**Interview details**

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| --- | --- |
| Participant ID | HKAT01B |
| Municipality | Kirtipur |
| Occupation | Agriculture/ Student |
| Education (grade) | 10+2 |
| Type of household | Joint |
| Ethnicity | Chhetri |
| Nb of pregnancies before this one | 0 |
| Gestation age in months | 6 |
| Start time | 11:55 |
| End time | 12:31 |
| Interviewer | Obindra Bahadur Chand |
| Date | 05/03/2023 |
| Name of translator | Merina Dahal |
| Name of transcriber | Merina Dahal |

**Interview**

**Background**

# INTERVIEWER:

Where do you live currently?

# PARTICIPANT:

I live in Kirtipur.

# INTERVIEWER:

For how long do you live there?

# PARTICIPANT:

It's been 3 years.

# INTERVIEWER:

Whom do you live with in Kritipur?

# PARTICIPANT:

I live with my father, mother, wife and sister.

# INTERVIEWER:

You have been living together for 3 years?

# PARTICIPANT:

Yes.

# INTERVIEWER:

Is it your wife’s first pregnancy?

# PARTICIPANT:

It is the first one.

# INTERVIEWER:

How long has it been?

# PARTICIPANT:

It's been 6 months.

# INTERVIEWER:

Now, we are going to have some discussion about the pregnancy such as how her condition is, how you are helping her and whether you are going for the check-up or not. Please feel free to give your answers. Don't worry about your answers being right or wrong. Just share your experience on what you did and what effects it had. As you said it is her first pregnancy, how many times has your wife done check-ups in these 6 months?

# PARTICIPANT:

It's been 2 times. Today is the third one.

# INTERVIEWER:

When did you do the previous check-ups?

# PARTICIPANT:

The first was done at 4 months and the second at 5 months. Today is the third check-up, which is at 6 months.

# INTERVIEWER:

Do you know which examinations are done during check-ups?

# PARTICIPANT:

During pregnancy check-ups, blood tests and video x-rays were done.

# INTERVIEWER:

What do they test during blood tests? Have you been told anything by the doctor? Or have you asked anything?

# PARTICIPANT:

I don't know about that.

# INTERVIEWER:

So you don't know. It's ok. Now let's talk about how you and your family have helped her since she has been pregnant. How do you help your wife during her pregnancy?

# PARTICIPANT:

We go together for medicines and vaccination. During hospital visits also, I go along with her for her check-ups.

# INTERVIEWER:

So you come to the hospital with her. You are also together at home. During her pregnancy, what does your wife ask or what discussion do you have regarding her health condition and check-up? Can you please tell us?

# PARTICIPANT:

About check-ups… That we need to go to the hospital. We also talk about other things like household matters and not being able to work due to weakness. She feels lazy to move around.

# INTERVIEWER:

When she feels lazy or when she has health problems, what questions does she ask you or what help does she ask from you?

# PARTICIPANT:

[Silent].

# INTERVIEWER:

Does not she ask for help?

# PARTICIPANT:

Nothing like that.

# INTERVIEWER:

Let's talk about pregnancy check-ups. Do you know where are check-ups for pregnant women done?

# PARTICIPANT:

I know it is done in Thapathali Hospital. I don't know about others.

# INTERVIEWER:

How did you know about this and come here? From whom did you learn it?

# PARTICIPANT:

Previously, my aunt came here so I knew about this hospital. She had given birth in this hospital.

# INTERVIEWER:

When you came here for the first time, who did you come with? How did you do the check-up?

# PARTICIPANT:

The first time, I came here with my wife. We asked the guard about Thapathali Hospital and took the token. It was not much trouble.

# INTERVIEWER:

You took the token?

# PARTICIPANT:

Yes. First for the booking and then for the blood test and video x-ray, we bought tickets at the counter. Then we did the blood test and then the video x-ray.

# INTERVIEWER:

Did they tell you which doctor you should meet or do you have to tell them?

# PARTICIPANT:

They tell us there.

# INTERVIEWER:

And what do they do after you meet them?

# PARTICIPANT:

The doctor does the check-up and gives us advice.

# INTERVIEWER:

What did they tell you during your first visit?

# PARTICIPANT:

I did not go on the first visit.

# INTERVIEWER:

So you stayed outside when she visited the doctor?

# PARTICIPANT:

They don't allow us to go upstairs.

# INTERVIEWER:

And do you need to pay for the check-up during pregnancy?

# PARTICIPANT:

At first, we paid 3000 rupees. On the second visit, we paid about 700 to 800 rupees for the video x-ray.

# INTERVIEWER:

In your experience, do you think pregnant women agree easily or hesitate to go for the check-up?

# PARTICIPANT:

In my experience with my wife, it is not that difficult. Sometimes, it becomes difficult only due to health problems.

# INTERVIEWER:

Once you reach the hospital, are there any difficulties?

# PARTICIPANT:

No but while leaving the house.

# INTERVIEWER:

What problems has she had while visiting the hospital?

# PARTICIPANT:

We must visit the hospital on the given date. That's it.

# INTERVIEWER:

While visiting, what kind of problems have been there? Does she agree to visit easily or show any hesitation?

# PARTICIPANT:

There is no other difficulty except her own health problems which can cause difficulty in walking sometimes.

# INTERVIEWER:

During her pregnancy, what kind of discussion happens in your family? What do your parents say?

# PARTICIPANT:

We have to do what she wants. I should not let her come here alone. I need to be with her.

# INTERVIEWER:

You need to come with her to support her.

# PARTICIPANT:

Yes.

# INTERVIEWER:

What do you think about the check-up and tests in pregnant women?

# PARTICIPANT:

My opinion is that we must do the check-up during pregnancy.

# INTERVIEWER:

Why?

# PARTICIPANT:

For their own health. There can be different problems during pregnancy which need to be solved.

# INTERVIEWER:

Have you ever missed your wife's pregnancy check-up or have you always been together?

# PARTICIPANT:

I have not missed one till now.

# INTERVIEWER:

Except for hospital visits, does your wife goes alone to get medicines or are you with her at such times?

# PARTICIPANT:

Sometimes we go together to places other than the hospital while sometimes she goes to get medicines or vaccines alone.

# INTERVIEWER:

Why does she go alone at such times?

# PARTICIPANT:

It is near our home. It takes about 2 minutes to reach there from our home so sometimes she goes there alone. There is not much difficulty during the initial phase of pregnancy. She can walk there as it is not so far.

# INTERVIEWER:

While visiting alone, has there been any problem? Has she ever come back and told you about any problem she had to face?

# PARTICIPANT:

There has not been any such problem.

# INTERVIEWER:

As you talked earlier about blood tests, do you know what tests are done for pregnant women?

# PARTICIPANT:

I don't know about the blood tests. They had done her blood tests though.

# INTERVIEWER:

Do you know what tests they perform on the blood after taking the sample?

# PARTICIPANT:

I don't know that.

# INTERVIEWER:

Have you heard about the test for anaemia called "rakta alpata" in Nepali, which is a blood deficiency and other different sexually transmitted diseases such as HIV AIDS, syphilis, and hepatitis B?

# PARTICIPANT:

I have heard such things from my friends but not in the hospital. They did not tell me about such diseases.

# INTERVIEWER:

What do your friends say about it?

# PARTICIPANT:

They say that we need to do blood tests.

# INTERVIEWER:

Do they also say what tests need to be done in the blood test?

# PARTICIPANT:

No, they don't.

# INTERVIEWER:

Have you ever heard of this blood deficiency? It's ok if you don't know. If you don't know, then you can know about it from any doctor or awareness program later. It is about the intake of iron tablets by pregnant women to prevent any kind of deficiency in the blood. Have you ever heard of such things earlier? If you have not heard, you can honestly tell that you haven't.

# PARTICIPANT:

I don't know about other such things but I know that pregnant women should give proper care to their diet and they should take iron tablets in order to prevent any kind of blood deficiency.

# INTERVIEWER:

How do you know about this?

# PARTICIPANT:

I know this from others who had faced it before such as my neighbours and relatives like my aunt.

# INTERVIEWER:

Have you heard of HIV AIDS?

# PARTICIPANT:

Yes, I have heard of it.

# INTERVIEWER:

Where have you heard it from?

# PARTICIPANT:

I had also studied about it.

# INTERVIEWER:

In school?

# PARTICIPANT:

Yes. Others, I haven't.

# INTERVIEWER:

In which class did you study it? What did you study about it?

# PARTICIPANT:

I studied it after class 8. I know that HIV is transmitted through unprotected sex.

# INTERVIEWER:

Do you know any person who is infected with HIV in your neighbourhood or village?

# PARTICIPANT:

No, I haven't known anyone until now.

# INTERVIEWER:

So you don't know?

# PARTICIPANT:

No.

# INTERVIEWER:

Do you know what other behaviours than unprotected sex can lead to HIV infection?

# PARTICIPANT:

It can also be transmitted through blood. Can it be transmitted through food containing saliva?

# INTERVIEWER:

No, it cannot be transmitted through food containing saliva.

# PARTICIPANT:

That I don't know.

# INTERVIEWER:

Do you know about the health effects caused by HIV during pregnancy? If a pregnant woman is infected with HIV, what effects can it have on her health and can it be transmitted to her child?

# PARTICIPANT:

If a mother has HIV, then it is possible to prevent its transmission to the child. I know this much. If someone gets infected with HIV, then they can't live more than 10 to 15 years. We should encourage them with positive thoughts. They need to be encouraged to pay attention to their diet.

# INTERVIEWER:

Have you ever heard of hepatitis B?

# PARTICIPANT:

I have heard of it but I don't know much about it.

# INTERVIEWER:

Where did you hear it from?

# PARTICIPANT:

I had read about it too.

# INTERVIEWER:

Do you remember what it is?

# PARTICIPANT:

No, I don't remember.

# INTERVIEWER:

Have you heard about someone with hepatitis B in your neighbourhood or village?

# PARTICIPANT:

No, I haven't heard.

# INTERVIEWER:

Have you heard about the effect that hepatitis B can have on the health of a pregnant woman?

# PARTICIPANT:

No, I don't know about it.

# INTERVIEWER:

Have you heard of syphilis?

# PARTICIPANT:

No, I don't know about it.

# INTERVIEWER:

As we have talked about STDs, if you know anything about STDs, then please tell us.

# PARTICIPANT:

What do STDs mean?

# INTERVIEWER:

STDs are diseases which are transmitted through sexual intercourse. Do you know anything about them?

# PARTICIPANT:

I know about *bhiringi* [syphilis].

# INTERVIEWER:

Yes. Please tell me about it. Do you know what are the symptoms?

# PARTICIPANT:

I don't know much about the symptoms but I know that it causes sores and wounds. I don't know about others.

# INTERVIEWER:

And how do you think the STDs get transmitted?

# PARTICIPANT:

They can be transmitted through unprotected sexual intercourse and also through poor hygiene maintenance of the sexual organs.

# INTERVIEWER:

Do you think there are reasons other than these?

# PARTICIPANT:

The main reason is unprotected sex. I think it gets transmitted through blood also and due to poor hygiene of the sex organs.

# INTERVIEWER:

How can we prevent it from getting transmitted?

# PARTICIPANT:

To prevent it, we should not have unprotected sex. Also, we should give proper attention to sexual hygiene. That's it.

# INTERVIEWER:

During pregnancy, there can be the need to test for different diseases through blood tests. What do you think about the blood test during pregnancy?

# PARTICIPANT:

I think it is good to do blood tests during pregnancy. We can know about her health condition and diseases. For that, we need to do blood tests.

# INTERVIEWER:

Do you think pregnant women may not agree to do blood tests?

# PARTICIPANT:

It didn't happen in my case.

# INTERVIEWER:

Your wife agreed to blood tests but do you think there are other pregnant women in your surrounding or village who may not agree to blood tests?

# PARTICIPANT:

I don't think there is such a case. Some women come to the hospital timely for check-ups. Some come for one or two check-ups only during pregnancy. Some take proper care during pregnancy about what they need to do. Some may have money problems so they come for the check-up only 1 to 2 months before delivery.

# INTERVIEWER:

What may be the reason behind it? Did you say it is because of money problems?

# PARTICIPANT:

Those who have money and knowledge about it, they come for check-ups regularly. Those who don't have money don't come regularly or at the proper time because they have to spend more money on more visits. So they try to come only 1 to 2 months before the delivery.

# INTERVIEWER:

If women of reproductive age have knowledge about the diseases like HIV, hepatitis B and syphilis, would they go for blood tests to test for all these three diseases?

# PARTICIPANT:

I think they would.

# INTERVIEWER:

What may be the reason behind their agreement or disagreement with the test?

# PARTICIPANT:

I think those who care about their health agree to do the test.

# INTERVIEWER:

They may not know about it in many situations. If your wife tells you that she has rashes in her genitals, which can be the symptoms of STDs and she is very stressed because of it, what kind of suggestions would you give her?

# PARTICIPANT:

I can take her to a health institution nearby. I will also suggest taking care of her health and not being stressed.

# INTERVIEWER:

Since you were married, had you taken your wife to the hospital due to any kind of sexual infection?

# PARTICIPANT:

No, there has not been any such situation till now.

# INTERVIEWER:

If she gets such a disease, would you send her for a blood test?

# PARTICIPANT:

Yes, I would send her.

# INTERVIEWER:

Why would you send her? Would you send her alone or go along with her?

# PARTICIPANT:

I would go along with her.

# INTERVIEWER:

Why would you go with her?

# PARTICIPANT:

If such a condition arises, then I should go because it can be difficult for her.

# INTERVIEWER:

Which difficulty can she face?

# PARTICIPANT:

If such diseases are seen due to blood or other different reasons, there can be health problems even in walking around. There may be headaches, dizziness, body pain and other problems so I need to go with her.

# INTERVIEWER:

As we are talking about a sensitive topic, if your wife or any other man's wife gets infected with STDs, then would they go to the health institution easily or would they need help from their husband? What kind of support would they need from their husband?

# PARTICIPANT:

In such conditions, they need full support from their husband.

# INTERVIEWER:

Why do you think that they need full support from their husband?

# PARTICIPANT:

It could be difficult for them to go alone. As they have the disease, they could have problems like difficulty walking, and dizziness. That's why husbands should go with their wives. Also, if there is a male doctor, then it can be difficult for the woman. So the husband should go to make the situation easier.

# INTERVIEWER:

Sometimes, the husband may need to encourage his wife for blood tests. How can they encourage their wife?

# PARTICIPANT:

We should go to the health institution for it. It can even lead to serious problems in the future. So we need to give attention at the right time and go for it.

# INTERVIEWER:

What kind of behaviours do you think the health workers show when pregnant women go to the hospital to test for STDs?

# PARTICIPANT:

The health workers may not show bad behaviour toward them. It would be better if there is a female health worker. But even if there is male health worker, I don't think they would show any bad behaviour.

# INTERVIEWER:

Have you heard of any such incident, either of good or bad behaviour? Sometimes in the village or neighbourhood, we can hear about incidents like when a certain woman went for a check-up, the health workers behaved very well or sometimes very badly. Have you heard of any such case?

# PARTICIPANT:

No, I have not heard of such a case. I have also never experienced it myself.

# INTERVIEWER:

You have never faced it?

# PARTICIPANT:

No.

# INTERVIEWER:

In your opinion, should they tell the symptoms of their STDs to others?

# PARTICIPANT:

They should tell.

# INTERVIEWER:

Why?

# PARTICIPANT:

If they don't tell others and keep it for themselves, then it may lead to a serious problem in the future.

# INTERVIEWER:

What do you mean by serious problems?

# PARTICIPANT:

Like HIV, syphilis and heart attack. So they should tell others about it.

# INTERVIEWER:

Do you think they should involve family members other than the husband in such a matter? In the treatment, care and testing of STDs, should they involve other family members too?

# PARTICIPANT:

Yes, they should.

# INTERVIEWER:

Why do you think so?

# PARTICIPANT:

The husband may not be able to provide all the help and support. So they also need the support of family members.

# INTERVIEWER:

One way to improve the rate of blood tests in Nepal is to provide them with the opportunity to test for diseases like HIV, syphilis and hepatitis B from a single blood sample at their first antenatal visit to the hospital or health institution. They will be able to get the results in 30 minutes. Do you think it should be done?

# PARTICIPANT:

Yes, it should be done.

# INTERVIEWER:

For what reason should it be done?

# PARTICIPANT:

All pregnant women should do it. It can lead to different serious problems in the future so they should take care and give attention to these tests at the right time.

# INTERVIEWER:

It is related to the pregnant woman and her child. What good can these tests do to the pregnant woman and her child? Please tell us a little about it.

# PARTICIPANT:

Such tests can help us know about the condition of the pregnant woman and her child. Also, it can help us to know about the possible risks and consequences in the future.

# INTERVIEWER:

Do you think I missed asking any questions? If you want to tell something I missed asking, then you can say it.

# PARTICIPANT:

No, there is nothing like that.