Group: ❑ Doer ❑ Non-Doer

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| **Barrier Analysis Questionnaire**  **on meal frequency**  **for use with mothers of children 9 – 12 months old** |

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| **Behaviour Statement**  Mothers of children 9 – 12 months old feed them a cooked meal (containing any of the staple foods) 3 times a day. |

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| **Demographic Data**  Interviewer’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Questionnaire Number: \_\_\_\_\_\_\_\_\_  Date: \_\_\_\_/\_\_\_\_/\_\_\_\_\_\_ Community: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Scripted Introduction**  Hello, my name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and I am part of a study team looking into the ways mothers feed their children. The study includes an interview regarding this topic and will take about 20 minutes. I would like to hear your views on this topic. You do not have to participate in the study and nothing will happen if you decide not to. Likewise, if you decide to be interviewed, you will not receive any material or other benefits. I will not record your name and everything you tell me will be held in strict confidence.  Would you like to talk with me? *[If not, thank the respondent for her time.]*  **Consent was provided**: YES NO |

### Section A: Doer/Non-Doer Screening Questions

**1. How old is your youngest child?**

❑ A. 9-12 months 🡪 *[Ask the next question*.*]*

❑ B. Any other answer 🡪 *[End the interview and look for another respondent*.*]*

❑ C. Won’t say 🡪 *[End the interview and look for another respondent.]*

**2. Can you please tell me all the different things your baby ate yesterday? Start with breakfast and then continue with the other meals your baby ate.**

❑ A. She mentioned meals made with the staple food (millet, sorghum, maize, rice, cassava, etc.) 🡪 *[Ask the next question*.*]*

❑ B. She did not mention any meals made with the local staple food 🡪 *[Mark the respondent as a NON-DOER and continue to section B.]*

❑ C. Do not know / No response 🡪 *[End the interview and look for another respondent.]*

**3. Please tell me how many times yesterday your baby ate a meal that included** *[insert the staple foods]***?**

❑ A. 3 or more times 🡪 *[Mark the respondent as a DOER and continue to section B.]*

❑ B. 2 or fewer times 🡪 *[Mark the respondent as a NON-DOER and continue to section B.]*

❑ C. Do not know / No response 🡪 *[End the interview and look for another respondent.]*

**DOER/NON-DOER CLASSIFICATION TABLE**

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| **DOER (ALL of the following)** | **NON-DOER (ANY one of the following)** | **DO NOT INTERVIEW (ANY one of the following)** |
| Question 1 = A |  | Question 1 = B or C |
| Question 2 = A | Question 2 = B | Question 2 = C |
| Question 3 = A | Question 3 = B | Question 3 = C |

**The respondent is a: ❑ Doer ❑ Non-Doer**

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| **Behaviour Explanation**  In the following questions I am going to be talking about ‘meals’. When I say ‘meals’ I am talking about food you have cooked that contains *[specify the most common staple foods used in the area, such as rice, millet, sorghum, or maize]*. *[Consider giving examples of meals that are typically consumed in this area.]* |

### Section B: Research Questions

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| **If the respondent is a DOER =**  **🡫 only ask questions in this LEFT column 🡫** | **If the respondent is a NON-DOER =**  **🡫 only ask questions in this RIGHT column 🡫** |
| **1. Perceived Self-Efficacy/Skills** | |
| **1.1 Doers:** What makes it **easy** for you to feed your baby three meals each day?  *[Write all responses below. Probe with “What else?”]* | **1.1 Non-Doers:** What would make it **easy** for you to feed your baby three meals each day?  *[Write all responses below. Probe with “What else?”]* |
| **1.2 Doers:** What makes it **difficult** for you to feed your baby three meals each day?  *[Write all responses below. Probe with “What else?”]* | **1.2 Non-Doers:** What would make it **difficult** for you to feed your baby three meals each day?  *[Write all responses below. Probe with “What else?”]* |
| **2. Perceived Positive Consequences** | |
| **Doers:** What are the **positive consequences** of feeding your baby three meals each day?  *[Write all responses below. Probe with “What else?”]* | **Non-Doers:** What would be the **positive consequences** of feeding your baby three meals each day?  *[Write all responses below. Probe with “What else?”]* |
| **3. Perceived Negative Consequences** | |
| **Doers:** What are the **negative consequences** of feeding your baby three meals each day?  *[Write all responses below. Probe with “What else?”]* | **Non-Doers:** What would be the **negative consequences** of feeing your baby three meals each day?  *[Write all responses below. Probe with “What else?”]* |
| **4. Perceived Social Norms** | |
| **4.1 Doers:** Who are all the people that **approve** of you feeding your baby three meals each day?  *[Write all responses below. Probe with “Who else? Anyone in particular?”]* | **4.1 Non-Doers:** Who are all the people that **would approve** of youfeeding your baby three meals each day?  *[Write all responses below. Probe with “Who else? Anyone in particular?”]* |
| **4.2 Doers:** Who are all the people that **disapprove** of you feeding your baby three meals each day?  *[Write all responses below. Probe with “Who else? Anyone in particular?”]* | **4.2 Non-Doers:** Who are all the people that **would disapprove** of you feeding your baby three meals each day?  *[Write all responses below. Probe with “Who else? Anyone in particular?”]* |
| **5. Perceived Access** | |
| **5.1 Doers:** How difficult is it to get the food you need to feed your baby three meals each day? Is it very difficult, somewhat difficult or not difficult at all?  ❑ A. Very difficult  ❑ B. Somewhat difficult  ❑ C. Not difficult at all | **5.1 Non-Doers:** How difficult would it be to get the food you need to feed your baby three meals each day? Would it be very difficult, somewhat difficult or not difficult at all?  ❑ A. Very difficult  ❑ B. Somewhat difficult  ❑ C. Not difficult at all |
| **5.2 Doers:** How difficult is it to make the time you need to feed your baby three meals each day? Is it very difficult, somewhat difficult or not difficult at all?  ❑ A. Very difficult  ❑ B. Somewhat difficult  ❑ C. Not difficult at all | **5.2 Non-Doers:** How difficult would it be to make the time you need to feed your baby three meals each day? Would it be very difficult, somewhat difficult or not difficult at all?  ❑ A. Very difficult  ❑ B. Somewhat difficult  ❑ C. Not difficult at all |
| **6. Perceived Cues for Action/Reminders** | |
| **Doers:** How difficult is it to remember to feed your baby three meals each day? Is it very difficult, somewhat difficult or not difficult at all?  ❑ A. Very difficult  ❑ B. Somewhat difficult  ❑ C. Not difficult at all | **Non-Doers:** How difficult do you think it would be to remember to feed your baby three meals each day? Would it be very difficult, somewhat difficult or not difficult at all?  ❑ A. Very difficult  ❑ B. Somewhat difficult  ❑ C. Not difficult at all |
| **7. Perceived Susceptibility/Vulnerability** | |
| **Doers:** How likely is it that your baby will become malnourished in the coming year? Is it very likely, somewhat likely or not likely at all?  ❑ A. Very likely  ❑ B. Somewhat likely  ❑ C. Not likely at all | **Non-Doers:** How likely is it that your baby will become malnourished in the coming year? Is it very likely, somewhat likely or not likely at all?  ❑ A. Very likely  ❑ B. Somewhat likely  ❑ C. Not likely at all |
| **8. Perceived Severity** | |
| ***Doers:*** How serious would it be if your baby become malnourished? Very serious, somewhat serious or not serious at all?  ❑ A. Very serious  ❑ B. Somewhat serious  ❑ C. Not serious at all | ***Non-Doers:*** How serious would it be if your baby become malnourished? Very serious, somewhat serious or not serious at all?  ❑ A. Very serious  ❑ B. Somewhat serious  ❑ C. Not serious at all |
| **9. Perceived Action Efficacy** | |
| ***Doers:*** How likely is it that your child will become malnourished if you feed him 3 meals every day? Is it very likely, somewhat likely or not likely at all?  ❑ A. Very likely  ❑ B. Somewhat likely  ❑ C. Not likely at all | ***Non-Doers:*** How likely is it that your child will become malnourished if you feed him 3 meals every day? Is it very likely, somewhat likely or not likely at all?  ❑ A. Very likely  ❑ B. Somewhat likely  ❑ C. Not likely at all |
| **10. Perceived Divine Will** | |
| ***Doers:*** Do you think that it is God’s will for babies to become malnourished?  ❑ A. Yes  ❑ B. Maybe  ❑ C. No | ***Non-Doers:*** Do you think that it is God’s will for babies to become malnourished?  ❑ A. Yes  ❑ B. Maybe  ❑ C. No |
| **11. Culture** | |
| ***Doers:*** Are there any cultural rules or taboos against feeding your baby 3 meals each day?  ❑ A. Yes  ❑ B. Maybe  ❑ C. No | ***Non-Doers:*** Are there any cultural rules or taboos against feeding your baby 3 meals each day?  ❑ A. Yes  ❑ B. Maybe  ❑ C. No |

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| **Go through the questionnaire and check whether all answers were recorded.**  **Thank the respondent for her time!** |