

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”?
- 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 think 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 think 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”?
- How do you call a woman who suffers like that? How do you call what she had? → *Inquire in Spanish, Mam or K’iche*
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- 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?
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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?**