In-depth interview guide: adolescent girls aged 10-18

I) Determine whether interview will be conducted in English or Chichewa

II) Introduction: GAIA would like to develop a program for girls aged 10-18 to help them learn accurate and comprehensive information about their bodies and preventing unintended pregnancy. My name is Kristin Nash and I am a Masters of Public Health student at the University of Washington in America. We are helping GAIA by talking to girls about where they get information about bodily changes, sex, pregnancy, and contraception. Your answers to these questions will help GAIA to better understand how girls currently learn this information, what they learn and how you’d prefer to learn. We’re also talking to adults in the community to understand their attitudes toward educating girls on these topics. We will collect the information, keeping participants anonymous, and will provide it to GAIA so they can develop a program that reflects your needs. When responding to questions, please do not identify yourself or anyone else by name.

Interview Form

ID#__________________________
### III) Demographic Information:
I’d like to begin by asking several questions about you. Please feel free to stop me at any time and ask if you don’t understand something.

1. How old are you?  
   If exact birthdate is not known, ask for an estimated age and note that this is an estimate.

   | Actual age, if known__________  | or  
   | Estimated age______            |

2a. Have you ever attended school? **Circle one**

2b. Are you currently in school or will you return to school if currently on a school holiday? **Circle one**
   If NO, skip to 4.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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</thead>
<tbody>
<tr>
<td>Yes</td>
<td>No</td>
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</table>

3a. What is the highest standard/form in school you have achieved (or are currently in)?

   Circle highest level, then write the number for the highest standard/form/tertiary years completed.

   **HIGHEST LEVEL ATTAINED**
   (Primary school) STD:
   1
   2
   3
   4
   5
   6
   7
   8
3b. If you dropped out of school, why did you drop out?

Circle all that apply.

(Secondary school) FORM:

1. I wanted to get married
2. I was forced to get married
3. I became pregnant
4. I did not have the school fees
5. I had to work in the home (e.g., care for family members, do household chores)
6. I had to get a job to earn income
7. Other please describe ________________________
(Ask this question if the girl is not currently in school. Otherwise, skip to question 5.)

4. Do you do anything that brings money? If yes, what is it?  
   Yes  No
   Circle one
   - Subsistence farming - 1
   - Commercial farming - 2
   - Raising and/or selling livestock - 3
   - Small business - 4
   - Temporary employment - 5
   - Piecework/ganyu - 6
   - Vendor - 7
   - Student - 8
   - Other (specify) __________________________ - 9

5a. What village do you live in?  
   Village:__________________

6. What is your religion?  
   Circle one
   - Christian: Catholic - 1
   - Christian: Anglican - 2
   - Muslim - 3
   - Traditional - 4
   - Athiest - 5
   - Other - 6 (specify)___________________
   - No religion - 7

7. What is your ethnic group?  
   Circle one
   - Chewa - 1
   - Yao - 2
   - Lomwe - 3
   - Tumbuka - 4
   - Sena - 5
   - Mang'anja - 6
   - Sindikudziwa - 7
8. What language or languages do you speak?  
Circle all that apply  
Chichewa - 1  
Lomwe - 2  
English - 3  
Other - 4 ________________

9. Who is your primary guardian? What I mean by that is who primarily takes care of you or watches over you each day?  
Circle one  
Mother - 1  
Father - 2  
Grandmother - 3  
Grandfather - 4  
Aunt - 5  
Uncle - 6  
Sister - 7  
Brother - 8  
Other guardian - 9  
No guardian - 10 (e.g., adolescent is married or head of household)

10a. What is your relationship status, by that I mean are you…  
Circle one  
Single - 1  
Have a boyfriend - 2  
Married - 3  
Unmarried/cohabitating - 4  
Other - 5 ________________  
If girl is not married, skip to question 11.

10b. If you are married, at what age did you first get married?  
Age_____
Indicate age or estimated age at right.

10c. If you were married before age 18, why did you get married?

Circle all that apply

| I wanted to get married – 1 |
| I was forced to get married – 2 |
| I became pregnant – 3 |
| Other – 4 please describe ________________ |
11a. Have you ever been pregnant or are you currently pregnant?  
Circle all that apply

| Yes ever | Yes currently | No |

11b. If yes, how many times?  
Write number of times and fill in results at right.

| How many pregnancies have resulted in: |
| Live birth_____ of these, how many still living____ |
| Stillbirth_____ |
| Miscarriage_____ |
| Abortion_____ |

11c. How old were you at the time of each pregnancy/birth?  
Write in ages at right.

| Pregnancy/birth 1 _____ |
| Pregnancy/birth 2 _____ |
| Pregnancy/birth 3 _____ |
| Additional? ________ |

11d. Did you intend to become pregnant?  
Circle for each pregnancy.

| Pregnancy/birth 1 yes or no |
| Pregnancy/birth 2 yes or no |
| Pregnancy/birth 3 yes or no |
| Additional? ________ |

### IV) Sources and content of sexual and reproductive health information

Now I’m going to ask you about various sexual and reproductive health topics, what you’ve learned about these topics and from where you learned it. Please stop me at any time and ask a question if you don’t understand something.
# A. Messages and sources of information

<table>
<thead>
<tr>
<th>1a. First, I’m interested in what you know about growing up and bodily changes?</th>
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<tbody>
<tr>
<td>1b. Specifically, what do you know about menses and getting your period?</td>
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<tr>
<td>1c. Where did you get the information from?</td>
</tr>
<tr>
<td>Parents/Guardians (who specifically?)</td>
</tr>
<tr>
<td>Extended family members/adults</td>
</tr>
<tr>
<td>Initiation counselor</td>
</tr>
<tr>
<td>School</td>
</tr>
<tr>
<td>Friends/same-age peers</td>
</tr>
<tr>
<td>Health workers (what type specifically?)</td>
</tr>
<tr>
<td>Media (e.g., radio, magazines, newspapers, TV, advertising, billboards, internet, posters, pamphlets, etc.)</td>
</tr>
<tr>
<td>Other sources_____________________________________________________________</td>
</tr>
</tbody>
</table>

At right, note: specific messages delivered on this topic and where each was learned.

1d. Do you think the sources you just mentioned are good ways for girls to learn about bodily changes and menstruation? Why or why not?

Now, for the next topic…

<table>
<thead>
<tr>
<th>2a. What have you been taught about when it’s ok to start having sex?</th>
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</table>
2b. Specifically, what do you think are the expectations of your Parents/guardians
Religious Leaders
Friends/Peers

2c. At what age did you first have sex? At what age are your friends first having sex?

2d. Do you think expectations are different for girls than for boys?
   • For example, do girls have a say in whether to have sex? Can they say no? Under what circumstances?

Ok, now I’d like to ask about another topic…

3a. What have you learned or been taught about pregnancy and childbirth? How about how girls and women become pregnant?

   At right, note: specific messages delivered on this topic.

3b. Please tell me where/how you learned these things.

3c. Do you think the sources you just mentioned are good ways for girls to learn about pregnancy and childbirth? Why or why not?

Now, I’d like to ask you a few other questions about childbearing among girls.

3e. What is your opinion about childbearing among girls under age 18? If
it's ok, when is it ok?

• 3f. Have you learned anything about complications for mother and baby when the mother is under age 18? Specifically, what complications do you know about?

• 3g. Is childbearing among girls under 18 common in your community? If yes, why do you think so?

Ok, now I’d like to ask about one more topic area…

4a. What have you learned or been taught about contraception and condom use? And, again, as you tell me each thing you’ve learned, please tell me where you learned it.

At right, note: specific messages delivered on this topic and where each was learned.

4b. Do you think the sources you just mentioned are good ways for girls to learn about contraception and condom use? Why or why not? Which are the best sources for this information? Why?

B. Now I’d like to ask you more about the initiation camp known as Ndakula, the one related to menses…

Have you participated in such an initiation ceremony?

If yes, did you want to participate?
If you did not want to participate, were able to refuse?

Was it expected of you? Did anyone encourage you to go?

What did you learn about bodily changes, sex, pregnancy and contraception?

Briefly, what else did you learn at the initiation ceremony besides sexual and reproductive health?

How did you feel about the information you learned?

How was it taught? Small group discussions / videos / drama etc.

Did you feel you could ask questions?

Was the information you were given adequate?

Is the idea of “expiry” discussed? By “expiry” I mean that a girl is somehow less desirable after a certain age? Are you taught about this idea? If yes, what is the age and what are you taught?

Finally, I’m wondering if you feel like you have received enough information to make good decisions with regard to your sexual and reproductive health…

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<th>C. Gaps in Knowledge</th>
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<tr>
<td>In general, do you feel the information you have received from the various sources has been adequate?</td>
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<tr>
<td>Are there gaps or anything you would like to find out more about?</td>
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</table>
What do you think should be done to improve the way girls get information about sexual and reproductive health?

V) Closing:
Do you have any additional thoughts about how you would prefer to learn about issues of related to sexual matters? What do you think is the best way to deliver SRH information to girls in general? Do you have any additional information or comments? Anything you would like to share that I have not asked about? Thank you for your time!