Group: ❑ Doer ❑ Non-Doer

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| **Barrier Analysis Questionnaire**  **on exclusive breastfeeding**  **for use among mothers of infants aged 6 to 12 months** |

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| **Behaviour Statement**  Mothers of children aged 0 – 5.99 months feed them only breast milk. |

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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 infant feeding practices.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. 6 to 11.99 months (did not celebrate his/her first birthday) 🡪 *[Ask the next question*.*]*

❑ B. 0 to 5.99 months 🡪 *[End the interview and look for another respondent*.*]*

❑ C. 12 months or older 🡪 *[End the interview and look for another respondent*.*]*

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

**2. Have you ever breast fed this child?**

❑ A. Yes 🡪 *[Ask the next question*.*]*

❑ B. No 🡪 *[End the interview and look for another respondent.]*

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

**3. Now I would like you to remember back to when your baby was very young. Please tell me how old the baby was when you first gave him/her any liquids other than breast milk – like water, juice, cow’s milk or goat milk.**

❑ A. 6 months or older 🡪 *[Ask the next question*.*]*

❑ B. 0 - 5 months 🡪 *[Mark the respondent as a NON-DOER and continue to section B.]*

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

**4. Please tell me how old the baby was when you first gave him/her semi-solid foods, such as porridge or soup.**

❑ A. 6 months or older 🡪 *[Mark the respondent as a DOER and continue to section B.]*

❑ B. 0 - 5 months 🡪 *[Mark the respondent as a NON-DOER and continue to section B.]*

❑ C. Won’t say 🡪 *[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 or D |
| Question 2 = A |  | Question 2 = B or C |
| Question 3 = A | Question 3 = B | Question 3 = C |
| Question 4 = A | Question 4 = B | Question 4 = C |

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

### 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 give only breast milk to your baby for the first 6 months?  *[Write all responses below. Probe with “What else?”]* | **1.1 Non-Doers:** What would make it **easy** for you to give only breast milk to your baby for the first 6 months?  *[Write all responses below. Probe with “What else?”]* |
| **1.2 Doers:** What makes it **difficult** for you to give only breast milk to your baby for the first 6 months?  *[Write all responses below. Probe with “What else?”]* | **1.2 Non-Doers:** What would make it **difficult** for you to give only breast milk to your baby for the first 6 months?  *[Write all responses below. Probe with “What else?”]* |
| **2. Perceived Positive Consequences** | |
| **Doers:** What are the **positive consequences** of giving only breast milk to your baby for the first 6 months?  *[Write all responses below. Probe with “What else?”]* | **Non-Doers:** What would be the **positive consequences** of giving only breast milk to your baby for the first 6 months?  *[Write all responses below. Probe with “What else?”]* |
| **3. Perceived Negative Consequences** | |
| **Doers:** What are the **negative consequences** of giving only breast milk to your baby for the first 6 months?  *[Write all responses below. Probe with “What else?”]* | **Non-Doers:** What would be the **negative consequences** of giving only breast milk to your baby for the first 6 months?  *[Write all responses below. Probe with “What else?”]* |
| **4. Perceived Social Norms** | |
| **4.1 Doers:** Who are all the people that **approve** of you giving only breast milk to your baby for the first 6 months?  *[Write all responses below. Probe with “Who else? Anyone in particular?”]* | **4.1 Non-Doers:** Who are all the people that **would approve** of you giving only breast milk to your baby for the first 6 months?  *[Write all responses below. Probe with “Who else? Anyone in particular?”]* |
| **4.2 Doers:** Who are all the people that **disapprove** of you giving only breast milk to your baby for the first 6 months?  *[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 giving only breast milk to your baby for the first 6 months?  *[Write all responses below. Probe with “Who else? Anyone in particular?”]* |
| **5. Perceived Access** | |
| **Doers:** How difficult was it to get the support you needed to give only breast milk to your baby for the first 6 months? 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 would it be to get the support you need to give only breast milk to your baby for the first 6 months? 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 was it to remember to give only breast milk to your baby for the first 6 months? Was 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 give only breast milk to your baby for the first 6 months? 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 became malnourished? Would it be 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 became malnourished? Would it be 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 baby will become malnourished if you only breast feed for the first 6 months? 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 if you only breast feed for the first 6 months? 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 children to become malnourished?  ❑ A. Yes  ❑ B. Maybe  ❑ C. No | ***Non-Doers:*** Do you think that it is God’s will for children to become malnourished?  ❑ A. Yes  ❑ B. Maybe  ❑ C. No |
| **11. Culture** | |
| ***Doers:*** Are there any cultural rules or taboos that you know of against feeding your baby only breastmilk during the first 6 months?  ❑ A. Yes  ❑ B. Maybe  ❑ C. No | ***Non-Doers:*** Are there any cultural rules or taboos that you know of against feeding your baby only breastmilk during the first 6 months?  ❑ 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!** |