

**APPENDIX-II**  
**QUESTION GUIDE FOR FOCUS GROUP DISCUSSION (FGD)**  
**WITH ELDERLY WOMEN**  
**(PRIMARY TARGET GROUP)**

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**1. General Introduction**

Chiefly to build rapport, get background information and tell them the purpose of the meeting.

**2. Pregnancy Related Health Problems**

The elderly women are encouraged to describe their health problems during their pregnancies, causes of these problems, whether they ascribe it to the state of pregnancy, and if they perceive that there are other reasons for it.

**3. Work Related Problems**

- \* Were they able to do their daily work without feeling a sense of fatigue?
- \* What were the types of work that make them feel fatigued?
- \* What were the symptoms besides fatigue, such as Breathlessness etc during their pregnancy.

**4. Other Health Problems**

Health problems they faced during their pregnancy which they did not have when they were not pregnant.

**5. Health Behaviour**

- \* How did they get their pregnancies confirmed ?
- \* Who did it and where?
- \* What were the health promoting behaviours they practice during pregnancy?
- \* What do they advise to their daughter-in-law?
- \* What were the treatments they took for the health problems mentioned earlier?
- \* What did they do for fatigue and tiredness?

- \* What were the foods they avoid, Why? What special foods did they consume during their pregnancy, or they recommended to their daughters-in-law?

6. Specific information on Anaemia and Health Seeking Behaviour for Anaemia.

A) Causes, treatment and prevention

- \* How do they perceive anaemia/thin blood?
- \* Is there any term related to blood that can possibly indicate anaemia?
- \* Do they have any knowledge of causes of such a condition, how it can be prevented and treated?
- \* Do they practice anything specific to correct anaemia?
- \* Are there any traditional practices?

B) Attitude to tablet consumption

- \* Are they aware of the iron tablets provided by the programme?
- \* Do they link it with the correction of anaemia or improvement in blood?
- \* What are their attitudes to tablet consumption in general?
- \* Do they have any preferences about colour of tablets? Any specific reason?
- \* What kind of packaging do they prefer?
- \* Where and from whom would they like to take the tablets?
- \* What are the conditions for which they think it is important to seek health care for their pregnant daughters-in-law either from the doctor or from the ANMs?

7. Do you encourage your pregnant daughters-in-law to consume iron tablets ?

- \* Why ?
- \* Why not ?