**Interview details**

|  |  |
| --- | --- |
| Participant ID | PWKAP02B |
| Municipality | Kapilvastu |
| Occupation | Housewife |
| Education (grade) | 9 |
| Type of household | Joint |
| Ethnicity | Jaiswal, Baniya |
| Nb of pregnancies before this one | 1 |
| Gestation age in months | 3 |
| Start time | 2:19 |
| End time | 3:34 |
| Interviewer | Bidhya Kumari Chaudhary |
| Date | 25/01/2023 |
| Name of transcriber | Bidhya Kumari Chaudhary |
| Name of translator | Merina Dahal |

**Background**

I went to the house of the pregnant woman through an FCHV. The pregnant woman was sitting with two sisters-in-law and the daughter of the sister-in-law. As I needed to talk to the pregnant woman alone, we went to a room on the upper floor of the house. Her sisters-in-law complained to the FCHV about the duration of the interview and about who will have to do the housework if she gets busy with the interview for a long time.

**Interview**

# INTERVIEWER:

What do you do?

# PARTICIPANT:

I do not work.

# INTERVIEWER:

You might work at home.

# PARTICIPANT:

Yes, I cook [laughs]. No one in my family cooks.

# INTERVIEWER:

Who else is in your family?

# PARTICIPANT:

There are my mother-in-law, sister-in-law, my husband and some children.

# INTERVIEWER:

How many children are there?

# PARTICIPANT:

There are 3 children. They are my sister-in-law's children.

# INTERVIEWER:

What about your children?

# PARTICIPANT:

I do not have children.

# INTERVIEWER:

Is this your first child?

# PARTICIPANT:

I had an abortion once.

# INTERVIEWER:

At which month?

# PARTICIPANT:

I was 3 months pregnant. After a video x-ray, the doctor said that there was no foetal heart sound. I did the test at 2 places for confirmation, but both said the same thing. Then I went to Bhairahawa hospital for an abortion.

# INTERVIEWER:

The condition of the child was not good, so you had an abortion?

# PARTICIPANT:

Yes, I had an abortion.

# INTERVIEWER:

Where did you do check-up at first?

# PARTICIPANT:

In Taulihawa, Banjade. Once when I was in the toilet, I had a lot of bleeding. I told my family members. They suggested doing an x-ray to know if there is any internal problem. Then we went to Banjade and did the x-ray, where we got to know about the condition of the child. I asked them about the problem with the child. Then the doctor said that there was no heartbeat. I did not believe it. The next day, I went to Bhairahawa for an x-ray. They said the same thing there too. I took medicine there and after 2 days, I had an abortion.

# INTERVIEWER:

So you stayed in the hospital for 2 to 3 days?

# PARTICIPANT:

I went to take the treatment there and go to my sister's house, in Bhairahawa, to stay for the night. I did not stay in the hospital at night.

# INTERVIEWER:

What grade have you studied up to?

# PARTICIPANT:

I have studied up to grade 10.

# INTERVIEWER:

Have you passed class 10?

# PARTICIPANT:

No [laughs].

# INTERVIEWER:

To which ethnicity do you belong?

# PARTICIPANT:

Jaiswal, Baniya.

# INTERVIEWER:

How old is the child in your womb?

# PARTICIPANT:

I am starting the 4th month. It has been 3 months and 15 days.

# INTERVIEWER:

Do you need to have check-ups during pregnancy?

# PARTICIPANT:

I go to the Gobari health post.

# INTERVIEWER:

Have you done check-ups there?

# PARTICIPANT:

Yes.

# INTERVIEWER:

How many times did you go for check-ups?

# PARTICIPANT:

Twice. I went there once not long ago. It must have been 4 or 5 days ago. They say we have to take medication after 3 months, so I went there thinking the same thing. A nurse told me that I did not need a check-up now. She told me to come back after 5 months, on the 15th of Falgun. But I came back and I told her I had back problems. She said that I could not take medicine despite the pain. Otherwise, I would have taken medicine from Bahira, Taulihawa. I agreed not to take any medicine.

# INTERVIEWER:

What kind of problems do you have?

# PARTICIPANT:

I have problems like extreme back pain and lower abdominal pain with stiffness. I went to the hospital and asked them to give me light medicine but the health worker said that I could not take any kind of medicine.

# INTERVIEWER:

When you went there for the check-up, did you have blood tests?

# PARTICIPANT:

When I had bleeding in the toilet in the first month of pregnancy, I told my family and they took me to the public hospital in Taulihawa. There I had an X-ray and a urine test. I asked them to tell me if there was a problem with the child. The doctor said there was no problem. This type of bleeding can happen in the first month. They did not tell me anything else.

# INTERVIEWER:

Did you do a blood test?

# PARTICIPANT:

I did it at that time, but not recently.

# INTERVIEWER:

The diseases which are transmitted through sexual intercourse… Do you know what sexual intercourse is?

# PARTICIPANT:

Continue [laughs].

# INTERVIEWER:

Have you been tested for sexually transmitted diseases?

# PARTICIPANT:

No, I have not.

# INTERVIEWER:

How did you first know about your pregnancy?

# PARTICIPANT:

I had frequent vomiting. I was very sick. When I was 1/2 months pregnant, I used to have nausea, vomiting and indigestion. I could not eat anything. That's why I was really sick. I used to have little milk, which they gave me. Otherwise, I would not eat anything the whole day. Now also, I have vomiting sometimes but I can eat food. I do not have problems like earlier.

# INTERVIEWER:

Where had you done the check-up?

# PARTICIPANT:

Here, in the Gobari health post.

# INTERVIEWER:

Did you have a pregnancy test there?

# PARTICIPANT:

As I was vomiting, my sister-in-law said that I might be pregnant. I said no as I had my period earlier so I could not be pregnant. But she suggested having a test. So I went to the Gobari health post. There was no pregnancy kit available at that time so the health worker asked to bring it from somewhere else. Then I had the test at the health post.

# INTERVIEWER:

So you brought it from somewhere else?

# PARTICIPANT:

Yes.

# INTERVIEWER:

Did you buy it from the outside?

# PARTICIPANT:

Yes, they told me that the kits there were sold out.

# INTERVIEWER:

When there are kits available at the health post, do they do it for free or do you have to pay?

# PARTICIPANT:

I think it is done for free but I am not sure actually. As it is a governmental facility, I think it can be done for free. They told me I had to wait for 2 to 3 days for the kit to be available there, otherwise, I had to bring it from somewhere else.

# INTERVIEWER:

Then, who brought the kit?

# PARTICIPANT:

My husband brought it.

# INTERVIEWER:

So you took it to the health post after buying the kit?

# PARTICIPANT:

Yes, I took it to the health post and they did the test.

# INTERVIEWER:

What did they say then?

# PARTICIPANT:

They said that I was pregnant.

# INTERVIEWER:

Did they perform a blood test too or did they just send you back home?

# PARTICIPANT:

After the test, they said that I was pregnant. They did not say anything more.

# INTERVIEWER:

Did they tell you anything about vaccines or medicines?

# PARTICIPANT:

No, they did not say anything.

# INTERVIEWER:

Did they say anything about when to visit next and what tests to perform?

# PARTICIPANT:

No, they did not say any such thing. An FCHV came and she told me to go for a check-up every month. I also got vaccines at her house.

# INTERVIEWER:

Do you go to the house of the FCHV to get vaccines?

# PARTICIPANT:

Yes, I go to her house.

# INTERVIEWER:

And what about the check-up?

# PARTICIPANT:

I went to Gobari for that.

# INTERVIEWER:

Now I will tell you a story and you will tell me what you think about it. Suppose you have a close friend. Her name is Sarita and she is of your age. You are really close friends. You eat together, sit together, sleep together and share all your secrets. She comes to your house for tea and some conversations. And there is no one in your house. You are alone. Your in-laws are busy with their own work. So they are not with you at the time. She is four months pregnant, just like you. She heard on the radio that it is necessary to have pregnancy check-ups but she could not hear more. She comes to you to get advice. What would you tell her in such a situation?

# PARTICIPANT:

If she does not know whether she is pregnant, she should do a pregnancy test first. And if she asks me about the pregnancy. I will tell her whatever I know; that she needs to do the check-up [laughs].

# INTERVIEWER:

What if she asks you about where to go for the check-up?

# PARTICIPANT:

I will tell her to go to Gobari. The check-up can be done there. We can meet the doctor there who can give good advice and provide check-ups. She can get treatment there if needed.

# INTERVIEWER:

Would you recommend going to Gobari or Taulihawa?

# PARTICIPANT:

Taulihawa is better. I don't think there are as many services and facilities here in Gobari as in Taulihawa.

# INTERVIEWER:

What type of facilities are available in Taulihawa?

# PARTICIPANT:

I have not done all the tests but I have heard that there are facilities for blood and urine tests and x-rays. Here, in Gobari, they only check what you tell them.

# INTERVIEWER:

Don't they do blood tests here?

# PARTICIPANT:

I have gone several times but I have not seen it. They might or might not do it. I have not asked either.

# INTERVIEWER:

If your friend Sarita asks you whether money is required for the check-up, what would you tell her?

# PARTICIPANT:

I don't think we need to pay there because it is a governmental facility. But I don't know because nowadays, in governmental facilities also, doctors take the money. They ask for money to innocent people but everything is free in government hospitals for the poor people.

# INTERVIEWER:

If your friend asks you how much money is needed, what would you answer?

# PARTICIPANT:

I will tell her that when I visited, I did not have to pay any fee. But I can't say if you need to pay or not when you visit there.

# INTERVIEWER:

If she asks you about what to do there after reaching the hospital as she is scared about what tests to do and what process to go through, what would you tell her?

# PARTICIPANT:

There is tests available for 50 rupees. In governmental facilities too, it is available and you can check it with a urine test. We can know about pregnancy with these tests. It is free of cost.

# INTERVIEWER:

Suppose you know through a urine test that you are pregnant, what tests or check-ups do you need to do next?

# PARTICIPANT:

When I went for the check-up, they just took my weight measurement. They did not check any other things.

# INTERVIEWER:

They only took your weight?

# PARTICIPANT:

They measured my weight with a weighing machine and asked me if I had dizziness. I asked them to check my blood pressure and they checked it. Nothing else [laughs].

# INTERVIEWER:

Did they not check your abdomen?

# PARTICIPANT:

No, they did not.

# INTERVIEWER:

Was it during the urine test?

# PARTICIPANT:

No, it was during the second visit.

# INTERVIEWER:

What about iron tablets?

# PARTICIPANT:

No, they have told me only after completing 5 months. I said that we should take the tablets from the third month because one of my neighbours said that some tablets should be taken even earlier. She said that iron tablets are available here whereas calcium should be bought from outside. I said that it should be taken earlier, and then I did not do anything.

# INTERVIEWER:

Are you not taking iron and calcium tablets now?

# PARTICIPANT:

No, I am not.

# INTERVIEWER:

The sister from the hospital has said that it would be after 5 months?

# PARTICIPANT:

Yes, this Falgun 15th.

# INTERVIEWER:

Have you got any vaccines?

# PARTICIPANT:

Yes, I have got two vaccines.

# INTERVIEWER:

If your friend Sarita asks you if there is crowd in the hospital or if she needs to wait for a long time, what will you tell her?

# PARTICIPANT:

I have visited once. There was no crowd. Sometimes it may take a long time if there are too many people. But if there is not much crowd, then it may not take a long time.

# INTERVIEWER:

When it is crowded, how long do we have to wait? Do we need to wait in a queue?

# PARTICIPANT:

I have not waited in a queue till now. I don't know about it as I have never been in such a crowd.

# INTERVIEWER:

You also said you have gone to Taulihawa. How was the crowd there?

# PARTICIPANT:

It is very crowded in Taulihawa. We need to stand in a queue.

# INTERVIEWER:

What do you need to do first there?

# PARTICIPANT:

First we need to buy a ticket. Then there was a madam who checked and told us that payment had not been done. She then sent us to another place to pay the money. After that, we went to another one for signature and then X-ray was done. Then they sent me back to the place to show the paper and they prescribe the medicines.

# INTERVIEWER:

They prescribe you medicines and you take them?

# PARTICIPANT:

I used to take them for a while but now I don't. It causes gas and breathing difficulties. It causes gas and difficulty in breathing. So I don't take the medicine.

# INTERVIEWER:

When did you go for the check-up?

# PARTICIPANT:

After one month of pregnancy.

# INTERVIEWER:

Have there been any problems since then?

# PARTICIPANT:

No. I have not met any doctor after that.

# INTERVIEWER:

Did you take the prescribed medication in full?

# PARTICIPANT:

No, I did not. I only took it for 2 days. Then I had problems like bloating. There were also medicines for gas, but they didn't work. Then I stopped taking the medicine. And I asked for another check-up. Maybe that's the problem with medication. But my family members did not take me for the check-up and then I stopped the medicines.

# Then my father told me not to take the medicine if I had problems. There could be problems such as difficulty breathing at night and other problems related to the pregnancy. So he advised me not to take the drugs. So I stopped taking them. After that, I had no more problems.

# INTERVIEWER:

After your visit to the hospital, have you done anything else besides checking your weight and your blood pressure?

# PARTICIPANT:

No.

# INTERVIEWER:

Does it take less time in the hospital here in Gobari than in Taulihawa?

# PARTICIPANT:

It is more crowded there and you have to queue. Here, there is no crowd. We can do the check-up in a short time.

# INTERVIEWER:

Did they tell you anything about blood tests?

# PARTICIPANT:

No, they did not tell me anything.

# INTERVIEWER:

Have you ever given a blood sample?

# PARTICIPANT:

When I was 1 month pregnant, I had blood and urine check-ups. After that, I have not done any.

# INTERVIEWER:

Didn’t they counsel you about the need for blood tests in the hospital?

# PARTICIPANT:

No, they did not.

# INTERVIEWER:

Do you think it is important to do blood tests during pregnancy?

# PARTICIPANT:

I do not know but it is good to have any tests. We can know the condition of our blood through a test. Without checking, how would we know about that?

# INTERVIEWER:

Do you know why they do blood tests? There is no right or wrong. You can tell whatever you want.

# PARTICIPANT:

It can also determine our blood group. It can be helpful in emergency situations.

# INTERVIEWER:

When you first did the test, how long did it take for the report to come?

# PARTICIPANT:

I gave the blood sample at 12 and received the report at 3.

# INTERVIEWER:

How did they inform you about the report?

# PARTICIPANT:

I asked them during the blood test about when the report will come. They told me that I could get the report at 3.

# INTERVIEWER:

Do we need to wait for a long time?

# PARTICIPANT:

You may need to wait for 2 to 3 hours.

# INTERVIEWER:

What do you do during the time you have to wait for the report after giving the blood?

# PARTICIPANT:

I just wander around.

# INTERVIEWER:

Did they tell you what tests they are going to perform while taking the blood sample?

# PARTICIPANT:

No, they didn’t tell me anything. They just take the blood sample. It was very crowded. There might be some problems so they tell us to do blood tests. Some people themselves want to have blood tests.

# INTERVIEWER:

As you said, some people want to have blood tests. Why do you think they want it?

# PARTICIPANT:

They might have some suspicion.

# INTERVIEWER:

What kind of suspicion? Can you say it clearly?

# PARTICIPANT:

I think they might feel something is wrong [laughs].

# INTERVIEWER:

What kind of problem?

# PARTICIPANT:

They might feel something [laughs]. They feel it sometimes. They don't feel good. So they might think there are some problems with their blood. When I visited the hospital once, they could not get the blood sample even after 2 or 3 attempts because the blood was too thin. They said the blood was not good. It was very dark.

# INTERVIEWER:

Where do they give you the report? Is it in the same place where you give your blood sample?

# PARTICIPANT:

No, there is a separate desk for it.

# INTERVIEWER:

Where do you go after you get your reports?

# PARTICIPANT:

We come back home.

# INTERVIEWER:

Then who tells you whether the blood report is good or not?

# PARTICIPANT:

I have not asked till now and I do not know about it. After the blood test, we need to show the report to the doctor. I do not know much about it.

# INTERVIEWER:

As you said earlier, you have done the blood test once. How did you get the report at that time?

# PARTICIPANT:

My sister-in-law had gone to get the report at that time.

# INTERVIEWER:

Did the doctor tell her about how the report was?

# PARTICIPANT:

I asked what my blood group was because I knew it was O+ but she said she did not know.

# INTERVIEWER:

Did the doctor not tell her while giving the report?

# PARTICIPANT:

When I asked when the report will be available, they said I could get it at 3. At 3, I went to the desk for reports but they told me to go to some room. So my sister-in-law went there to get the report. I don't know much about it. I am not from here. I am from some other place.

# INTERVIEWER:

Where are you from?

# PARTICIPANT:

I am from Khaireni.

# INTERVIEWER:

In which district is Khaireni located?

# PARTICIPANT:

In Rupandehi.

# INTERVIEWER:

Who did you go with while going for a check-up in Gobari?

# PARTICIPANT:

First, I went with my sister. Then I went alone two times.

# INTERVIEWER:

And while visiting district hospitals?

# PARTICIPANT:

While going to public ones, once my husband went with me and once I visited alone.

# INTERVIEWER:

Once with your sister and once with your husband?

# PARTICIPANT:

As I did not know this place, I went along while doing x-rays. Once they go with me, I would know what to do there.

# INTERVIEWER:

Does the x-ray cost money?

# PARTICIPANT:

I paid for it. They say that you don't need to pay if you have insurance. But I don’t have insurance so I had to pay the money.

# INTERVIEWER:

Do your family members help you with household work?

# PARTICIPANT:

My husband helps me a lot. Why would I lie to you?

# INTERVIEWER:

What kind of help does he do?

# PARTICIPANT:

For example, when I clean the house, he does it himself [she speaks very softly so that other members can't hear her].

# INTERVIEWER:

Is your mother-in-law here?

# PARTICIPANT:

My sister-in-law is here.

# INTERVIEWER:

It is good that you all live together.

# PARTICIPANT:

Yes, we live together in a joint family.

# INTERVIEWER:

Whom do you tell when you have any kind of problems such as back pain or vomiting?

# PARTICIPANT:

When my mother-in-law is here, I tell her about my problems. When my husband is here, I tell him. But it does not matter if I tell my sister-in-law, there would be no effect. It won't make any difference even if I tell her.

# INTERVIEWER:

When you tell your husband and mother-in-law, what do they say?

# PARTICIPANT:

They tell me to go for treatment. And if there is any problem, then I go to Gobari. Otherwise, I don't.

# INTERVIEWER:

So they go with you?

# PARTICIPANT:

Yes.

# INTERVIEWER:

What do you think about your friend Sarita going for the check-up? Should she go alone or not?

# PARTICIPANT:

If she goes with her family members, they can also understand her situation if there is any problem. But if she goes alone, then only she will know about it. If they have gone along with her, then they can have also listened to her problems so she can talk to them about them.

# INTERVIEWER:

Does it make any difference if she goes alone and then shares with the family members what the doctor told her?

# PARTICIPANT:

It might not matter. The family members may not trust her as they would think that she is telling them things in her favour. Some might believe her if they are understanding.

# INTERVIEWER:

Does it mean it is better to take them along with her for them to understand her problems?

# PARTICIPANT:

Yes, it is better to take them along because if any problem arises, then I can confront them that they did not help me even after knowing all about it.

# INTERVIEWER:

Did you say your sister-in-law has children?

# PARTICIPANT:

Yes, she has 3 children.

# INTERVIEWER:

Does she tell you when and how to take iron tablets?

# PARTICIPANT:

[Laughs]. She told me that she does not know anything.

# INTERVIEWER:

The FCHV did not tell you how and when to take it?

# PARTICIPANT:

When I completed 3 months of pregnancy, I told my sister that they told me, in the hospital, not to take the tablets now. She said that we can take them after 3 months. Then I visited the Gobari health post again with my husband and they told me that I could take them after 5 months. I also asked the FCHVs and they also said that I could take them after 5 months.

# INTERVIEWER:

Were you scared during the time of blood tests?

# PARTICIPANT:

No, I was not scared.

# INTERVIEWER:

Some may get scared during the blood test. Why do you think they get scared?

# PARTICIPANT:

I do not know. Some try to run even at the sight of injection [laughs].

# INTERVIEWER:

Some do not want to do the test. Why do you think they do not want to do the test?

# PARTICIPANT:

Maybe they are scared [laughs]. They may think about what they might have inside. They also do not want to take medicines. Some do not want to take iron tablets too.

# INTERVIEWER:

Your friend Sarita did the check-up after your advice, but she did not do the blood test. Why did not she do the test?

# PARTICIPANT:

She may be scared of syringes and how much blood they are going to take out.

# INTERVIEWER:

Can money be the problem? Is it due to a lack of money?

# PARTICIPANT:

Some ask if they can get money after giving the blood sample but they do not get money for giving blood samples for their own check-up.

# INTERVIEWER:

Some women do not even want to have pregnancy check-ups. Why would they not want it?

# PARTICIPANT:

They may be scared. Some may not feel good while some are happy that it is for their own health.

# INTERVIEWER:

Suppose your friend Sarita does not want to have pregnancy check-ups. How would you encourage her for the check-up?

# PARTICIPANT:

I would tell her that it is good to have check-ups. The doctor will take care of her after timely check-ups. They will give her medicines too. Even if she is taking medicines, the doctor will take care of if any problem arises. They will give proper suggestions regarding check-ups and medications.

# INTERVIEWER:

How would you counsel her if she does not agree to the blood tests because she is scared?

# PARTICIPANT:

I would tell her that she needs to do the check-up in any condition. She should not be scared of anything. We have also done check-ups. Nothing will happen. We are not scared. She should go for the check-up. She would not get money, but they would check her blood and tell her about her health condition.

# INTERVIEWER:

If she asks you what benefit would she have by having blood tests?

# PARTICIPANT:

There won't be any benefit but she would know her blood group and health conditions. If she knows about it, then it would be good for the child too. If any problem arises in the future, then it would be easier to search for the blood.

# INTERVIEWER:

If you tell Sarita that she needs to do the blood test to detect any deficiency in her blood, would she do the blood test or not?

# PARTICIPANT:

I would counsel her but if she does not do the test, then I can't take responsibility.

# INTERVIEWER:

What might be the reasons behind her not doing the blood test?

# PARTICIPANT:

She may not do it because of fear. Also, if she thinks she won't get any benefit from it, then she won't do it. Otherwise, she would have done it for her own good.

# INTERVIEWER:

If the doctor guesses that she might have blood deficiency and advises her to do the blood test, then would she do the blood test?

# PARTICIPANT:

The doctor will give advice. If she wants, then she would do the test. If she is scared then she might not do the test. If she thinks that giving a small amount of blood will help her to know about her health condition, then she would probably do it. If she is scared then she won't do the test and want to remain in her condition.

# INTERVIEWER:

If she gets scared, then would you counsel her?

# PARTICIPANT:

I would counsel her as much as I can and tell her that everything will be okay after the test.

# INTERVIEWER:

If the doctor tells you to do the blood test to know if there is any deficiency, then will you do the test?

# PARTICIPANT:

I should do it to know about it.

# INTERVIEWER:

If the doctor tells your friend Sarita to have a blood test for HIV, syphilis and hepatitis B, then would she do the test?

# PARTICIPANT:

She should do it. It is necessary to test all these.

# INTERVIEWER:

Why is it necessary?

# PARTICIPANT:

As there are different diseases nowadays, these tests can help to detect such diseases. I would know if I am safe or not.

# INTERVIEWER:

If any disease is detected, then what can we do?

# PARTICIPANT:

We can take medicines because if there is a disease, then medicines can help to treat it.

# INTERVIEWER:

If the doctor asks her to do blood tests for any other diseases such as sexually transmitted diseases, will she do the test?

# PARTICIPANT:

That is up to her but she should do it.

# INTERVIEWER:

Would you do it? What if the doctor wants you to do blood tests to detect any STDs?

# PARTICIPANT:

We should do the check-up. Sometimes, I have discharge, is it good or not?

# INTERVIEWER:

Have you gone to the hospital to check it?

# PARTICIPANT:

Yes, I have visited the hospital and told them my problem. The nurse told me that it is normal and that others also have it.

# INTERVIEWER:

Did you go to the district hospital in Taulihawa?

# PARTICIPANT:

When I visited there, at that time, I did not have discharges. It's been about one month since I am having some discharges.

# INTERVIEWER:

If they tell you in the health post that it is normal then you can visit the district hospital too.

# PARTICIPANT:

When I visited the health post, they told me it was nothing. I visited again and they told me to go to meet a good doctor for treatment.

# INTERVIEWER:

Then you should go for the check-up once [laughs].

# PARTICIPANT:

Then I told this to my family members [laughs]. They are uneducated so they told me that it is normal.

# INTERVIEWER:

Did you tell your husband?

# PARTICIPANT:

Yes.

# INTERVIEWER:

What did he say?

# PARTICIPANT:

He said that we should go for treatment but my mother-in-law said that it is common for pregnant women. My sister-in-law and my neighbours also said the same thing. I also asked 2 or 3 other women that have children and they also said that it is common for pregnant women.

# INTERVIEWER:

So you told your mother-in-law and sister-in-law?

# PARTICIPANT:

Yes, they all know. I think when I will go for x-rays, I will ask there and take advice about it. If there is any medicine, then I will take it.

# INTERVIEWER:

How do you get health information? How did you know that you should go for check-ups during pregnancy?

# PARTICIPANT:

I got to know it from others. I also ask them what I do not know.

# INTERVIEWER:

Whom do you ask?

# PARTICIPANT:

They do not give much attention at home so I ask my sisters and my mother.

# INTERVIEWER:

At your parent's home?

# PARTICIPANT:

Yes. One of my sisters gave birth recently so I usually ask her. Whenever I have problems, I call her to ask her what to do. She tells me to get treatment. Sometimes she also tells me to leave it as it is because the problem might be solved after some days.

# INTERVIEWER:

What if you need treatment?

# PARTICIPANT:

If I have small problems, then I do not go anywhere.

# INTERVIEWER:

As you said before, your relatives help you, especially your husband. Does your sister-in-law help too?

# PARTICIPANT:

No, they don’t care much.

# INTERVIEWER:

Do they help you when you face any problem?

# PARTICIPANT:

There is not that much to do at home, only cooking, cleaning and so on. Also, we do not go out of the house. My sister-in-law does not care but my mother-in-law helps. When I become sick, I usually rest. At such times, my mother-in-law does the household work.

# INTERVIEWER:

When you are sick?

# PARTICIPANT:

Yes. How can I work when I am sick? I can't. So she does the work.

# INTERVIEWER:

Let's talk about blood tests during pregnancy. Please me tell whatever you know and don’t be scared. There are no right or wrong answers. What kind of blood tests do pregnant women do?

# PARTICIPANT:

I do not know about all this.

# INTERVIEWER:

What can we learn from a blood test?

# PARTICIPANT:

I cannot say what we can learn from a blood test [laughs].

# INTERVIEWER:

I am here to hear your opinion. Please tell me what you know. It is okay if you do not know. You do not need to be right.

# PARTICIPANT:

I don’t know. We can know our blood group. Nowadays, blood is available in packets. We can use it for transfusion.

# INTERVIEWER:

As you said, we can know our blood group by doing blood tests. Similarly, can we also detect other diseases?

# PARTICIPANT:

It can be detected. But I do not know what diseases can be detected.

# INTERVIEWER:

Do you know if we can discover blood deficiency?

# PARTICIPANT:

I do not know.

# INTERVIEWER:

Do you know about blood deficiency during pregnancy?

# PARTICIPANT:

I heard that if we eat properly, then we won't feel weak. We should eat nutritious food for good health and blood. It will prevent any problems. If we do not eat properly, then there can be blood deficiency and we might be admitted to the hospital. Those who have a proper diet would be healthy and won't suffer from any problems.

# INTERVIEWER:

As you said proper diet, what kind of food should be eaten to prevent weakness?

# PARTICIPANT:

We should eat foods like milk, pomegranate, beetroots, and cashew nuts. We will have energy in the body.

# INTERVIEWER:

What problems can occur in our body if we have a weakness?

# PARTICIPANT:

While walking, we won't be able to see properly. We may also feel dizzy and won't be able to walk properly. If there is blood deficiency, then we can have problems such as dizziness, vision problems and walking difficulty. If we have less water intake, then also problems can arise.

# INTERVIEWER:

What can we do to avoid such problems?

# PARTICIPANT:

We should eat foods such as fruits and other energy-giving foods to avoid such problems. We can also drink juice and *daal* to prevent such problems.

# INTERVIEWER:

Can this affect the child in the womb?

# PARTICIPANT:

If the mother is affected, then the child can also be affected. If the mother does not eat properly, then the child can't be healthy because the health of the child also depends on the food intake by the mother.

# INTERVIEWER:

What kind of problems can occur to the child?

# PARTICIPANT:

I do not know [laughs].

# INTERVIEWER:

You can tell whatever you know. Do not be shy. Can the child be born with low birth weight?

# PARTICIPANT:

If the mother has a proper diet, then the child can be healthy. If the mother does not eat properly, then how can the child be healthy? That's why the child's weight is also low. The child can be weak also. They say that a child needs to be at least 3 kg at birth to be healthy. If the weight is less than 3 kg, then the child needs to be admitted in the ICU. And if the child has any problem, then the family members say that the mother has some deficiency despite of whatever she feeds the child.

# INTERVIEWER:

Have you heard about HIV?

# PARTICIPANT:

Yes, I have heard about it during my studies.

# INTERVIEWER:

What have you heard or read about HIV?

# PARTICIPANT:

[Laughs].

# INTERVIEWER:

Do not feel shy. Just tell me what you know. There is no right or wrong answer.

# PARTICIPANT:

Please tell it yourself. I forgot all of it. I do not know.

# INTERVIEWER:

I came to learn from you. You have read and heard about it. Why are you feeling shy? I am also a girl.

# PARTICIPANT:

I am not being shy. I do not know.

# INTERVIEWER:

How does HIV transmit?

# PARTICIPANT:

No, I do not.

# INTERVIEWER:

Have you ever heard of anyone with HIV AIDS?

# PARTICIPANT:

Yes, I have.

# INTERVIEWER:

Where have you heard?

# PARTICIPANT:

A person from my village had gone to foreign country and returned with HIV.

# INTERVIEWER:

In your parent's village?

# PARTICIPANT:

Yes.

# INTERVIEWER:

Foreign means which country?

# PARTICIPANT:

I think Malaysia.

# INTERVIEWER:

How did you know that he had that disease?

# PARTICIPANT:

He returned home and did not tell anyone. He became lean and his family took him to Bhim hospital for treatment. Then the doctor said that he had that disease. He would never be cured and would die later. He had "cancer".

# INTERVIEWER:

How did he get that disease? Did they say anything about it in the village?

# PARTICIPANT:

No, I have not heard anything. They might have talked among men about this disease.

# INTERVIEWER:

Did they talk about how the disease is transmitted in the village? This conversation is private. I will not tell anybody.

# PARTICIPANT:

They said that he had relations with many women there so he got that disease "cancer".

# INTERVIEWER:

What problems were seen in his body when he got such disease?

# PARTICIPANT:

I can't tell that. They were saying that he was losing so much weight. He did not tell his relatives that he had such a disease. That's why his boss sent him back home. He told his family that he came back for vacation. When he started to have problems, he started treatment. After he visited the doctor, then it was known that he had this disease "cancer".

# INTERVIEWER:

Did he have a wife?

# PARTICIPANT:

No, he was not married.

# INTERVIEWER:

Did he know?

# PARTICIPANT:

Yes, he knew that he had such a disease. His boss sent him back when he knew about this. And then he told his family that he came for vacation.

# INTERVIEWER:

Did anyone ask him why he was losing weight?

# PARTICIPANT:

No, I had only heard of it. But others had seen that he had become very lean. When he became lean, they took him to the hospital for treatment. They also did x-rays there. And then they told him that he had that disease. Now it won't be cured. It was "cancer".

# INTERVIEWER:

Can it be cured by taking medicines?

# PARTICIPANT:

No, I do not know [laughs].

# INTERVIEWER:

Do you think HIV can be treated with medicines?

# PARTICIPANT:

If it is less severe, then it can be cured by medicines. But if it is severe like "cancer", then it won't be cured easily.

# INTERVIEWER:

When he came back home, did he tell anyone about it? Like any neighbors or anyone?

# PARTICIPANT:

No, he did not tell anyone.

# INTERVIEWER:

Even not his own family?

# PARTICIPANT:

No.

# INTERVIEWER:

Why did he not tell his own family?

# PARTICIPANT:

He told them that he had come for vacation. When he became lean, then his relatives asked him but he said he lost weight due to coming back home. One day, he became very sick and they took him for treatment and the doctor told him.

# INTERVIEWER:

And what did the doctor say?

# PARTICIPANT:

That time he could not even speak. Then the doctor told him that he had that disease.

# INTERVIEWER:

And when he went back home, why did not he tell them?

# PARTICIPANT:

Maybe because he was scared of getting scolded by his relatives.

# INTERVIEWER:

Do you think he should have told his family?

# PARTICIPANT:

He should have told them because if they knew, then they might have done treatment. If he had got medicines, then he might also have been cured.

# INTERVIEWER:

Could there be any other problems?

# PARTICIPANT:

I do not think so [laughs].

# INTERVIEWER:

After knowing about his disease, were his relatives tested?

# PARTICIPANT:

No, they were not.

# INTERVIEWER:

Did his relatives not ask to get their blood tested?

# PARTICIPANT:

No, I do not think they did. Others did not have any problem.

# INTERVIEWER:

But if someone is in the initial stage of this disease, how can the family help him?

# PARTICIPANT:

They will help after knowing it. Although the person has made a mistake, the family may want to care for them and improve their health.

# INTERVIEWER:

Do you think HIV can be transmitted only through sexual intercourse or can there be other ways too?

# PARTICIPANT:

I do not know about other ways. I know only what I have heard. There may be others too but I do not know.

# INTERVIEWER:

If a pregnant woman is infected, can it be transmitted to the child?

# PARTICIPANT:

If there is a child inside her, then it can also get infected [laughs]. If any problem occurs to the mother, the child also will suffer.

# INTERVIEWER:

Can you tell me what will be the effects for the child?

# PARTICIPANT:

No, I can't [laughs].

# INTERVIEWER:

It is ok, it does not matter. Have you heard about hepatitis B?

# PARTICIPANT:

No, I have not.

# INTERVIEWER:

It is a liver disease. It can get transmitted through blood while sleeping together. You said that people can die of HIV if not treated. But with this disease, if proper treatment is done timely, then it can be cured. When you get this disease, then you can have a high fever and weakness. It can also cause burning in the upper abdomen. These types of symptoms can be seen. The infected person can feel sick all the time. There may be spots on the skin, which can be itchy.

# PARTICIPANT:

Like allergy?

# INTERVIEWER:

Yes. Such symptoms can be seen with hepatitis B. Have you seen such symptoms anywhere?

# PARTICIPANT:

No, I have not [laughs].

# INTERVIEWER:

If anyone tells you that she/he has such a disease and they do not know where to go, what advice will you give them?

# PARTICIPANT:

I will tell them that it can be cured. I have heard that proper treatment can cure this disease. They need to take advice from the doctor about what treatment should be taken and where to go if they have such a problem.

# INTERVIEWER:

If they tell you that they won't go for treatment; if it can be cured then it will cure itself?

# PARTICIPANT:

I would tell them that they need to take treatment. Otherwise, it can spread to the whole body. I could even lie to make them scared of it [laughs]. If they do not go for treatment, then it can spread to the whole body and can be very itchy. And if they want to itch in public, then it will be embarrassing.

# INTERVIEWER:

If they do not know and ask you about where they can get treatment for it, what will you tell them?

# PARTICIPANT:

I will advise them to get treatment, either in government or private hospitals.

# INTERVIEWER:

They ask you what problems they may have to face if they get the disease and take treatment. What would you say?

# PARTICIPANT:

They can have body pain, weakness, and itching. If you want to itch in front of others, then they might think that you have problems like allergies. It might be embarrassing.

# INTERVIEWER:

If someone asks you if the disease can be transmitted to the child, what would you say?

# PARTICIPANT:

If it is a transmittable disease, then it can be transmitted to children if they live with them. If the mother has this disease, then the child can also get it because it is a transmittable disease.

# INTERVIEWER:

What should we do to prevent this disease?

# PARTICIPANT:

We need to make several restrictions. We should not have relations with others. We should live alone [laughs]. They say that we should be alone for some time and protect ourselves [laughs].

# INTERVIEWER:

What does living alone mean?

# PARTICIPANT:

We should not go to crowded places. We should keep our distance from people while talking. We should not sit close to them.

# INTERVIEWER:

Can it be transmitted when we sit close to others?

# PARTICIPANT:

If it is transmittable, then it can. For example, allergy can be transmitted by touching. This can also be transmitted.

# INTERVIEWER:

Have you heard about syphilis?

# PARTICIPANT:

No, I have not.

# INTERVIEWER:

Syphilis is transmitted through sexual intercourse and blood. Do you know about sexual organs?

# PARTICIPANT:

I have heard about it but I do not know well [laughs].

# INTERVIEWER:

It is from where a child is born. It is called sexual organs.

# PARTICIPANT:

Oh! [Laughs].

# INTERVIEWER:

For syphilis, there are small wounds or spots around sexual organs.

# PARTICIPANT:

Like small raised dots?

# INTERVIEWER:

Yes, it is like that. They can appear in other places too like the palms of the hands.

# PARTICIPANT:

Like decaying?

# INTERVIEWER:

Yes. And in the bottom of the feet also, there are such spots. Sometimes they are also seen in the whole body. Anyone can get this disease but right now we are talking only about pregnant women. With this disease, you can suffer from high fever, headache, fatigue, lack of energy to work and swelling of glands.

# INTERVIEWER:

Do you think this disease can be transmitted from a wife to her husband?

# PARTICIPANT:

If a wife is infected, then it can transmit to the husband. If they keep their distance during infection, then it can't be transmitted because it is a transmittable disease. It can only transmit through contact.

# INTERVIEWER:

If there are such spots on the body, then what should we do?

# PARTICIPANT:

We should follow restrictions. We should do what is needed to treat it, either by taking medicines or restricting anything needed.

# INTERVIEWER:

Do you think people should take a treatment?

# PARTICIPANT:

Treatment should be taken. Otherwise, when we take advice from others, they say that we should gargle with salt water. Sometimes there are problems in the throat so salt water should be used to relieve them. If not, then treatment should be done. We should take advice from the doctor because other people can give different types of suggestions. The more people we talk to, the more type of suggestions we get. That's why we should take advice from the doctor. We should do what the doctor tells us to do.

# INTERVIEWER:

If this disease is transmitted to a pregnant woman, can it infect her child too?

# PARTICIPANT:

[Laughs]. Whichever type of disease a pregnant woman gets, I am afraid that it can be transmitted to her child too. If she does not have any disease, then the child also can't get them. If I am healthy, then my child can also be healthy.

# INTERVIEWER:

Have you heard about sexually transmitted diseases?

# PARTICIPANT:

No, I haven't [laughs].

# INTERVIEWER:

They are diseases which can be transmitted through sexual intercourse. I am here to talk about blood screening during pregnancy for such diseases. Do you think blood tests have any benefit for your child?

# PARTICIPANT:

It may have. If the blood status is good, the child will also be good. If I have any problem, then it can also affect my child. It may affect the child seriously.

# INTERVIEWER:

Do you think blood tests can negatively affect the child?

# PARTICIPANT:

I don't think that blood tests can cause problems for my child.

# INTERVIEWER:

Does it mean that blood tests are always beneficial?

# PARTICIPANT:

Yes, I think it is always beneficial.

# INTERVIEWER:

Suppose your friend Sarita has wounds like spots around her sex organs. She is very stressed due to it because this kind of situation can be stressful.

# PARTICIPANT:

Yes, we can be stressed if we have such wounds on our bodies.

# INTERVIEWER:

Now she comes to you to share her problem. She tells you that she has many wounds on her body and she is in a big problem. What would you tell her?

# PARTICIPANT:

I would tell her to go to the doctor for treatment and suggestions regarding it. It could be uncomfortable to share it with a male doctor so she can go to a female doctor and take advice from her. If she asks women from her family, then they can give different suggestions like using powder to cure it and so on. They can give different types of suggestions and home remedies but won't let her go for treatment. But if she goes to the doctor, then she can get proper treatment and suggestions.

# INTERVIEWER:

Would you suggest her having a blood test?

# PARTICIPANT:

Yes, I would suggest her so in such a situation. I would tell her to have blood and urine tests as there can be problems which can only be detected through tests.

# INTERVIEWER:

Let's suppose Sarita has a sexually transmitted disease. When she goes to the hospital for a check-up, what kind of doctor should be there in the hospital? What do you think? What kind of behaviour should they show towards her?

# PARTICIPANT:

They should ask properly about her problem. If there is a female doctor, then there won't be problems while sharing her problems. Even if there is no female doctor, then also she needs to talk without feeling shy. If we feel shy in front of the doctor, then it may create problems in the treatment process. She should ask the doctor what she needs to do. If she needs something that is not available there, then she should ask the doctor to prescribe it and she should buy it from the outside.

# INTERVIEWER:

What should be the behaviour of health workers towards the patient?

# PARTICIPANT:

They should talk nicely. If we talk properly, then the doctor will also give proper suggestions like what to do, what would be better for her health, and what medicines to take. If any medicine is not available, then the doctor would prescribe it and we can buy from outside and do proper treatment. The doctor gives these kinds of suggestions.

# INTERVIEWER:

When a female with a high fever and skin problems around her sex organs goes to the hospital for getting services, how do health workers behave? Do they talk properly?

# PARTICIPANT:

I don't know about it. Suggestions given depend on the doctor.

# INTERVIEWER:

You said that it would be better if there is a female doctor.

# PARTICIPANT:

If there is a female doctor, then we can talk openly about our problems. Even if there is no female doctor, then we should not feel shy with the male doctor because if we feel shy then we cannot survive. But it would be better if there is a female doctor instead of a male doctor.

# INTERVIEWER:

When she has wounds in her sex organs, then she can go to the doctor and talk directly?

# PARTICIPANT:

Yes, she can. If it is my problem, then I will have to talk about it. Who else will?

# INTERVIEWER:

Would Sarita talk about it herself or would she feel shy?

# PARTICIPANT:

If she has a husband, then she can also tell him to go and talk to the doctor.

# INTERVIEWER:

Should Sarita tell her relatives such as her husband and her mother-in-law about it?

# PARTICIPANT:

Yes, she should tell them.

# INTERVIEWER:

What might happen after telling them?

# PARTICIPANT:

Nothing will happen. But they are relatives so she needs to tell them. If any problem arises in the future, then they may be upset with her that she did not share her problems with them. After telling them she can also feel secure that she told them.

# INTERVIEWER:

Suppose Sarita has some disease like she has wounds around her sex organ. Should her family members get their blood tested too?

# PARTICIPANT:

Everyone should do the blood test because it is a transmittable disease. It can be transmitted to others. They might share the same toilet. There might not be separate toilets. So it could be good to have blood tests. At least they would know if they have some problem or any kind of disease. If I have the disease then it can be transmitted to my family members as we live together. If we check it, then we can be sure that we don't have the disease.

# INTERVIEWER:

If we tell people that they can have a blood test for HIV, syphilis and hepatitis B but you need to wait for half an hour to get the report, would the people of this area do the test?

# PARTICIPANT:

If you have to wait for the test, then half an hour is not a long time. It would be better to do the test. Otherwise, if they call you daily for the test, then it would be a problem. It is better to test all at once.

# INTERVIEWER:

If you were told to do the tests for diseases like hepatitis B, HIV and syphilis, would you do the tests?

# PARTICIPANT:

I would wait for even an hour instead of half an hour to do the test. At least I would know whether I have the disease or not.

# INTERVIEWER:

You have given me enough time. Do you want to ask me anything?

# PARTICIPANT:

No, I don't have anything to ask.