**Interview details**

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| Participant ID | HKAT06A |
| Municipality | Sindhuli |
| Occupation | Insurance broker |
| Education (grade) | SLC |
| Type of household | Nuclear |
| Ethnicity | Dalit |
| Nb of pregnancies before this one | 1 |
| Gestation age in months | 7 |
| Interviewer | Obindra Bahadur Chand |
| Date | 18/03/2023 |

# **Interview**

# INTERVIEWER:

Where do you live?

# PARTICIPANT:

Sindhuli.

# INTERVIEWER:

How long have you been staying here?

# PARTICIPANT:

It's been 5 years.

# INTERVIEWER:

What do you do?

# PARTICIPANT:

I work in a private office.

# INTERVIEWER:

# How far have you studied?

# PARTICIPANT:

I have passed the school leaving certificate level.

# INTERVIEWER:

Bhujel falls into which caste division?

# PARTICIPANT:

Matwali.

# INTERVIEWER:

How many members are here in your family?

# PARTICIPANT:

Me, my wife, and my daughter.

# INTERVIEWER:

Does it mean it is your second child?

# PARTICIPANT:

Yes.

# INTERVIEWER:

How many months is your wife pregnant?

# PARTICIPANT:

She is seven months.

# INTERVIEWER:

So, I am here to ask you a bit about the role of the husband when the wife is pregnant. In a nutshell, what are the difficulties that come and how can we help. How do you usually help your wife?

# PARTICIPANT:

I have been giving her support of all kinds. From cooking to cleaning. Everything that I could do.

# INTERVIEWER:

So you help with household chores?

# PARTICIPANT:

Yes, I do. I cook every night so that it will be easy for her. We do all the chores equally.

# INTERVIEWER:

After she got pregnant what help have you provided to her specifically?

# PARTICIPANT:

Well, the situation is different from that of the village. There's no need to lift heavy things. Just the normal cooking and other house chores.

# INTERVIEWER:

How did you know about not lifting heavy kinds of stuff during pregnancy? Where did you hear it?

# PARTICIPANT:

From villages and the elderly people [laughs].

# INTERVIEWER:

Did you hear it from your neighbourhood and the people around?

# PARTICIPANT:

Yes.

# INTERVIEWER:

Since she is pregnant, what health-related topics do you guys usually discuss?

# PARTICIPANT:

She goes for checkups and everything is fine so far. All the support that she needs, I have been providing her with that.

# INTERVIEWER:

Let's discuss a bit about the checkup during pregnancy. What are your views on antenatal checkups?

# PARTICIPANT:

I feel that it is not like previously when it wasn't that important. Now, because of the advancement of medicine, everything is easy. So, it is good to go for a checkup.

# INTERVIEWER:

Where do you go for a checkup?

# PARTICIPANT:

Thapathali.

# INTERVIEWER:

How many times have you taken her for a checkup?

# PARTICIPANT:

Four or five times.

# INTERVIEWER:

With whom does she go for a checkup in Thapathali hospital?

# PARTICIPANT:

I take her for all her checkups.

# INTERVIEWER:

After returning, what are the things that you guys discuss?

# PARTICIPANT:

I ask her about what the doctor said and all.

# INTERVIEWER:

What does the doctor say?

# PARTICIPANT:

It's okay so far and the baby is doing good too.

# INTERVIEWER:

Do you know if any pregnant woman in your neighbourhood goes alone while visiting the hospital for an antenatal checkup?

# PARTICIPANT:

I don't know much.

# INTERVIEWER:

What do health workers do when you are for an antenatal checkup?

# PARTICIPANT:

They check that everything is fine and the baby is healthy too. In many cases, we might have to do an ultrasound, and they inform us about the baby's weight, etc.

# INTERVIEWER:

Do you have to pay when you go for an antenatal checkup at the hospital?

# PARTICIPANT:

Yes, for the ticket.

# INTERVIEWER:

How much do you have to pay?

# PARTICIPANT:

Rs 50.

# INTERVIEWER:

Is it the cost per visit or for a total of four visits?

# PARTICIPANT:

No, it's rs 50 per visit. You have to pay Rs.50 whenever you go for a visit.

# INTERVIEWER:

Being pregnant is a sensitive topic and pregnant women need a lot of support and care but in many cases, they still hesitate to go for a visit, what are your views on it?

# PARTICIPANT:

I don't have any idea about it [laughs]. We don't have a such situation so I don't know about other cases. My wife goes whenever the doctor calls her, whether it is after a month or after two months.

# INTERVIEWER:

Do you have to counsel her to go to the hospital?

# PARTICIPANT:

No, I don't have to do that. She goes on her own easily. After taking my daughter to school, then I accompany her to the hospital.

# INTERVIEWER:

Do you go on foot or bike?

# PARTICIPANT:

We go on our scooter.

# INTERVIEWER:

What are your views on antenatal checkups?

# PARTICIPANT:

There are so many deaths that occur due to childbirth. Also, staying in this big city with the same mentality as in the village won't work so it is important to go to the hospital. Knowing about your condition is required. Doctors give you suggestions.

# INTERVIEWER:

Yes, so we have talked a bit about antenatal checkups. Do you have any idea about the blood tests that are done during the pregnancy period?

# PARTICIPANT:

We did blood tests and all and it's all normal.

# INTERVIEWER:

But what specifically is tested while taking a blood test?

# PARTICIPANT:

I was told that they check for HIV and other diseases. Sugar levels are also checked through blood tests.

# INTERVIEWER:

Different things are tested. First, the level of iron in the blood determines the lack of blood in the body. Others include syphilis, hepatitis B and HIV. Do you have any idea about the lack of blood in the body?

# PARTICIPANT:

No, I don't know.

# INTERVIEWER:

Did you ever have a discussion with your wife about the lack of blood in the body due to iron?

# PARTICIPANT:

She has been taking iron tablets regularly. Even when we were expecting our daughter she would take iron tablets regularly.

# INTERVIEWER:

Do you know what can we do to prevent issues that may arise due to the lack of blood in our bodies?

# PARTICIPANT:

I don't know.

# INTERVIEWER:

Let's talk a bit about HIV. Do you know what HIV is?

# PARTICIPANT:

I don't have much idea about it. HIV is a disease that transmits when we have sex with girls.

# INTERVIEWER:

Do you know anyone in your neighbourhood that may have HIV?

# PARTICIPANT:

No, not that I know of anyone.

# INTERVIEWER:

Do you know what hepatitis B is?

# PARTICIPANT:

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

# INTERVIEWER:

But you don't know deeply about the disease?

# PARTICIPANT:

Yes exactly.

# INTERVIEWER:

What about syphilis?

# PARTICIPANT:

No, I have not heard anything about it.

# INTERVIEWER:

Since we are talking about blood tests, what are your views on blood tests taken during pregnancy period?

# PARTICIPANT:

I think it is important to check blood once you go to the hospital.

# INTERVIEWER:

Why do you think one should check their blood?

# PARTICIPANT:

Because it will help us to know what is happening in our body and remain healthy.

# INTERVIEWER:

But despite all this, many women still hesitate to take the blood test. What are your views on it?

# PARTICIPANT:

So far I haven't had such an issue in my case.

# INTERVIEWER:

Do you think a pregnant woman would agree to take a blood test if they are told that there's a lack of iron in their blood?

# PARTICIPANT:

I think they will agree to take a blood test because it is for our health and well-being. So, I think they will agree to do it.

# INTERVIEWER:

Similarly, do you think pregnant women will agree to take a blood test if the blood test is taken to test Hepatitis B and syphilis?

# PARTICIPANT:

If the doctors have suggested doing it then they should. I mean there's no way that one shouldn't agree to do it.

# INTERVIEWER:

What do you think are the reasons that some pregnant women do not agree to take a blood test?

# PARTICIPANT:

I don't know.

# INTERVIEWER:

Do you think the pregnant woman would agree to take a blood test to test for sexually transmitted diseases such as HIV/AIDS, syphilis, etc?

# PARTICIPANT:

Of course, they will agree to do it.

# INTERVIEWER:

Do you have any views or personal experiences that you would like to share when it comes to taking a blood test for sexually transmitted diseases? Some may hesitate or feel shy to give their blood for testing STDs.

# PARTICIPANT:

Why should anyone hesitate to take blood tests as it is for themselves and their health?

# INTERVIEWER:

Let's suppose that your wife has blisters all over her sex organ, then in such a condition what suggestion would you give your wife?

# PARTICIPANT:

I would tell her to go to the hospital and discuss it with the health workers.

# INTERVIEWER:

Are pregnant women more comfortable with male or female doctors?

# PARTICIPANT:

I think if you have any condition then it doesn't matter if the doctor is male or female, isn't it?

# INTERVIEWER:

What suggestion would you give regarding blood tests?

# PARTICIPANT:

I would say that it's good to test blood for precautions.

# INTERVIEWER:

If your wife hesitates to take a blood test then how will you counsel her?

# PARTICIPANT:

There shouldn't be any hesitation about this, since it is for your good.

# INTERVIEWER:

Have you ever seen your wife worried due to the behaviour of a health worker and may have expressed that she doesn't want to go to the hospital?

# PARTICIPANT:

No, I haven't faced a such situation so far.

# INTERVIEWER:

We are almost at the end of our conversation. So, the consequences of sexually transmitted diseases on the health of a pregnant woman can be severe so the behaviour of the health workers is extremely important in such cases. What are your views on it?

# PARTICIPANT:

When you have issues then you should talk openly with the doctor.

# INTERVIEWER:

Since you have mentioned that one should talk openly if you have issues related to STDs. In such cases do you think pregnant women should share their issues with their families or not?

# PARTICIPANT:

I don't think there's any advantage if you share your issues with someone else. But a good discussion with the doctor for better suggestions is needed.

# INTERVIEWER:

Why do you think there's so much advantage to sharing it with others?

# PARTICIPANT:

If they are good friends and have a good understanding of each other then it may be okay to share. Otherwise, telling others about your issues to others isn't a good thing to do.

# INTERVIEWER:

Do you mean if you share it with your close ones then they may help you in every possible way?

# PARTICIPANT:

Yes, exactly.

# INTERVIEWER:

In Nepal, the rate of blood tests among pregnant women is extremely low. To improve the test rate we can test all the diseases with a single sample and it takes around half an hour to know the result of the test. What are your views on such blood tests?

# PARTICIPANT:

It is a good thing to test your blood especially if the hospital has the facility for it.

# INTERVIEWER:

How is it good?

# PARTICIPANT:

Well! since all the blood reports can be known from a single blood sample then of course it is a good thing, isn't it?

# INTERVIEWER:

Yes, it can be tested from a single blood sample.

# PARTICIPANT:

So it is good to take a blood test as it helps in improving the health status too.

# INTERVIEWER:

What sort of improvement is expected?

# PARTICIPANT:

All diseases can be identified through the blood test so it helps in improvement.

# INTERVIEWER:

We are almost at the end of today's discussion. Is there anything you would like to add?

# PARTICIPANT:

Nothing much, it is just that the pregnancy period is difficult so it is important that we support them and not expect them to do all the kinds of stuff on their own. Everyone has their own concept and many expect that only wives would take care of all these things, but not in my case. I help my wife as much as I can.

# INTERVIEWER:

Why do you think some people expect their wives to take care of themselves on their own?

# PARTICIPANT:

It depends upon the mindset of the people. I believe in equality and try to help her as much as I can.

# INTERVIEWER:

Okay so thank you so much for your time.