20- If you get another child, what do you think you can do different in favour of the mother and/or the child?

Probes:

- *Can you?*
- *What do different and why?*
- *Some obstacles to do this?*

21- What do you think should be changed in your village or area so that less women die of getting children?

Probes:

- *What?*
- *How and by whom should this be realized?*
- *Your role in it?*

Influence from the outside

22- Did other people tell you anything about how to deal with the pregnancy and delivery?

Probes:

- *Who?*
- *What did they say?*
- *And why?*

23- In what way, do you feel other people had influence on you in doing the right things for your wife (during pregnancy/ delivery/ first weeks afterwards)?

Probes:

- *Who? (Family, village elderly, health worker, Chief)*
- *In what way did they influence you?*
- *Did it help or did it make 'doing the right things' harder?*

24- Besides that other people might have told you how to deal with pregnancy and delivery, how else did you know about what to do when having children?

Probes:

- *From observing from others?*
- *From the media?*
- *From information of the health facilities?*
- *Common knowledge?*

Finalizing questions;

25- How do you think the future will be for the health of your family?

Probes:

- *Future plans for more children?*
- *Will the health be better or worse?*

26- Do you think the situation of the health of mothers in the Mangochi area (*or in the respondent's his own specific village*) should be changed? And if so how should this be done?

Probes:

- *Role of men in this?*
- *Possible to change this?*

27- What do you expect from the health situation in the Mangochi district for the future?

Probes:

- *Do you think the health situation in the Mangochi area will improve in time?*