

Additional file 1. Interview guide

INTERVIEW GUIDE

Participant Criteria: Women of reproductive age or husbands whose wives are of reproductive age, and Tarahumara people group

Mobile Health Clinic Community: ☐ Guitarrilla ☐ Inápuchi ☐ Cieneguita ☐ Wepó ☐ Santa Rita

Type of Interview: ☐ Tarahumara woman of reproductive age ☐ Tarahumara husband whose wife is of reproductive age

Date of Interview: _____

Participant information

Participant age (years): _____

Language (Tarahumara, Spanish): _____

Employment status (employed, unemployed/artisan): _____

Marital status (single, married, cohabitating, divorced, separated, widowed): _____

Education (no education, primary, junior high, high school, vocational/technical, university): _____

For women of reproductive age:

Number of pregnancies: _____

Number of deliveries: _____

Number of living children: _____

For husbands of women of reproductive age:

Number of pregnancies of your wife: _____

Number of deliveries of your wife: _____

Number of living children of your wife: _____

Obtain Consent

Informed consent form reviewed with participant.

Participant provided verbal consent: ☐ yes ☐ no

Name of interviewer: _____

INTERVIEW QUESTIONS

- 1) Explain the significance of pregnancy and the importance of having children in your family and in your community.
- 2) How should women care for themselves when they are pregnant?
 - a) Food, work, housework, rest, walking, certain practices prohibited, smoking, alcohol (tesgüino), drugs
- 3) What kind of care do pregnant women require to have healthy babies?
 - a) Do they take any steps to assure the baby is healthy? Seek medical care or visit a witch doctor?
- 4) How do women prepare for birth?
 - a) Logistically around house or with kids, induction agents, hygiene
- 5) How do women labor?
 - a) Activity, diet, location, augmentation agents, pain control
 - b) Who should accompany the woman in labor? Who is not allowed? Why?
 - c) Where and how should women give birth? How to push, positions for pushing, etc.
- 6) What are some signs that the pregnancy and/or labor is not going well?
- 7) What is done when these signs happen?
- 8) Does it mean anything spiritually when problems arise? Explain.
- 9) How could the hospital or a midwife assist in the normal process of pregnancy and birth?
 - a) Perceived needs and solutions

- 10) What parts of medical care are dangerous or not appropriate in your opinion? Why?
- a) Devices, ultrasounds, medication, exposure to strangers, privacy, care of patients, etc.
- 11) How should newborns be cared for immediately after birth?
- a) Who can touch newborn, time with mother, feeding, clothing, medical care
- 12) What can/should the newborn eat? What happens if he/she is not eating well or the mother is not producing much milk?
- 13) What do women do to recover from birth?
- a) How should they care for themselves?
 - b) What are some signs that they are not recovering well?
- 14) Do you try to control when you will get pregnant? How and why?
- a) Natural methods of birth control, hormonal methods
 - b) Beliefs surrounding birth control, spiritual beliefs, physical consequences
 - c) Knowledge of how babies are conceived
- 15) Is there anything specific that you would like to learn about in regards to maternal health?
- 16) How would you prefer education be provided?
- a) Group lecture, conversation groups, role play
 - b) Visuals, reading material, language preference, handouts