Group: ❑ Doer ❑ Non-Doer

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| **Barrier Analysis Questionnaire**  **on** **animal source food consumption**  **for use with adolescent girls (10 – 19 year)** |

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| **Behaviour Statement**  Adolescent girls aged 10 – 19 years eat meals each day containing animal source foods (meat, eggs, milk). |

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| **Interview 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?**

❑ 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 in the last day and night. How many meals and snacks did you eat during 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; Ask the next question]*

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

**4. Can you tell me all the different foods and drinks you consumed in the last day and night? Please start with what you had for breakfast and continue with other foods you consumed.** *[If she mentions a dish that has several ingredients, ask her to list them all. Tick all the boxes of foods groups she mentions.]*

❑ dairy products 🡪 *[list the locally available types of dairy products]*

❑ meat, fish, organs 🡪 *[list the locally available types of meat, fish and organs]*

❑ eggs 🡪 *[list the locally available types of eggs]*

❑ 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. Does not remember / 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 = B |
| Question 4 = A | Question 4 = B | Question 4 = C |

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

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| **Behaviour Explanation**  *[Show the girl the photo/picture of the different locally available animal source foods and place it where she can see it during the entire interview. Briefly explain the picture and make sure she understands the idea of grouping different foods. She doesn’t need to know the names of the groups or their nutritional value, but she does need to recognize the foods in the picture. Do not include in the picture foods that are not locally available or are too expensive.]*  In the following questions I am going to be talking about eating animal source foods. By ‘animal source foods’ I mean meat, fish, milk, yoghurt, cheese, eggs and other animal products. In this picture you can find some examples. [Point to the picture(s) of the different animal source foods and keep the picture(s) in view throughout the interview.] When I say ‘eating animal source foods every day’, I mean eating any one of these foods every day. *[If you know that many people in the area are regularly fasting due to their religion, clarify that by “every day” you mean all days except the fasting days].* |

### 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 animal source foods each day?  *[Write all responses below. Probe with “What else?”]* | **1.1 Non-Doers:** What would make it **easy** for you to eat animal source foods each day?  *[Write all responses below. Probe with “What else?”]* |
| **1.2 Doers:** What makes it **difficult** for you to eat animal source foods each day?  *[Write all responses below. Probe with “What else?”]* | **1.2 Non-Doers:** What would make it **difficult** for you to eat animal source foods each day?  *[Write all responses below. Probe with “What else?”]* |
| **2. Perceived Positive Consequences[[1]](#footnote-1)** | |
| **Doers:** What are the **positive consequences** of eating animal source foods each day?  *[Write all responses below. Probe with “What else?”]* | **Non-Doers:** What would be the **positive consequences** of eating animal source foods each day?  *[Write all responses below. Probe with “What else?”]* |
| **3. Perceived Negative Consequences** | |
| **Doers:** What are the **negative consequences** of eating animal source foods each day?  *[Write all responses below. Probe with “What else?”]* | **Non-Doers:** What would be the **negative consequences** of eating animal source 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[[2]](#footnote-2)** of you eating animal source 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 animal source 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 animal source 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 animal source foods each day?  *[Write all responses below. Probe with “Who else? Anyone in particular?”]* |
| **5. Perceived Access** | |
| **Doers:** How difficult is it to get every day at least one animal source 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 get every day at least one animal source 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 animal source food 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 do you think it would be to remember to eat animal source food 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 often feel weak 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 often feel weak 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 |
| **8. Perceived Severity** | |
| **Doers:** How serious would it be if you often felt weak? Would it be very serious, somewhat serious 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 often felt weak? Would it be very serious, somewhat serious 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 often feel weak if you ate animal source foods each day? 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 would often feel weak if you ate animal source foods each day? Is it very likely, somewhat likely or not likely at all?  ❑ A. Very likely  ❑ B. Somewhat likely  ❑ C. Not likely at all |
| **10. Perceived Divine Will** | |
| **Doers:** Do you think that God approves of you eating animal source foods each day?  ❑ A. Yes  ❑ B. Maybe  ❑ C. No | **Non-Doers:** Do you think that God would approve of you eating animal source foods each day?  ❑ A. Yes  ❑ B. Maybe  ❑ C. No |
| **11. Culture** | |
| **Doers:** Are there any cultural rules or taboos against eating animal source foods each day?  ❑ A. Yes  ❑ B. Maybe  ❑ C. No | **Non-Doers:** Are there any cultural rules or taboos against eating animal source foods each 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!** |

1. *Positive consequences can be translated also as “the positive things that happen when you [insert the behaviour]”.*  [↑](#footnote-ref-1)
2. *The meaning of “approve” in this question is very subtle. It implies the idea of “in favour of….” It does not mean “give permission” or “allow”. Translators should use care when selecting the word to convey the meaning of this word and also “disapprove”.* [↑](#footnote-ref-2)