

APHRC Research study on Menstruation in Nairobi**IDI guide, phase 2, Round 1**

INTERVIEWER COVER SHEET: Document required information as appropriate for each IDI using the formats provided below.

Interviewer Code:
 Date: [DD/MM/YYYY]
 Participant identifier:
 Interview site [study site]
 Location [Venue¹]: _____
 Recorder Number:
 Folder/File Name (location on recorder): _____
 Time Start:
 Time stop:

Introduction

As I explained, I'd now like to spend about 15-20 minutes asking you to talk about some of these issues in a bit more detail.

- **Remind participant about the role of tape-recorder**
- **Give a few minutes for answering any questions regarding the interview**

Please note the questions here:

INTERVIEW GUIDE**1. Menstrual practices**

- You mentioned during the structured survey that you use **[name methods the informant uses]**. What has your experience been with these methods? **[Probe for ease/difficulty with access, convenience, cost, any disadvantages or problems]**
- What would be the characteristics of your ideal method?

2. Experiences with menstruation

- What, if anything, do you like about periods?
- What, if anything, do you dislike?

¹ For example, respondent's house, name of school, hall, other.

- *[Probe into any notable responses the participant gave during the survey. If participant said their menstrual period affected schooling or any other activities during her responses to the survey, probe for more information on that]*

3. Contextual/social factors

Some girls and women have concerns or problems relating to menstruation.

- When you first had your menstrual period, did you talk to anyone about it? If yes, who and what did they say??
- Has anyone in home ever said anything unkind or done anything to make you feel bad about menstruation? [Probe: If yes, who, and what do they say/do?]
- [for girls in-school or college] Has anyone at [school/college] ever said anything unkind or done anything to make you feel bad about menstruation? [Probe: If yes, who, and what do they say/do?]
- Who has helped you with any problems you've faced when you have your menstrual period?
- Do you ever find it difficult to get support with any problems relating to menstruation? Please explain
- [For in-school girls only] What would make things easier for girls in schools?
- When you have your menstrual period, do you find you have enough privacy dealing with it? [Probe for information on privacy at home, school or anywhere else?]

4. Expectations about menstrual cup trial

- Why did you decide to take part in the menstrual cup pilot?
- What are your expectations about trying menstrual cups? [probe around positive expectations, concerns]
- What do you think will be the best thing about using menstrual cups?
- What do you think will be the hardest thing about it?

That covers the things I wanted to ask. Is there anything you care to add? Or do you have any questions for me?

[Thank informant, remind them that the interview is confidential.]