

**APPENDIX III**  
**GUIDELINES FOR FOCUS GROUP DISCUSSION**  
**HEALTH FUNCTIONARIES (AWWs)**

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1. Introduction and purpose of focus group discussion.
2. Health problems in pregnancy experienced by them :
  - \* Types of health problems
  - \* When in pregnancy
  - \* And what they did to get relief
3. Diet Practices :
  - \* Special foods during pregnancy
  - \* Changes in food pattern
4. Health-seeking Behaviour:
  - \* How do they get their pregnancy confirmed?
  - \* Did they have regular antenatal check-ups?
  - \* How frequently did they go to ANC when they were pregnant?
  - \* What were the conditions in pregnancy for which they sought medical care/health care?
5. Regarding Anaemia :
  - \* How do they perceive anaemia?  
Did they have any local term for anaemia?  
Do they have any traditional beliefs concerning anaemia?
  - \* Have they been told about any belief system by their mothers/mothers-in-law regarding anaemia.
  - \* What do they or other family member generally do to prevent/treat anaemia (Use the local term for anaemia).
  - \* What are their beliefs concerning medicine/tablets consumption in pregnancy?  
Do they think they are beneficial?  
Do they believe there can be any harmful effects?

6. Regarding Iron Tablets :

- \* Did they take iron tablets when they were pregnant?
- \* What are their experiences regarding the consumption tablets? positive, negative reasons.

7. Colour and Packaging of the tablets:

- \* Do you know if the colour of the tablets is acceptable to the mothers?  
Is it acceptable to them?  
Do they feel it should be changed, why?  
Are they satisfied with the present packaging?  
What type of packaging would they prefer? and why?

8. Delivery System :

- \* Who distributes the tablets?  
Where are they given (Home/ANC)?  
Which would they prefer?
- \* Are the tablets reaching all the women?
- \* Do they have any idea of how the distribution system can be improved?

9. Contact with Pregnant women - Counselling and Education:

- \* How frequently do they meet the pregnant women?  
For what purpose?
- \* What do they do when they meet the pregnant women (ie. talk to them generally, on specific health problems, counsel them)?
- \* Do they attempt to persuade the pregnant women to take iron tablets? How?
- \* Do they face any problems in persuading pregnant women?  
What are they?
- \* How do they tackle problems/motivate them?
- \* Do they explain the benefits of iron tablets consumption?
- \* Have they found out what are the problems that pregnant women have?  
Have they found that some of these are related to anaemia?  
If Yes, what are they?  
Have they used them in their counselling?