Group: ❑ Doer ❑ Non-Doer

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| **Barrier Analysis Questionnaire**  **on consumption of iron rich foods**  **for use with adolescent girls (10 – 19 years)** |

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| **Behaviour Statement**  Adolescent girls aged 10 – 19 years eat iron-rich food every day. |

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| **Demographic Data**  Interviewer’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Questionnaire Number: \_\_\_\_\_\_\_\_\_  Date: \_\_\_\_/\_\_\_\_/\_\_\_\_\_\_\_ Community: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Scripted Introduction**  Hello, my name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I am part of a study team looking into things girls do to stay healthy. The study includes an interview regarding this topic and will take about 20 minutes. I would like to hear your views on this topic. You do not have to participate in the study and nothing will happen if you decide not to. Likewise, if you decide to be interviewed, you will not receive any material or other benefits. I will not record your name and everything you tell me will be held in strict confidence.  Would you like to talk with me? *[If not, thank the respondent for her time.]*  **Consent was provided**: YES NO |

### Section A: Doer/Non-Doer Screening Questions

**1. How old are you?**

❑ A. 10 – 19 years 🡪 *[Ask the next question*.*]*

❑ B. Younger than 10 years / older than 19 years 🡪 *[End the interview and look for another respondent*.*]*

❑ C. Doesn’t know / Won’t say 🡪 *[End the interview and look for another respondent.]*

**2. Was yesterday a celebration or fasting day when you ate more or less than usual or when you ate some special foods?**

❑ A. No 🡪 *[Ask the next question*.*]*

❑ B. Yes 🡪 *[End the interview and look for another respondent.]*

**3.** **I would like you to think about all the meals you ate yesterday. How many meals did you eat in the last day and night?** [This question is just to help the respondent to remember what she ate.]

❑ A. \_\_\_\_\_\_ [write the number of meals here]

❑ B. Does not remember / no response 🡪 *[End the interview and look for another respondent*.*]*

**4. Can you please tell me all the foods you ate in the previous day and night? Start with what you had for breakfast and all the foods you ate later.** *[If she mentions a dish that has several ingredients, ask her to list them all. Tick all the boxes of foods groups she mentions.]*

❑ Fish, meat, or liver

❑ Dark green vegetables, such as *[include examples of locally consumed dark green vegetables]*

❑ Beans, peas or lentils

❑ A. **At least one of the foods** listed above was eaten 🡪 *[Mark the respondent as a DOER and continue to section B.]*

❑ B. **None of the foods** listed above was eaten 🡪 *[Mark the respondent as a NON-DOER and continue to section B.]*

❑ C. Won’t say / No response 🡪 *[End the interview and look for another respondent.]*

**DOER/NON-DOER CLASSIFICATION TABLE**

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| **DOER (ALL of the following)** | **NON-DOER (ANY one of the following)** | **DO NOT INTERVIEW (ANY one of the following)** |
| Question 1 = A |  | Question 1 = B or C |
|  |  | Question 2 = B |
| Question 3 = A |  | Question 3 = B |
| Question 4 = A | Question 4 = B | Question 4 = C |

**The respondent is a: ❑ Doer ❑ Non-Doer**

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| **Behaviour Explanation**  In the following questions I am going to be talking about “iron-rich foods”. When I mention “eating iron-rich foods”, I am talking about eating any of these foods that are rich in iron *[point to the picture(s) of the following iron-rich foods]* – 1) fish, meat, and liver; 2) any types of dark green vegetables; and 3) beans, peas or lentils. *[Keep the picture in view throughout the interview.]* |

### Section B: Research Questions

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| **If the respondent is a DOER =**  **🡫 only ask questions in this LEFT column 🡫** | **If the respondent is a NON-DOER =**  **🡫 only ask questions in this RIGHT column 🡫** |
| **1. Perceived Self-Efficacy/Skills** | |
| **1.1 Doers:** What makes it **easy** for you to eat any of these iron-rich foods each day?  *[Write all responses below. Probe with “What else?”]* | **1.1 Non-Doers:** What would make it **easy** for you to eat any of these iron-rich foods each day?  *[Write all responses below. Probe with “What else?”]* |
| **1.2 Doers:** What makes it **difficult** for you to eat any of these iron-rich foods each day?  *[Write all responses below. Probe with “What else?”]* | **1.2 Non-Doers:** What would make it **difficult** for you to eat any of these iron-rich foods each day?  *[Write all responses below. Probe with “What else?”]* |
| **2. Perceived Positive Consequences** | |
| **Doers:** What are the **positive consequences** of eating any of these iron-rich foods each day?  *[Write all responses below. Probe with “What else?”]* | **Non-Doers:** What would be the **positive consequences** of eating any of these iron-rich foods each day?  *[Write all responses below. Probe with “What else?”]* |
| **3. Perceived Negative Consequences** | |
| **Doers:** What are the **negative consequences** of eating any of these iron-rich foods each day?  *[Write all responses below. Probe with “What else?”]* | **Non-Doers:** What would be the **negative consequences** of eating any of these iron-rich foods each day?  *[Write all responses below. Probe with “What else?”]* |
| **4. Perceived Social Norms** | |
| **4.1 Doers:** Who are all the people that **approve** of you eating any of these iron-rich foods each day?  *[Write all responses below. Probe with “Who else? Anyone in particular?”]* | **4.1 Non-Doers:** Who are all the people that **would** **approve** of you eating any of these iron-rich foods each day?  *[Write all responses below. Probe with “Who else? Anyone in particular?”]* |
| **4.2 Doers:** Who are all the people that **disapprove** of you eating any of these iron-rich foods each day?  *[Write all responses below. Probe with “Who else? Anyone in particular?”]* | **4.2 Non-Doers:** Who are all the people that **would** **disapprove** of you eating any of these iron-rich foods each day?  *[Write all responses below. Probe with “Who else? Anyone in particular?”]* |
| **5. Perceived Access** | |
| **Doers:** How difficult is it to have every day at home iron-rich food that you can eat? Is it very difficult, somewhat difficult or not difficult at all?  ❑ A. Very difficult  ❑ B. Somewhat difficult  ❑ C. Not difficult at all | **Non-Doers:** How difficult would it be to have every day at home iron-rich food that you can eat? Would it be very difficult, somewhat difficult or not difficult at all?  ❑ A. Very difficult  ❑ B. Somewhat difficult  ❑ C. Not difficult at all |
| **6. Perceived Cues for Action/Reminders** | |
| **Doers:** How difficult is it to remember to eat iron-rich foods every day? Is it very difficult, somewhat difficult or not difficult at all?  ❑ A. Very difficult  ❑ B. Somewhat difficult  ❑ C. Not difficult at all | **Non-Doers:** How difficult would it be to remember to eat iron-rich foods every day? Would it be very difficult, somewhat difficult or not difficult at all?  ❑ A. Very difficult  ❑ B. Somewhat difficult  ❑ C. Not difficult at all |
| **7. Perceived Susceptibility/Vulnerability** | |
| **Doers:** How likely is it that you will become anaemic\* in the coming year? Is it very likely, somewhat likely, or not likely at all?  ❑ A. Very likely  ❑ B. Somewhat likely  ❑ C. Not likely at all | **Non-Doers:** How likely is it that you will become anaemic\* in the coming year? Is it very likely, somewhat likely, or not likely at all?  ❑ A. Very likely  ❑ B. Somewhat likely  ❑ C. Not likely at all |
| *If anaemia isn’t a well-known condition, describe this in local terms. For example, ‘tired blood’.* | |
| **8. Perceived Severity** | |
| ***Doers:*** How serious would it be if you became anaemic? Would it be a very serious problem, a somewhat serious problem, or not serious at all?  ❑ A. Very serious  ❑ B. Somewhat serious  ❑ C. Not serious at all | ***Non-Doers:*** How serious would it be if you became anaemic? Would it be a very serious problem, a somewhat serious problem, or not serious at all?  ❑ A. Very serious  ❑ B. Somewhat serious  ❑ C. Not serious at all |
| **9. Perceived Action Efficacy** | |
| ***Doers:*** How likely is it that you would become anemic if you ate iron-rich foods every day? Is it very likely, somewhat likely, or not very likely?  ❑ A. Very likely  ❑ B. Somewhat likely  ❑ C. Not likely at all | ***Non-Doers:*** How likely is it that you would become anemic if you ate iron-rich foods every day? Is it very likely, somewhat likely, or not very likely?  ❑ A. Very likely  ❑ B. Somewhat likely  ❑ C. Not likely at all |
| **10. Perceived Divine Will** | |
| ***Doers:*** Do you think that it is God’s will if women become anaemic?  ❑ A. Yes  ❑ B. Maybe  ❑ C. No | ***Non-Doers:*** Do you think that it is God’s will if women become anaemic?  ❑ A. Yes  ❑ B. Maybe  ❑ C. No |
| **11. Culture** | |
| ***Doers:*** Are there any cultural rules or taboos against eating iron-rich foods every day?  ❑ A. Yes  ❑ B. Maybe  ❑ C. No | ***Non-Doers:*** Are there any cultural rules or taboos against eating iron-rich foods every day?  ❑ A. Yes  ❑ B. Maybe  ❑ C. No |

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| **Go through the questionnaire and check whether all answers were recorded.**  **Thank the respondent for her time!** |