APPENDIX C: THEMATIC GUIDES

1. Thematic Guide: Focus Groups
2. Thematic Guide: Semi-Structured Interviews

Nota: These guides describe the themes that are going to be assessed. We will develop a participatory methodology to work with the different types of participants. The questions could be modified to better fit the local context and the increasing knowledge of researchers.
THEMATIC GUIDE: FOCUS GROUPS

Psychosocial distress in women

1. **What are the things that usually worry women in this community (on a normal day)?**
   - Why do they worry about them?
   - How do they affect them (e.g., thoughts, feelings, behaviors)?
   - What do they do to handle them?

2. **Now, I need you to all think of women in your community who have suffered emotionally. Who can comment about this?**
   
   **Probe:**
   - What situation(s) made her suffer emotionally?
   - How did it affect her (e.g., thoughts, feelings, behaviors)?
   - How did people realize that “she was not well”? *→ Inquire in Spanish, Mam or K’iche*
   - How do you call a woman who suffers like that? How do you call what she had? *→ Inquire in Spanish, Mam or K’iche*
   - How did her life changed after starting to suffer this?
   - Did she seek help? Who decided to seek help? Did it work?
   - Is she still suffering or not? What makes people thing that she still suffers or not?
   - What type of woman do you think are more likely to suffer these afflictions?
   - What other things can happen in a woman’s life to suffer like this?

3. **Have you met women in your community that are considered strange or “crazy”?**
   
   **Probe:**
   - What makes her strange or “crazy”?
   - When did she start behaving like this?
   - How do you call a woman who behaves like that? *→ Inquire in Spanish, Mam or K’iche*
   - Did she seek help? Who decided to seek help? Did it work?
   - Is she still suffering or not? What makes people thing that she still suffers or not?
   - What type of woman do you think is more likely to suffer this?
   - What other things can happen in a woman’s life to suffer like this?

4. **You have all mentioned that women in your community often worry about ______ and that there are other women who have suffered emotionally about _______. If they came to ask for help to all of you, what would you recommend?**
   - What would make them feel better?
   - What should they avoid?
   - With whom should they seek support?
   - Where should they go?
THEMATIC GUIDE: SEMI-STRUCTURED INTERVIEWS

Psychosocial distress in women

1. What are the things that usually worry women in this community (on a normal day)?
   - Why do they worry about them?
   - How do they affect them (e.g., thoughts, feelings, behaviors)?
   - What do they do to handle them?

2. Now, I need you to think of women in your community who have suffered emotionally.
   Probe:
   - What situation(s) made her suffer emotionally?
   - How did it affect her (e.g., thoughts, feelings, behaviors)?
   - How did people realize that “she was not well”? Inquire in Spanish, Mam or K’iche
   - How do you call a woman who suffers like that? How do you call what she had?
   - How did her life changed after starting to suffer this?
   - Did she seek help? Who decided to seek help? Did it work?
   - Is she still suffering or not? What makes people thing that she still suffers or not?
   - What type of woman do you think is more likely to suffer these afflictions?
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3. Have you met women in your community that are considered strange or “crazy”?
   Probe:
   - What makes her strange or “crazy”?
   - When did she start behaving like this?
   - How do you call a woman who behaves like that? Inquire in Spanish, Mam or K’iche
   - Did she seek help? Who decided to seek help? Did it work?
   - Is she still suffering or not? What makes people thing that she still suffers or not?
   - What type of woman do you think is more likely to suffer this?
   - What other things can happen in a woman’s life to suffer like this?

4. You mentioned that women in your community often worry about __________ and that there are other women who have suffered emotionally about __________. If they came to ask for help to all of you, what would you recommend?
   - What would make them feel better?
   - What should they avoid?
   - With whom should they seek support?
   - Where should they go?
Feasibility of the proposed intervention

1. How can we help women who have emotional/nerve problems or women who sufferer because they don’t have enough support?

2. Do you think these women could benefit from an intervention, such as Women’s Circles, where midwives/facilitators and other women give them emotional support and where they can learn how to take care of themselves and their children?
   - What kinds of activities do you think could support and help them in these circles?
   - Do you think they would want to participate?
   - What would motivate them? Discourage?
   - Which issues should be addressed in Women’s Circles?
   - What type of support should they receive?
   - What difficulties could we encounter? What are the solutions?
   - What can we do to make these Women’s Circles last?

3. How do you think the husband/partner would react to the fact that his wife/partner participates in these Women’s Circles?
   - What would motivate them to agree?
   - Do we need to address them? How?

4. Do you think is necessary to have the support of other people, groups or institutions for the intervention to work?
   - Who?
   - What?

5. What other advice can you give us so that this intervention could be successful in your community?