

Perceived Acceptability and Preference for Size and Number of Nutritional Supplements Among Pregnant Women in Tanzania: A Mixed Methods Formative Study

In-depth Interview Guide for Pregnant Women

Introduction & Consent:

Thank you for agreeing to take part in this research and be interviewed today. The interview will last for 45 to 60 minutes. I will be asking you questions about your perceived acceptability and preference of the size and number of nutritional supplements that pregnant women should be given during pregnancy. Please feel free to engage and share your insights; there are no wrong or right answers.

If at any time during the interview you do not wish to answer a question, that is okay. If you do not have an opinion or much to say in response to one of the questions, that is also okay. All responses will remain anonymous and will only be used for research purposes.

During the interview, I will audio-record the conversation to ensure proper documentation. Are you comfortable with the interview being audio-recorded?

Before we start;

- Do you have any questions about this study?
- Can I start the recording now?

Start of the interview

Warm up question

1. Have you taken any supplements during this pregnancy?

Prompts

- a. How long have been taking supplements?
- b. How often are you supposed to take them?
- c. What did the medical providers tell you about taking supplements during prenatal care?

2. Tell me more about the supplements you have been receiving during your pregnancy

Prompts

- a. How do you like taking the supplements?
- b. Is there anything you do not like about the supplements?
- c. What is your comment about their size, shape, and color?

3. Pregnant women are given nutritional supplements in pregnancy. However, we don't know what size and shape of nutritional supplements women find acceptable or would like to take during pregnancy. Here is a sample of supplements with different shape and size. Which one would you prefer to take and why?



Prompts

- a. Would you be willing to take supplement #1?
 - i. Why? (Probe more about the size, shape, and color of the supplement)
 - b. Would you be willing to take supplement #2?
 - i. Why? (Probe more about the size, shape, and color of the supplement)
 - c. Would you be willing to take supplement #3?
 - i. Why? (Probe more about the size, shape, and color of the supplement)
 - d. Would you be willing to take supplement #4?
 - i. Why? (Probe more about the size, shape, and color of the supplement)
4. Pregnant women may be asked to take MMS and calcium in pregnancy. In order for pregnant women to receive the recommended daily nutrition supplements, the nutrients may be put all in one larger supplement or divided into two or three smaller supplements that you can take one-by-one.



Prompts

- a. Would you be willing to take three (3) smaller supplements?
 - i. Probe more as to understand why she is willing to take 3 smaller supplements?
 - b. Would you be willing to take one (1) smaller and one (1) big supplement?
 - i. Probe more as to why she is willing to take 1 smaller and 1 big supplement?
 - c. Would you be willing to take one (1) big supplement?
 - i. Probe more as to why she is willing just 1 big supplement?
5. If you are asked to choose one option;
- a. What would be your preference out of the three options?
 - i. Probe more for her to explain the reasons for her choice?
 - b. What would be your least choice out of the three options?
 - i. Probe more to know why she don't like that choice?
6. If you are asked to take 3 smaller supplements or 2 supplement (1 smaller and 1 medium), would you prefer to take the supplements on one occasion or at separately occasions?
- a. If you prefer to take them at one occasion, can you explain why?
 - b. If you prefer to take them at separate occasion, can you explain why?
7. We have shown you supplements in tablet format. But it is also possible for the supplements to be packaged as food sachets (e.g. solid form or powdery form to be mixed with food).



What would prefer given a choice between tablet based, food-based supplements to be eaten directly or food-based supplements to be mixed with food?

- a. If you prefer supplements in tablets format, can you explain why?
- b. If you prefer food-based supplements to be eaten directly, can you explain why?
- c. If you prefer food-based supplements to be mixed with food, ca you explain why?

8. Do you have anything regarding the use of supplements in pregnancy that you think is important but we have missed during our discussion, and you would like to share with me?

Prompt

- a. May need to probe for more information with effective and reflective listening to the issues raised and shared.

End of the interview

Thank the participant for her insightful discussion!