

## **Informed Consent Form**

You are being invited to take part in a research study entitled “*Household Food Insecurity among Dalit Community in Bharatpur Metropolitan City, Chitwan.*” This study is being conducted by Subash koirala and his team, a researcher from Chitwan medical College, Bharatpur , Nepal, and aims to assess the level and contributing factors of food insecurity among Dalit households in this area. The findings of this study will help us understand the food-related challenges faced by your community and may guide the development of appropriate interventions or policies in the future. Your household has been selected to participate in this study because you belong to the Dalit community residing in Bharatpur Metropolitan City. If you agree to take part, you will be asked a series of questions related to food availability, affordability, dietary habits, and access to food resources in your household. The interview will take approximately 20 to 30 minutes and will be conducted in a respectful and confidential manner.

Participation in this study is completely voluntary. You are free to choose whether or not to participate. If you decide to participate, you may skip any question that makes you uncomfortable, and you may withdraw from the study at any time without providing a reason and without facing any negative consequences.

Please be assured that all the information you provide will be kept strictly confidential. Your name or any identifying information will not be included in any reports, presentations, or publications resulting from this research. The data collected will be used solely for academic and policy-related purposes and will be stored securely.

There are no anticipated physical or emotional risks from participating in this study, although some questions may make you feel uncomfortable. There is no direct benefit or financial compensation for participating, but your contribution is highly valuable and may help improve the food security situation for communities like yours.

This research has been reviewed and approved by the Institutional Review Committee (IRC) of Chitwan Medical College. If you have any questions or concerns about the study, you may contact the principal investigator at +9779849714434 or koirala.subash@cmc.edu.np.

By agreeing to participate, you acknowledge that the study has been explained to you, that you have understood the nature of your involvement, and that you voluntarily consent to take part in the interview

## Consent Statement

I have read (or been read) the above information, and I have had the opportunity to ask questions about this study. I understand that my participation is voluntary and that I can withdraw at any time without giving any reason and without any consequences. I give my consent to participate in this research study.

Participant's Name: \_\_\_\_\_

Signature/Thumbprint: \_\_\_\_\_

Date: \_\_\_\_\_

Interviewer's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Section: A Household information related questions:

Qn.	Questions:	Category	Remarks
1.	Name of household head		
2.	Sex of household head	a. Male b. Female c. Others (Specify.....)	
3.	Age of household head		
4.	Cast (within Dalit)	a. Damai b. Kami c. Sarki d. others(Specify.....)	
5.	Household religion	a. Hindu b. Budhist c. Chriatian	

		d. Others(Specify.....)	
6.	Household status	a. Rented b. Own	
7.	Household type	a. Kacha b. Pakka c. Kacha and pakka d. Others(Specify.....)	
8.	Education level of household head	a. Illiterate b. Just literate c. Primary level d. Secondary e. Above secondary	
9.	Highest education level of household	a. Illiterate b. Just literate c. Primary level d. Secondary e. Higher secondary f. Bachelors and above.	
10.	Main occupation of household head	a. Unemployment b. Agriculture c. Labor d. Service e. others (Specify.....)	
11.	Monthly income of household		
12.	Sufficiency of income	a. Yes b. No	
13.	Number of under 5-year children in household		
14.	Presence of own land for agriculture	a. Yes b. No	

14.1	If presence, Area of land (in kadtha)		
15	Presence of rented land for agriculture	a. Yes b. No	
15.1	If presence, area of land (in kadtha)		

### Section: B Household Food Insecurity Access Scale (HFIAS) Generic Questions

Each of the questions in the following table is asked with a recall period of four weeks (30 days). The respondent is first asked an occurrence question – that is, whether the condition in the question happened at all in the past four weeks (yes or no). If the respondent answers “yes” to an occurrence question, a frequency-of-occurrence question is asked to determine whether the condition happened rarely (once or twice), sometimes (three to ten times) or often (more than ten times) in the past four weeks.

#### Example:

1. In the past four weeks, did you worry that your household would not have enough food?  
0 = No (skip to Q2)  
1 = Yes 1.a. How often did this happen? 1 = Rarely (once or twice in the past four weeks)  
2 = Sometimes (three to ten times in the past four weeks) 3 = Often (more than ten times in the past four weeks).

Qn.	Questions	responses	Remarks
1.	In the past four weeks, did you worry that your household would not have enough food?	0=No 1=Yes	If No go to 2
1.1	If yes, how often did this happen? 1 = Rarely (once or twice in the past four weeks) 2 = Sometimes (three to ten times in the past four weeks) 3 = Often (more than ten times in the past four weeks)		
2.	In the past four weeks, were you or any household member not able to eat the kinds of foods you preferred because of a lack of resources?	0=No 1=Yes	If No go to 3

2.1	If yes, how often did this happen? 1 = Rarely (once or twice in the past four weeks) 2 = Sometimes (three to ten times in the past four weeks) 3 = Often (more than ten times in the past four weeks)		
3.	In the past four weeks, did you or any household member have to eat a limited variety of foods due to a lack of resources?	0=No 1=Yes	If No go to 4
3.1	If yes, how often did this happen? 1 = Rarely (once or twice in the past four weeks) 2 = Sometimes (three to ten times in the past four weeks) 3 = Often (more than ten times in the past four weeks)		
4.	In the past four weeks, did you or any household member have to eat some foods that you really did not want to eat because of a lack of resources to obtain other types of food?	0=No 1=Yes	If No go to 5
4.1	If yes, how often did this happen? 1 = Rarely (once or twice in the past four weeks) 2 = Sometimes (three to ten times in the past four weeks) 3 = Often (more than ten times in the past four weeks)		
5.	In the past four weeks, did you or any household member have to eat a smaller meal than you felt you needed because there was not enough food?	0=No 1=Yes	If No go to 6
5.1	If yes, how often did this happen? 1 = Rarely (once or twice in the past four weeks) 2 = Sometimes (three to ten times in the past four weeks) 3 = Often (more than ten times in the past four weeks)		
6.	In the past four weeks, did you or any household member have to eat fewer meals in a day because there was not enough food?	0=No 1=Yes	If No go to 7
6.1	If yes, how often did this happen? 1 = Rarely (once or twice in the past four weeks) 2 = Sometimes (three to ten times in the past four weeks) 3 = Often (more than ten times in the past four weeks)		

7.	In the past four weeks, was there ever no food to eat of any kind in your household because of lack of resources to get food?	0=No 1=Yes	If No go to 8
7.1	If yes, how often did this happen? 1 = Rarely (once or twice in the past four weeks) 2 = Sometimes (three to ten times in the past four weeks) 3 = Often (more than ten times in the past four weeks)		
8.	In the past four weeks, did you or any household member go to sleep at night hungry because there was not enough food?	0 = No 1 = Yes	If No go to 9
8.1	If yes, how often did this happen? 1 = Rarely (once or twice in the past four weeks) 2 = Sometimes (three to ten times in the past four weeks) 3 = Often (more than ten times in the past four weeks)		
9.	In the past four weeks, did you or any household member go a whole day and night without eating anything because there was not enough food?	0 = No 1 = Yes	If No go to next
9.1	If yes, how often did this happen? 1 = Rarely (once or twice in the past four weeks) 2 = Sometimes (three to ten times in the past four weeks) 3 = Often (more than ten times in the past four weeks)		

**Thank you**