

APHRC Research study on menstruation in Nairobi

In-Depth Interview, Phase 2, Follow up

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

Interviewer Initials: _____

Date: _____

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 30 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

1.0 EXPERIENCES WITH MENSTRUATION

- *[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]*

2.0 EXPERIENCES WITH TRYING THE MENSTRUAL CUP

2.1 Have you tried inserting the cup?

- **[If no:]** Can you tell me why you didn't try inserting it? [Probe for reasons and concerns] Skip to sections 3. Information and support and 4. Perceptions.
- **[If yes:]** How did your feelings about the menstrual cup change after you first tried using it? **[Probe:** did you like it more or less, or did you feel the same way about it?]

2.2 Please describe the first time you inserted the cup.

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

- **[Probes:]** thinking back to the first time you tried it, how easy was it to insert?
- What did you find difficult?
- Did you feel you were able to tell whether or not it was correctly inserted?

2.3 Did you eventually manage to insert the menstrual cup correctly even if it took a few attempts?

- **[If YES:]** How many attempts did it take to insert the menstrual cup correctly?
- **[Probes:]** did you manage to insert it correctly the first occasion you tried, or did you try on a number of different days/occasions?

2.4 At what stage during the four month trial did you manage to insert it correctly? What made you persevere?

2.5 Did it get easier to insert the menstrual cup with time, or did it remain the same?

[Probe for how easy it became]

- **[If NO:]** how many attempts did you make? What made you decide to stop trying?

2.6 Thinking back to that first occasion you tried to insert the menstrual cup, can you remember how you felt about it afterwards?

2.7 Did you ever try inserting the menstrual cup when you were not menstruating?

2.8 Have you had any problems with lubrication when inserting the cup?

2.9 Did you ever use anything to help with lubrication? **[IF YES]** What did you use?

2.10 Have you used the menstrual cup while menstruating?

- **[If NO:]** Can you tell me why not? **[Probe for reasons, problems and concerns]**
- **[If YES:]** How often have you used it?
- How useful have you found it?
- Have you also used other methods for collecting menstrual blood during the last four months?
- **[If YES:]** why did you decide to use other methods as well?

2.11 How comfortable is the menstrual cup?

2.12 Have you had any problems with leakage?

- **[If YES:]** probe about whether the participant sought help from the nurse and whether she was able to solve the problem]

2.13 Tell me about your experience with emptying the menstrual cup

- ***[Probe for any problems and concerns about emptying it]***

2.14 What were your experiences with cleaning the cup?

- ***[Probe for approaches used to clean/wipe the cup when emptying it, any difficulties.]***

- ***[Probe for approaches used to sterilise it once a month, and any difficulties.]***

2.15 How did you store the menstrual cup between use?

[Probe for how easy or difficult it was to store it – social issues etc]

2.16 How have your periods been during the past four months? ***[probe for regularity, amount of flow, any pains and discomfort. Probe for any changes in any menstrual problems or irregularities since the baseline questionnaire]***

2.17 How has your general health been while using the menstrual cup?

2.18 Have you experienced any other problems relating to the menstrual cup?

2.19 Were you able to overcome any of the problems?

2.20 Do you have any other concerns about menstrual cups?

3.0 INFORMATION AND SUPPORT

3.1 How useful would you say the first meeting you had with the nurse was?

3.2 How useful was the information pack she gave you?

3.3 Was there any kind of information or advice that you didn't get at the beginning that would have helped you?

3.4 Did you meet with the nurse in the middle of the four month trial? ***[If yes: how useful was that meeting?]***

3.5 Did you find any ways to overcome problems, or practical approaches to using the menstrual cups that we could consider including in the use guide? Kindly elaborate.

4.0 PERCEPTIONS

4.1 How do you feel about the fact that the menstrual cup has to be inserted into the vagina?

4.2 How do you feel about the fact that the menstrual cup can be reused?

4.3 What do you think about the way the menstrual cup looks?

5.0 SOCIAL FACTORS

5.1 Did you tell anyone else about the fact that you were using the menstrual cup? ***[If Yes]*** Who did you tell? ***[If No]*** Why?

5.2 Did anyone else know for any other reason?

5.3 How did they react?

[Probe: for how supportive or unsupportive others were, and any mistrust of the device]

5.4 How comfortable would you be with telling others about menstrual cups?

5.5 Do you think menstrual cups would be just as acceptable in your community as other products such as sanitary towels, or do you think that they are less acceptable? [Why?]

6. MENSTRUAL CUP UPTAKE

6.1 Out of all the problems we have discussed, are there any that could make you decide not to use the menstrual cup in future?

6.2 Do you plan to continue to use the menstrual cup in the future?

- **[If no:]** why is that?
- **[If yes:]** What is the main reason why you plan to keep using it?

6.3 How often will you use it?

6.4 What method were you using before to collect menstrual blood?

6.5 How do the methods compare?

6.6 Would you recommend the menstrual cup to others? [Why?]

6.7 Are menstrual cups suitable for women in this community? [Why?]

6.8 Are menstrual cups suitable for girls aged less than 18 year in this community? [Why? **Probe** for reasons for any differences in perceived suitability between under and over 18 year olds, including attitudes to insertion and virginity and other reasons]

7.0. COST

7.1 As I mentioned in the structured questionnaire, the cost of a menstrual cup is **between 1125 and 2375 KSH**, depending on the manufacturer and retailer. The menstrual cup can be reused for up to ten years. What do you think about the cost?

8.0 REFERRAL SERVICES

If positive answers to questions on RTIs, STIs, menstrual disorders (LIST QUESTION NUMBERS), then ask participant if they would like to be referred to health services.