

## **Interview Guide: Determinants and Lived Experiences of Hypertension Among Market Women at Sunyani Wednesday Market: A Qualitative Study**

### **1. Introduction (To be read aloud by interviewer)**

“Thank you for agreeing to participate in this interview. The purpose of our discussion is to understand your experiences and views about high blood pressure, also called hypertension. Your answers will help us learn more about how common hypertension is among market women like yourself, what you believe causes it, and how it is managed. There are no right or wrong answers — we want to hear your honest opinions. Everything you share will be confidential. You can stop or skip any question at any time. Do you have any questions before we begin?”

### **2. Demographic/Background Information (Brief) (*To be collected before or after the interview*)**

- Age: \_\_\_\_\_
- Marital status: \_\_\_\_\_
- Education level: \_\_\_\_\_
- Years trading at the market: \_\_\_\_\_
- Do you have a known diagnosis of hypertension? (Yes/No)
- Do you take medication for hypertension? (Yes/No)

### **3. Interview Questions**

#### **Section 1: Awareness and Understanding of Hypertension**

1. What do you understand by the term “hypertension” or “high blood pressure”?
2. How did you get to know about hypertension?
3. How common do you think hypertension is among women in this market? Why do you say that?
4. Can you describe any symptoms or signs that make you think someone has hypertension?

5. Have you or anyone you know been diagnosed with hypertension? Please tell me about that experience.

#### Section 2: Perceived Causes and Risk Factors

5. What do you believe causes or increases the risk of hypertension?
6. Can you describe your typical diet during a market day?
7. How do you think your food choices affect your blood pressure?
8. What kind of physical activities do you do during your trading day?
9. How stressful is your work at the market? Can you explain how stress affects your health?
10. Are there any other factors in your lifestyle or environment that you think may contribute to hypertension?

#### Section 3: Hypertension Management and Healthcare Access

11. How do you manage or control your blood pressure?
12. What challenges do you face in accessing healthcare for hypertension?
13. Do you use any traditional or herbal medicines for blood pressure? If yes, can you tell me more about that?
14. What do you think could help women in this market to better prevent or manage hypertension?

#### Section 4: Knowledge and Attitudes Toward Prevention

15. What advice would you give to other women in the market about preventing high blood pressure?
16. Are you aware of any programs or services that offer blood pressure screening or education here?
17. How likely are you to participate in health education programs or screening if offered at the market?

Closing

18. Is there anything else you would like to share about hypertension or your health in general?

19. Do you have any questions for me about this study?

#### Notes for Interviewer

- Probe for elaboration where responses are brief.
- Use culturally appropriate language and respect participant comfort.
- Allow pauses and be patient with participants who need time to respond.
- Confirm understanding by paraphrasing answers if necessary.