

**INSTITUTE OF NUTRITION OF CENTRAL AMERICA AND PANAMA
(INCAP/WHO)**

**METHODOLOGICAL GUIDE FOR
BEHAVIOURAL TRIAL IN THE PREPARATION
OF DIETARY GUIDELINES**

Eliminado: TESTING

Christa de Valverde

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PREFACE

This methodological guide is especially for persons who are responsible for developing behavioural trials as a basis for the formulation of strategies in order to improve nutrition problems that affect the population.

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The guide contains the methodology used for trials, the steps that must be followed in its planning and introduction, the techniques and forms to be used in information collection, the guidelines for recording, organization, tabulation and data analysis and the preparation of the report.

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The guide is not a text book and therefore may not include all the important aspects of behavioural trials. It does not claim to replace thorough training education, but it offers the necessary guidelines to carry out research.

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It is our wish that the guide will be useful in conducting behavioural trials and that the information obtained will serve as the basis for designing a strategy aimed at changing behaviour and improving nutrition for families.

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**METHODOLOGICAL GUIDE FOR BEHAVIOURAL
TRIALS IN THE PREPARATION OF DIETARY
GUIDELINES**

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SECTION I

INTRODUCTION

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BACKGROUND

Within the framework of health promotion and as a strategy for promoting healthy lifestyles in the region, the Institute of Nutrition of Central America and Panama (INCAP) and the World Health Organization (WHO), have been supporting the development and implementation of dietary guidelines (DG) in Latin American countries. The dietary guidelines by definition constitute an educational instrument that adapts scientific knowledge on nutritional requirements and food composition in practical messages that facilitate the selection and consumption of healthy foods for different persons.

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Traditionally, the following criteria have been taken into account in the development of dietary guidelines: nutritional state of the population, epidemiological profile; information about food (availability, cost, access, and consumption), food composition and dietary habits. In the model proposed by INCAP, and in the specific case of dietary guidelines for Guatemala: SEVEN STEPS TO HEALTHY EATING, the anthropological-cultural component has been added to these criteria to conduct behavioural trials of the recommendations to be included, in order to know about the feasibility of the target population adopting the recommended practices.

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From August 1995 the National Commission of Dietary Guidelines (NCDG) formed a multi-sector and multi-disciplinary team of representatives from several institutions in order to initiate the preparatory process of guidelines.

During the process formative research was conducted, which is based on constant communication with persons in order to identify what they know about food, what barriers make it difficult to follow recommendations, what motivates them to act and follow recommendations.

This methodological guide was prepared with the purpose of supporting several National Commissions on Dietary Guidelines interested in including this type of behavioural trials in the preparation of their DG.

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OBJECTIVE OF THE GUIDE

The objective of this methodological guide is to describe the methodology used in order to carry out behavioural trials by the NCDG in Guatemala, in the preparation of dietary guidelines, with the intention of ascertaining the availability (talents, resources, motivations) of the target audience in order to carry out the proposed recommendations, as well as assess their reactions to them. (see Table 1).

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The steps needed to conduct behavioural trials, as well as instruments that may be used, are included in this guide.

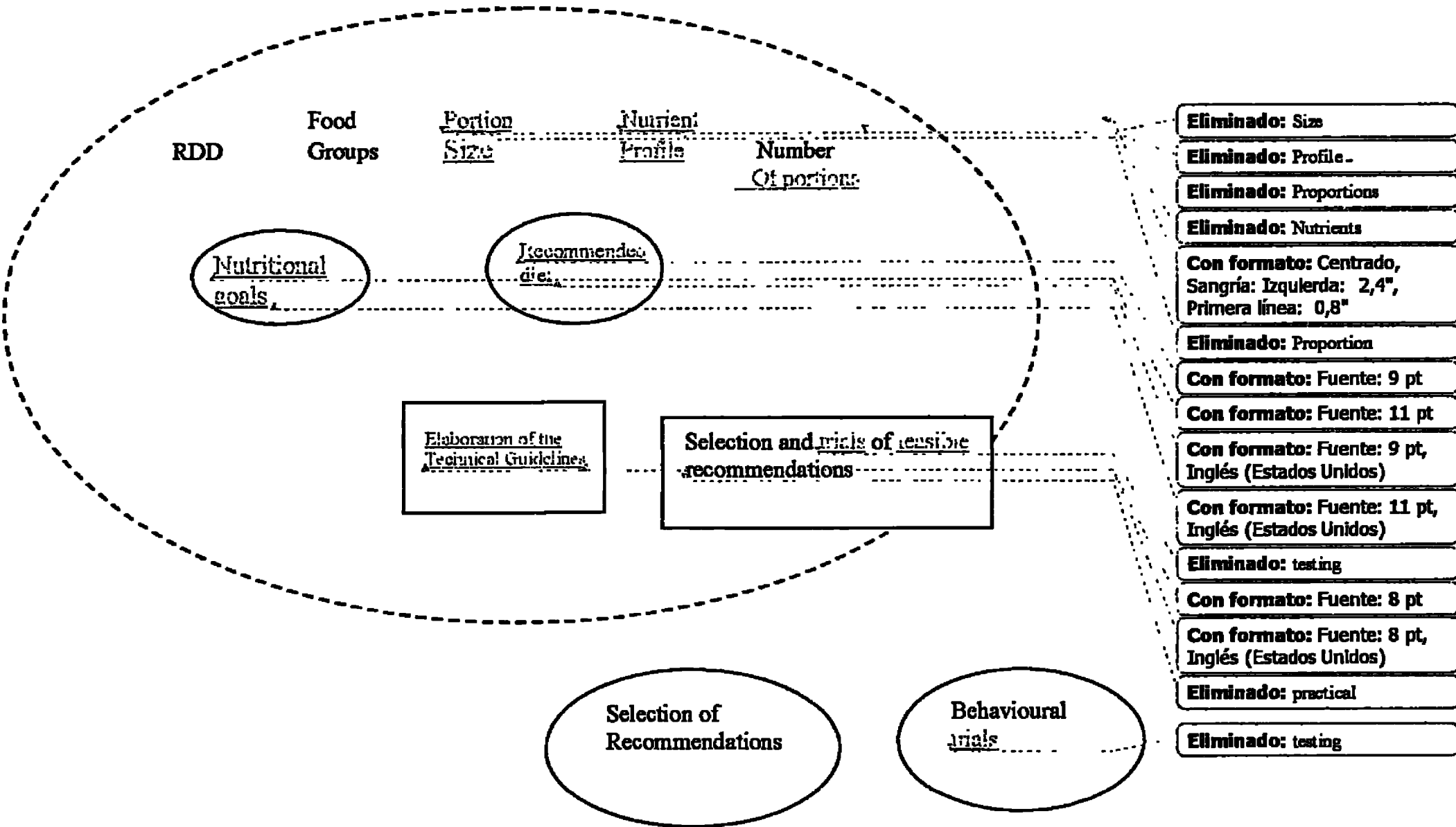
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The steps contained in this guide can assist with the planning, implementation (Section II), organization, data analysis and preparation of the final report (Section III). Also included are the forms to be used to carry out behavioural trials (Appendix A), information on interview techniques and suggestions for their use (Appendix B) and a plan of field activities (Appendix C).

TABLE 1

OUTLINE OF THE PREPARATION OF DIETARY GUIDELINES



SECTION II

WHAT IS BEHAVIOURAL TRIALS?

Eliminado: TESTING

The formulation of strategies to change behaviour requires adequate knowledge on nutrition problems which affects the target population and information regarding improved practices that are acceptable and practical for families. In ideal conditions, all the practices should be submitted for field testing in persons' houses before being recommended. This is done through behavioural trials.

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Eliminado: talents

Eliminado: test

Behavioural trials is a small-scale field test to ascertain the willingness (capacities, motivations) of the target population to practice behaviours that will be promoted through different programmes and conditions under which they could be realized. The trial investigates whether the target audience likes and can carry out the recommendations and reactions to the same.

Behavioural trials can help to:

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- Identify and analyze if behaviours or components of recommended behaviours for each food group and portions per age were or were not adopted.
- Identify the changes that could be made in the adoption of behaviours or their components.
- Identify the reasons (cognitive, resource-oriented or skill-oriented) that facilitated or hindered the adoption of recommended behaviours.
- Identify how to reinforce the teaching of recommended behaviours.
- Refine the teaching strategies and reinforce the recommended behaviours.
- Ascertain what the potential "agents of change" think about recommended behaviours.

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Ideally, recommendations in terms of food should be formulated based on foods available in houses or in communities, be accessible with respect to cost, be consistent with resources and local technology and compatible with cultural beliefs related to the correct way of eating.

Eliminado: terms

Eliminado: from available food

Behavioural trials constitutes a basic method approach of formative research. This method entails a series of visits for selecting houses in order to test new behaviours. This is aimed at improving family nutrition. The basic process is as follows: (a) a home visit or a meeting with selected women, in order to provide information on behavioural trials; (b) an initial interview FORM A, where an explanation of the recommendation is given and the mother is encouraged to follow the recommendation for a week. In some cases, a demonstration and sampling of recommended foods are offered;

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Eliminado: of the focus on

Eliminado: house

Eliminado: testing

(c) a follow-up visit final interview FORM B, in order to find out if the women followed the recommendation, what happened when they did it, if they are prepared to follow the recommendation and why?

This focus, which comes from marketing, was systematized for public health programmes by Griffith et al., 1988 and the Academy of Educational Development (Rasmuson et al., 1988).

¿ HOW IS BEHAVIOURAL TRIALS DONE?

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Table 2

PLANNING AND IMPLEMENTATION OF BEHAVIOURAL TRIALS

Eliminado: TESTING

✓	REVIEW OF CURRENT INFORMATION
✓	SELECTION OF BEHAVIOURAL TRIALS THAT WILL BE PROMOTED
✓	DEFINITION OF METHODOLOGY
	○ RECOMMENDATION GUIDE
	○ SAMPLE SELECTION
	○ PROCEDURES AND TECHNIQUES
	○ PROCEDURES
	○ STAFF SELECTION AND TRAINING
	○ TIMETABLE
✓	GENERAL PROCEDURES BEFORE STARTING THE STUDY
✓	RECORDING AND ANALYSIS
✓	PREPARATION OF THE REPORT

Eliminado: REVISION

Eliminado: TESTS

Eliminado: FORMS

Eliminado: SCHEDULE

STEP ONE

REVIEW OF CURRENT INFORMATION

Carrying out a bibliographic review relating to the availability and food consumption patterns in the country is recommended. Such a review helps one to familiarize oneself with what is already known on a subject, while avoiding the duplication of efforts and helping to identify areas or topics that have not been covered in previous studies. In order to look for the information one can review documents relating to the topic, reports, evaluations, theses and other research.

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STEP TWO

SELECTION OF BEHAVIOURAL TRIALS THAT WILL BE PROMOTED

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Based on current information, behavioural analysis must be carried out. This consists of the following:

a) Review the profile of desirable behaviours from a technical point of view. Here one should detail behaviours that women should carry out ideally in order to prevent or treat the health problem or nutrition interest.

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b) Review the profile of real behaviours in comparison with desirable behaviours. One must discuss each desirable practice from the list in comparison with the findings of real practices. The methodology that must be used consists of each desirable behaviour being evaluated based on several specific criteria, such as the perceived benefit, perceived cost, compatibility with beliefs, approximations to local practices, complexity, frequency, duration, observation and potential impact on the health or nutrition problem. At this stage, the working team needs to thoroughly understand the perspective, knowledge, practices and needs of women in the community. (See Appendix A Criteria for Behaviour Analysis and Table for Behaviour Analysis relating to the consumption of an adequate diet).

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c) Define the profile of feasible behaviours. From the earlier comparison, the practical behaviours with greater potential for change and for impact are selected. The critical questions should be: which practices are really important in order to have an impact on the health or nutrition problem that we hope to prevent or correct, and which practices have greater potential for change.

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Eliminado: are selected

Eliminado: is

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d) Based on the previous comparison between recommended behaviours and real behaviours, the behaviours to be tested should be selected.

In the case of Guatemala, a research process was carried out before trials the final recommendations, which will be described as an example later on.

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In order to have a profile of desirable/recommendable behaviours from a technical point of view, the NCDG prioritised the problems that were affecting the Guatemalan population in three categories: 1) relating to diet, 2) relating to nutritional state and 3) relating to beliefs and practices. However, after reviewing the priority areas, the group decided that the dietary guidelines were going to concentrate on correcting the problems associated with diet and problems relating to beliefs and practices which

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Eliminado: these

would be treated with complementary messages. The recommended diet was based on the objectives of previously defined guidelines and on calculations of implemented diets.

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Once the practical recommendations are selected, the following step consisted in doing a comparative exercise between the priority problems detected, the objectives of the dietary guidelines and practical recommendations (See Table 3).

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TABLE 3

COMPARISON BETWEEN PRIORITY AREAS, OBJECTIVES OF THE DG AND PRACTICAL RECOMMENDATIONS

Priority Areas	Objectives of Dietary Guidelines	Practical Recommendations
Diet related		
1. Inadequate, monotonous diet	1. Promote a balanced diet	Eat a variety of foods, choose foods from the six food groups daily, in proportions as shown in the diagram
2. Marginal-urban diet low in energy and nutrients	* Same as point 1	* Same as recommendation 1
3. Vegetable-based diet which affects the absorption of nutrients	2. Promote the practices that will improve the absorption of protein and iron from the diet	2. In addition to peas that are consumed daily, try to eat an egg or a piece of cheese at least twice a week 3. Add a spoonful of beans to each tortilla to have a more substantial meal 4. Try to eat fruit every day, no matter what it is, because they are healthy, easily digested and nutritious
4. Low consumption of animal protein	* Same as point 2	5. Try to eat a piece of liver or meat once a week * Same as recommendation 2
5. Iron deficiency especially in women of a reproductive age	3. Promote the consumption of an adequate diet in the following nutrients:	* Same as recommendation 5 * Same as recommendation 4
	a) Vitamin A b) Iron c) Iodine	6.
6. Vitamin A deficiency	* Same as point 3a	7. Eat greens, herbs or vegetables and greens every day for a healthy body
7. Iodine deficiency	* Same as point 3c	8. Make sure to use iodized salt and sugar fortified with Vitamin A
Related to nutritional status		
1. Malnutrition in children under 36 months, in children of pre-	1. Make the family aware of the importance of food for all the	THERE IS NO RECOMMENDATION

Eliminado: legumes

Eliminado: legumes

school and school age	members of the family	
2. Malnutrition as a cause of morbidity and mortality	2. Emphasize the importance of food the pregnant mother, the nursing mother and the child under 6 years of age	THERE IS NO RECOMMENDATION
3. High incidence of low birth weight	* Same as point 6	THERE IS NO RECOMMENDATION
Related to practices		
4. Diarrhoea is the first cause of illness	3. Promote hygienic practices when handling foods for the prevention of diarrhoea	(Corollary) Remember to eat healthy, washing hands, covering your food and drinking water
5. Taboos about hot-cold classification prohibited in different physiological states	THERE IS NO OBJECTIVE	THERE IS NO RECOMMENDATION
6. Food distribution within families in hierarchical order leaving the children for last	* Similar to point 5	THERE IS NO RECOMMENDATION
NOT IDENTIFIED AS A PRIORITY AREA	NO OBJECTIVE EXISTS	If less than five tortillas are eaten per day, eat a piece of cheese or drink milk

Afterwards, a comparison was made between the real behaviours and the desirable behaviours in order to choose recommendations that were to be promoted.

However, after analyzing the desirable recommendations (the first recommendations that appear in Table 4), the Commission was unable to take any decision regarding the recommendations because it was thought that basic information on the participating population was lacking, especially with respect to their beliefs, knowledge and eating behaviours. Therefore, formative research was carried out to examine aspects such as:

- How the population defines the term "a portion"?
- What name would the population interviewed give to each food group?
- The number of and the frequency with which tortillas are eaten
- Knowledge about sugar and salt fortification

Two field investigations were carried out and the results are as follows:

- ◆ The term "portion" is not defined by the population studied, since they are more familiar with units.
- ◆ The term "cereal" refers to breakfast cereals (corn flakes, oats, and atol). The remainder of the foods included in this group were not identified as cereals.
- ◆ The term "vegetables" includes all vegetables, with the exception of "herbs or greens" that are identified as such.
- ◆ The term "fruits" is defined adequately.
- ◆ Meats are defined, but not "alternatives", such as milk, where the equivalents are not defined.

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- ◆ Generally, they are more aware of salt fortification with iodine because they have discovered this through the media. With respect to sugar, those who had heard of fortification did not know with what nutrient it was fortified and what its purpose is.

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Based on the findings of this research, the Commission chose nine desirable behaviours, which were analyzed:

- ◆ From a technical point of view
- ◆ Compared with real behaviour
- ◆ and the feasibility of greater potential for change and impact

Eliminado: practicality

These nine desirable behaviours were tested at the population level, taking into account practices and beliefs (Second Recommendation Table 4).

The results of this second formative research with respect to desirable behaviours were as follows:

- ◆ Money is not enough for everything that is recommended
- ◆ In the urban area there is difficulty in getting organ meats such as liver.
- ◆ In the rural area, children are not able to eat 4 tortillas
- ◆ Fruit is eaten primarily between meals as a delicacy and is considered expensive
- ◆ Vegetables like carrots and squash are not eaten because of their high costs
- ◆ Aspects relating to the language used; solutions to problems and other aspects will be taken into account for the preparation of messages.

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The results were analyzed and the decision was made to eliminate the following three recommendations:

#6 ENSURE BY READING THE PACKAGE LABEL THAT THE SALT IS FORTIFIED WITH IODINE AND THE SUGAR FORTIFIED WITH VITAMIN A, given that it is not recognised as a simple mechanism that will allow the population to prove with certainty and without leaving any doubts, that both products are fortified.

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#8 EAT HEALTHY, WASHING HANDS BEFORE PREPARING, SERVING AND EATING MEALS AND BEFORE FEEDING THE BABY.

#9 COVER FOOD IN ORDER TO PROTECT IT FROM DUST, FLIES AND OTHER INSECTS for the sake of being so complex and requiring various resources and skills. The group decided that they will use a corollary to the guides.

In the case of Guatemala four behavioural trials were done before trials the final recommendations, which are listed below:

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1. Eat tortillas and beans every day. Add a spoonful of beans to each tortilla so that your meal will be more substantial.
2. To be healthy eat greens or vegetables daily.
3. Eat fruit daily, no matter what it is, because they are healthy, easily digested and nutritious.
4. In addition to eating beans daily, try to eat an egg or piece of cheese twice a week.
5. Once a week eat a piece of liver or meat.
6. Eat a variety of foods; choose foods from the six groups, in the proportions shown on the diagram.

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Eliminado: to have a healthy body.

TABLE 4

TECHNICAL AND PRACTICAL RECOMMENDATIONS

FIRST RECOMMENDATION	SECOND RECOMMENDATION	THIRD RECOMMENDATION	RECOMMENDATIONS AFTER TRIALS
RECOMMENDATION #1 Eat daily: <ul style="list-style-type: none">• 7-20 portions of cereals• 1-3 portions of vegetables• 1-3 portions of fruits• 1-2 portions of milk or equivalent	RECOMMENDATION #1 Eat a balanced meal daily that includes foods from all groups: <ul style="list-style-type: none">• Tortillas, bread, cereals, grains and rice• Vegetables and greens• Fruits• Meats, eggs, cheese and beans• Milk and milk substitutes• Fats and sugars	RECOMMENDATION #1 Eat a balanced diet, choose foods from the six food groups, in the proportions as shown on the diagram	STEP 7 To remain healthy, eat a balanced diet as indicated in the dietary guidelines
RECOMMENDATION #2 If your diet is based on beans, try to eat small portions of viscera or meat twice a week in order improve your protein and iron intake	RECOMMENDATION #2 If your diet is based on beans, try to eat an egg or small portions of viscera or meat twice a week in order to improve your intake of protein and iron	RECOMMENDATION #2 In addition to beans that are eaten daily, try to eat an egg or a piece of cheese twice a week	STEP 5 Eat an egg or a piece of cheese or a glass of milk twice a week in order to supplement your diet
RECOMMENDATION #3 Tortillas combined with beans are excellent foods that should not be excluded from the daily diet	RECOMMENDATION #3 Tortillas combined with beans are excellent foods that should not be excluded from the daily diet. If you combine 4 soup spoons of beans, this is the equivalent to eating two ounces of meat	RECOMMENDATION #3 Eat a piece of liver or meat once a week	STEP 6 At least, once a week, eat a piece of liver or meat in order to strengthen the body
RECOMMENDATION #4 It is preferable to eat fruits after the primary foods, because Vitamin C that is contained therein helps with the absorption of iron	RECOMMENDATION #4 Eat fruits daily because they are sources of vitamins and when they are eaten after meals, the iron from other foods	RECOMMENDATION #4 Eat tortillas and beans every day. Add a spoonful of beans to each tortilla so that they are more substantial	STEP 4 If you eat tortillas and beans every day, for each tortilla use a spoonful of beans in order to have a more substantial meal.
		RECOMMENDATION #5 Eat fruits daily, whatever it may be, because they are healthy, easily digested and nutritious	STEP 3 Eat fruit daily, whatever it may be, because they are healthy, easily digested and nutritious

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<p>RECOMMENDATION #5 Try to eat vegetables daily and at least three times a week choose yellow or dark-green <u>greens</u> or vegetables, to ensure your Vitamin A intake</p>	<p>is absorbed better because of the Vitamin C</p>	<p>RECOMMENDATION #6 Eat <u>greens</u> and vegetables daily to have a healthy body</p>	<p>STEP 2 Eat beans and vegetables to have a healthy body</p>
<p>RECOMMENDATION #6 Make sure that the salt that you are using is iodized and the sugar is fortified with Vitamin A</p>	<p>RECOMMENDATION #5 Eat vegetables daily and at least three times per week choose orange-coloured <u>greens</u> or vegetables such as carrots or ripe squash to ensure your intake of Vitamin A</p>	<p>RECOMMENDATION #7 Ensure that the salt that you are using is iodized and that the sugar is fortified with Vitamin A</p>	<p>ELIMINATED</p>
<p>RECOMMENDATION #7 If the consumption of tortillas is very low, try drinking more milk or eating more cheese in order to satisfy your calcium requirements</p>	<p>RECOMMENDATION #6 Ensure, by reading the package label, that the salt that is being used contains iodine and the sugar is fortified with Vitamin A.</p>	<p>ELIMINATED</p>	<p>ELIMINATED</p>
<p>RECOMMENDATION #8 Children are the greatest treasure of a family, feed them well, serve them first and help them to feed them</p>	<p>RECOMMENDATION #7 If you eat less than five tortillas per day, try to drink more milk or eat more cheese in order to satisfy your calcium requirements</p>	<p>RECOMMENDATION #8 Try to wash your hands well with soap and water before preparing, eating and serving meals, especially feed small children</p>	<p>COROLLARY In order to maintain good health, wash your hands, cover your food and your drinking water</p>
<p>RECOMMENDATION #9 The woman must eat well in order to be healthy and in order to have healthy children</p>	<p>RECOMMENDATION #8 Eat healthy, washing hands before preparing, serving and eating foods and before feeding the children</p>	<p>RECOMMENDATION #9 Eat healthy, by washing your hands. Cover your food and drinking water</p>	
<p>RECOMMENDATION #10 Wash hands before preparing, serving and eating foods and before feeding children</p>			
<p>RECOMMENDATION #11 Cover food in order to protect it from dust, flies and other insects</p>	<p>RECOMMENDATION #9 Cover food in order to protect it from dust, flies and other insects</p>		

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STEP THREE

DEFINITION OF METHODOLOGY

1. Recommendation Guide

All the information compiled to date is used in order to formulate a recommendation guide or an evaluation and assessment guide on food practices. Interviewers use these guides during behavioural trials. The preparation of these guides is a vital step since it translates the information compiled during the early phases into a list of likely improvements in practices.

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For each of the recommendations chosen, real behaviours, possible obstacles, and motivations to counteract the obstacles must be analyzed and information will be sent to women who will undergo trials.

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Recommendations should be revised with respect to writing and order of presentation in order to prepare the evaluation guides.

To conclude, one should explore recommendations with other professionals of the health and nutrition sectors to obtain their reactions.

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2. Selection of the sample

TABLE 5

DESCRIPTION OF POSSIBLE SAMPLE UNITS

- ◆ Geographic regions (Altiplano, "Boca Costa", coast)
- ◆ Cardinal points (north, south, east, west, central, metropolitan area)
- ◆ Ethnic groups
- ◆ Residence Patterns
- ◆ Education

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Each Commission should choose the specific units where it will work. Once the selection criteria have been established, one should be consistent in their application.

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For each recommendation, one suggests choosing a sample of 20 women. This will depend on the variables that will be identified, for example: ethnic groups (Mayans-whites), area of residence (urban-rural), literate/illiterate population.

In the case of Guatemala, behavioural trials were carried out in five departments of the country that correspond to the five cardinal points and the metropolitan area of the city of Guatemala.

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TABLE 6

DESCRIPTION OF GUATEMALAN SAMPLE BY TESTED RECOMMENDATION

AREA PER CARDINAL POINT	WHITES	NATIVES	TOTAL WOMEN
Urban-marginal	5	5	10
Rural	5	5	10
Total	10	10	20

3. Procedures and Techniques

A research protocol that will guide the field team during the execution of the test should be prepared. Each step should be broken down, from recruitment to analysis and the context of the sample, the questions and the form, etc should be collected.

The basic protocol for the test requires three household visits: agreement to participate, assessment and follow-up.

Protocol can be used in the following manner:

- House visit to provide information on the project and to request agreement to participate.
- Initial meeting or interview using FORM A with an explanation of the recommendation and motivation by the mother to follow it.
- Recommendation test given during one week
- Final interview, FORM B.

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◆ Initial Meeting

Preferably, one should invite the women selected to a meeting in which they will be given a demonstration and will be able to sample certain food groups. At this meeting, the recommendations should be explained and reasons given why it is good to follow them. There should be an agreement to have the women's cooperation for one week and agreement on the direction to be taken, informing them of the date on which they will be visited.

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In the event that it is not possible for all of them to meet together, each woman should be visited in her house to be provided with a brief explanation of the project. During this visit, the recommendations should be explained to them, they should be encouraged to follow them and they should be requested to cooperate for a period of one week.

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Also, one should explain to them that after a week they will be visited in order to see if the recommendations have been followed.

♦ Test

One should let a week pass in order that the women can put the recommendations into practice.

♦ Visit/Follow-up interview

At the end of a week, one should visit the women at home and should have individual interviews to ascertain if they remember the recommendations, if they were able to follow the recommendations or not, how they did it, what problems they encountered, what changes were made, suggestions, etc.

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For the purposes of this test one suggests using the techniques of an individual interview, given that it is the most appropriate method for obtaining the required information. This technique is the most suitable for obtaining individualized information relatively fast. The interview will help to determine what persons think, know, believe, perceive and do with regard to food practices.

To facilitate the use of this technique, some suggestions for having a good interview are found in Appendix B.

4. Forms

Specific forms should be developed in order to compile and record the information that is developed. In order to do this, the necessary categories of information should be taken into consideration, the type of persons who can offer information, the type of study that is going to be undertaken, for whom and for what purpose this information will serve.

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In order to carry out these behavioural trials, two interview guides were prepared along with a manual for each of the recommendations to be tested; one for the initial meeting where the recommendations are given and the other for the follow-up interview. The last form is common for all recommendations. These forms were tested in Guatemala, but should be adapted to the conditions of every country and especially to the local semantics.

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The desired procedure to test the validity of a form and to submit it for corrective testing is called the "preliminary test" or form validation. The latter consists of trials the form on a population similar to that of the objective of the study, preferably under the supervision of specialized researchers capable of determining the validity of the forms that are being used. One recommends doing this in pairs; while one researcher tests the forms, the other observes and records in order to do an evaluation at a later date. Subsequently, one should have a meeting to share experiences and incorporate the changes that are considered necessary.

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With these types of tests one is allowed to carry out the test in the same community under study, and generally it is done with key informants. With each of them, questions are read and their semantics and the logic of their sequence are analyzed. The opinions of these persons are taken into consideration and the necessary changes made. If the changes are not significant, it is not necessary to validate the guides again; on the other hand, if the changes are major, it is necessary to repeat the process again.

Eliminado: ,

After adoption at country level, the forms can be applied in any community.

In Appendix A of this document, each of the forms that can be used is included, with its respective recommendation.

Eliminado: ,

5. Staff selection and training

The team responsible for carrying out the behavioural trials should preferably include the researcher responsible and two field researchers. Ideally, the researcher responsible should be an anthropologist or a graduate in social sciences, who has previous experience in field work or behavioural trials. In addition to the basic characteristics, the researcher responsible should meet the following requirements:

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Eliminado: testing

TABLE 7

BASIC CHARACTERISTICS OF THE RESEARCHER

- ◆ Be capable of making decisions
- ◆ Be knowledgeable in planning and implementing actions
- ◆ Have good organizational ability
- ◆ Be capable of maintaining good relationships with the team members and with the persons under study
- ◆ Carry out plans
- ◆ Evaluate the work of the team constantly
- ◆ Participate in data compilation (as a minimum 10% of the total interviews should be done)

The selection of field researchers depends on local resources and the experience required. However, the key to a good behavioural test is one where researchers are not biased and are generally interested in the subject and the persons under study.

One suggests not using persons who have worked as providers, health educators or teachers. Informants may feel timid about discussing their ideas with these persons. In addition, these persons have been trained to provide recommendations and possibly it is difficult for them to listen and to try to understand the point of view of the informants.

Experience has shown that in the selection of field workers the following characteristics should be taken into account:

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TABLE 8

CHARACTERISTICS OF FIELD WORKERS

- ◆ Have knowledge of the local language(s)
- ◆ Must have completed secondary school education
- ◆ Must not have or have had any past official affiliation with health services
- ◆ Must have previous experience in field work and ideally should have experience in behavioural trials
- ◆ Must be flexible
- ◆ Must be able to maintain a good relationship with non-nationals
- ◆ Must have excellent oral skills and must be knowledgeable about the subject
- ◆ Must be mature
- ◆ Must be skilled in dealing with serious situations
- ◆ Must adapt easily to the work environment, even if there are annoyances

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Each responsible team member should receive supervised training, independently of having had previous experience in field research. The amount of time that will be dedicated to training will depend on their experience and familiarity with methodology and techniques to be used in compiling information. Training can be done by the researcher responsible, but if his/her experience in methodology is limited, a suggestion should be made to contract a specialist. Training should last at least three full days and include instruction in theory, participatory exercises, discussions and class and field practice.

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Eliminado: on the

Eliminado: magisterial classes,

In order for training of the research team to be effective, prepare a plan that covers the following:

Eliminado: it is recommended that a plan which covers the following should be prepared:

TABLE 9

TRAINING PLAN

- ◆ Subject and objectives of the trials
- ◆ Methodology and techniques to be used
- ◆ Explanation, review and discussion of forms
- ◆ Application of Forms (exercises with the techniques to be used)
- ◆ Standardization of equipment
- ◆ Recording of information (class and field practice)
- ◆ Organization and tabulation of information
- ◆ Data analysis

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Eliminado: sion

Initially, the trainers should dedicate time to familiarize the research team on the subject and objectives of behavioural trials. In order to meet the objectives and obtain the best quality data, it is extremely important that members of the team include the reason why certain types of information must be collected. After the introduction and the discussions of the objectives of trials, the trainers should explain the methodology of the behavioural trials and the techniques to be used. Also, they should explain each item of the information collection forms and after review and discuss them with the

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Eliminado: to be met and data of the best quality to be obtained,

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team. In order to demonstrate the use of techniques and of each form, the participatory performance and exercises can be useful.

Once the techniques and the forms to be used in data compilation have been mastered, the team should adopt the same standards of action. As a result of this method, all the members of the team will be able to understand concepts the same way. In order to do this, the group has to review one of the guides or instruments and define the meaning of each term or concept they are going to use.

In order for the training process to be agreeable and useful, one should take the following recommendations into consideration:

TABLE 10
RECOMMENDATIONS FOR THE TRAINING PROCESS

- ◆ Use participatory techniques to break the ice and learn to use the technique (group dynamics).
- ◆ Ensure that participants contribute their own experiences.
- ◆ Clarify all doubts that emerge.
- ◆ Use cards, flipcharts, overheads or any other auxiliary material as a didactic means.

Eliminado: equipment
Eliminado: be standardized
Eliminado: include
Eliminado: of
Eliminado: one of the guides or
Eliminado: forms for each group should be revised and the desired term or concept that is going to be dealt with should be defined. Afterwards, during practice of the techniques and forms in the classroom, one should guarantee that the members of the team effectively arrive at a single definition.

Eliminado: stationery, acetates

The actual experience in the field cannot be replaced with any class activity. In order for the members of the team to familiarize themselves with adequate field procedures, one should at least carry out a field practice in a community. After the field practice, the trainer should review and discuss the forms individually with each member of the team and point out the good points as well as the weak ones.

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Eliminado: se

Since the organization, tabulation and data analysis must be done jointly, the trainer must train the team so that they become familiar with all procedures. In a separate appendix specific guidelines are presented to organize, tabulate and analyze the information compiled.

Eliminado: both

Eliminado: lineaments

It is suggested that one train a team of researchers with previous experience in this type of trials, one reserve at least three full days for training. One must plan each of the working sessions and field practices, alternating between dynamics and relevant reflection. Each session should include objectives, duration, methodology, materials and the person responsible.

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Eliminado: testing
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Eliminado: tests

6. Schedule

The duration of the behavioural trials will depend on the number of recommendations that would be tested, the number of field workers and the sample. For example, in Guatemala, the four behavioural trials were done using 20 women for recommendations (6 recommendations and Corollary) and from each cardinal point of the country (5 more in the metropolitan area), with four field workers. The study lasted 6 weeks and involved the following:

TABLE 11

SCHEDULE OF ACTIVITIES

Activity	Time
Training and form validation	1 week
Initial meetings/interviews	1 week
Behavioural <u>trials</u>	1 week
Individual follow-up interviews	1 week
Analysis of results	1 week
Preparation of the report	1 week

Eliminado: testing

An example of a working day with two or three field workers is presented in Appendix C.

GENERAL PROCEDURES BEFORE STARTING A STUDY

Before starting behavioural trials, the following activities should be carried out:

Eliminado: testing

1. The responsible trainer and the field team should visit the different communities chosen to evaluate if they agree to participate in the study. This visit should be made at least two weeks before starting the test.
2. The researcher responsible should request authorization from the local authority to interview members of the community. This authorization should also be requested at least two weeks before initiating the study.
3. The researcher responsible should explain clearly to the local authority the purpose of this research.
4. The researcher responsible should make the necessary arrangements so that the team of researchers will have identification cards. This will prevent members of the community from feeling distrustful when research is done and from refusing to cooperate.

Eliminado: trainer

Eliminado: with the study being carried out.

SECTION III

RECORDING AND ANALYSIS

After recording the data in the specific forms, researchers should code, tabulate and organize the data for each of the recommendations to be tested. For this purpose, it is recommended that a list be prepared based on the questions on behavioural trials. If you wish to enter the data on a computer, one must copy all the information relating to a specific subject into a special file. If one works with a word processor, the copy and paste functions can be used.

For each of the recommendations, one should review the actual behaviours, obstacles and messages that were sent to women who participated in the trial.

- Eliminado: one suggests coding.
- Eliminado: ing
- Eliminado: ing
- Eliminado: testing
- Eliminado: be prepared.
- Eliminado: key in
- Eliminado:
- Eliminado: real
- Eliminado: underwent testing.

For each recommendation tested, the following aspects should be analyzed.

1. Were the women able to follow the recommendations or follow them to some extent?
2. What changes did they make to the recommendations?
3. Reasons for following or not following recommendations.
4. Suggestions from women about informing other women of the recommendations and support materials required.
5. Suggestions from "health providers".

- Eliminado: C
- Eliminado: were made
- Eliminado: .

In order to interpret the information, one should take what the informants actually said into account, their feelings and beliefs and reality of their intentions. The interpretation of the information should be as simple and direct as possible. One should pay attention to the subjects that are mentioned frequently or that are outstanding, try to discover the relationships between the different aspects and look for similarities and differences based on the objectives of the research.

One should establish the context for the recommendations gathering evidence that will support the main conclusions. In order to facilitate the development of conclusions, one should prepare a list of the main results and prepare a conclusion to be included at the end of every section. It is suggested that the results be analyzed and conclusions from different points of view be examined.

The recommendations should be based on the results. These must reflect the needs and perceptions of the participants in the behavioural trial and specify the actions that should be adopted.

- Eliminado: testing

PREPARATION OF THE REPORT

The results of the behavioural trials come from house visits, where the immediate reactions are obtained before the possibility of solving the real problems, the benefits perceived by women when they themselves decide to make beneficial changes or test new practices. All the information can be used to prepare a report which will contain the

- Eliminado: behaviour tests

refined profile of practical behaviours which will serve as a basis to develop the messages used in the Dietary Guidelines. In the case of Guatemala, the final product of this test was translated into **DIETARY GUIDELINES FOR GUATEMALA: SEVEN STEPS FOR HEALTHY EATING**.

In order to prepare the report, one recommends presenting each of the tested recommendations, the motivations used during the tests and the results obtained with textual opinions from women. Following each recommendation and the results, one should include a section relating to the conclusion which will constitute a summarised basis for the preparation of messages.

SECTION IV

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APPENDICES

APPENDIX A

- ◆ RESEARCH FORMS
- ◆ CRITERIA FOR BEHAVIOURAL ANALYSIS

Eliminado: FORMS

In order to carry out behavioural trials prior to designing the messages used in the Dietary Guidelines for Guatemala, eighteen different forms and nine manuals were prepared. In this regard, a brief description of each of the forms is offered:

Eliminado: tests

Eliminado:

- 1-A Initial Interview
Recommended Practice: EAT A BALANCED MEAL, CHOOSE FOODS FROM THE SIX FOOD GROUPS EVERY DAY, IN THE PROPORTIONS SHOWN ON THE DIAGRAM
- 1-B Follow-up Interview
- 2-A Initial Interview
Recommended Practice: IN ADDITION TO BEANS WHICH ARE EATEN DAILY, TRY TO EAT AN EGG AND PIECE OF CHEESE TWICE PER WEEK
- 2-B Follow-up Interview
- 3-A Initial Interview
Recommended Practice: EAT A PIECE OF LIVER OR MEAT ONCE A WEEK
- 3-B Follow-up Interview
- 4-A Initial Interview
Recommended Practice: EAT TORTILLAS AND BEANS DAILY, ADD A SPOONFUL OF BEANS TO EACH TORTILLA SO THAT THEY ARE MORE SUBSTANTIAL
- 4-B Follow-up Interview
- 5-A Initial interview
Recommended Practice: EAT FRUITS EVERY DAY, WHATEVER THEY MAY BE, BECAUSE THEY ARE HEALTHY, EASILY DIGESTED AND NUTRITIOUS
- 5-B Follow-up interview
- 6-A Initial Interview
Recommended Practice: EAT GREENS OR VEGETABLES EVERY DAY TO HAVE A HEALTHY BODY
- 6-B Follow-up interview
- 7-A Initial Interview
Recommended Practice: ENSURE THAT THE SALT BEING USED IS IODIZED AND THE SUGAR IS FORTIFIED WITH VITAMIN A
- 7-B Follow-up interview

Eliminado: ,

Eliminado: ,

Eliminado: LEGUMES

- 8-A Initial Interview
Recommended Practice: TRY TO WASH YOUR HANDS WELL WITH SOAP AND WATER BEFORE PREPARING, EATING AND SERVING MEALS, ESPECIALLY WHEN FEEDING YOUNG CHILDREN
- 8-B Follow-up interview
- 9-A Initial interview
Recommended Practice: EAT HEALTHY, WASH YOUR HANDS. COVER YOUR FOOD AND DRINKING WATER
- 9-B Follow-up interview

CRITERIA FOR DATA ANALYSIS

Potential for change

Consequences of behaviour

If the person who carries out the ideal behaviour perceives pleasant or positive results (for example, for the mother).

Eliminado: you want to analyze if making changes in behaviour, would have pleasant or positive results for persons

- 0 = None (or even something unpleasant)
- 1 = Very few consequences
- 2 = Some consequences
- 3 = Has significant consequences
- 4 = Has very significant consequences
- 5 = Has very important consequences

Knowledge compatibility

If you want to analyze if persons have information that will motivate positive behaviour.

- 0 = Total incompatible
- 1 = Very significant incompatibility
- 2 = Significant incompatibility
- 3 = A little incompatibility
- 4 = Very little incompatibility
- 5 = Totally compatible

Approximations to Conduct

If you want to analyze if there are similar practices to desirable behaviour which these persons are already carrying out

- 0 = No practice is similar (there are different practices)
- 1 = There is a practice a little similar
- 2 = There is a somewhat similar practice
- 3 = There is a similar practice
- 4 = There is a very similar practice
- 5 = There is an identical practice

Complexity

This assesses if desirable behaviour has a number of steps/elements that make it complex to adopt with the persons' circumstances.

- 0 = High level of complexity, not realistic
- 1 = Requires many steps/elements
- 2 = Requires a significant number of steps/elements
- 3 = Requires some steps/elements
- 4 = Requires very few steps (two or more)/elements
- 5 = Requires a single step/element

Frequency

This concerns evaluating the desirable frequency with which desirable behaviour should be carried out in order to have an impact on the health problem.

- 0 = Constantly
- 1 = Every hour
- 2 = Several times per day
- 3 = Once a day
- 4 = Several times per week
- 5 = Occasionally

Duration

This topic concerns how much time is necessary for the desirable behaviour to have an impact on the health problem.

Eliminado: It

Eliminado: should be allowed

- 0 = Must be done all the time
- 1 = For a very long length of time
- 2 = For a long length of time
- 3 = For a limited length of time (a week)
- 4 = For a very limited length of time (a day)
- 5 = It can be done in a very short period of time

Cost

It concerns analyzing the costs (in terms of money, time, effort, emotion) involved for persons to adopt the desirable behaviour.

- 0 = Requires too many resources and too much effort, not realistic
- 1 = Requires very significant resources or effort
- 2 = Requires significant resources or effort
- 3 = Requires some resources or effort
- 4 = Requires very few resources or effort
- 5 = Requires the available resources and effort

Potential for Change/Potential for Assessment (through observation)

Observation

In trying to evaluate if the fulfilment or non-fulfilment of the desirable behaviour could be observed by an "evaluator" in the circumstances in which it will occur.

Eliminado: It concerns assessing if the

- 0 = It cannot be observed
- 1 = It would be very difficult to observe
- 2 = It would be difficult to observe
- 3 = It can be observed
- 4 = It is easy to observe
- 5 = It is always observable

Eliminado: ed

Potential for Impact

This area involves analyzing if the desirable behaviour will have an impact or not on the health problem that one wishes to correct. Eliminado: It concerns

- 0 = It has no impact on the health problem
- 5 = It has some impact on the health problem
- 15 = It has a significant impact on the health problem
- 25 = It has a very significant impact
- 35 = It eliminates the health problem

TABLE FOR BEHAVIOURAL ANALYSIS
FOR THE CONSUMPTION OF AN ADEQUATE DIET
DIETARY GUIDELINES
(Revised 1 December 1995)

Consequences of behaviour	Knowledge compatibility	Similarities	Complexity	Frequency	Duration	Cost	Observability	Potential for impact

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**FORM #1-A
INITIAL INTERVIEW**

Name of mother: _____

Age: _____ Education (final year) _____ No. of children between 1-6 years: _____

No. of persons in the house: _____ Adults _____ Children _____

Community _____ Urban _____ Rural _____

Town _____ Department _____

Date of interview: ____/____/____ Interviewer: _____

NOTE: Socio-economic bracket LOWER _____ MIDDLE _____ UPPER
MIDDLE _____ UPPER _____

Ethnic Group Local _____ White _____

1. Do you and your family eat a balanced diet every day? (YES)
What? _____

(NO)

Why? _____

2. Who eats this meal? Everyone in the family? _____ Only father? _____

Only mother? _____ or only the children? _____

IF NOT THE ENTIRE FAMILY ASK

Why? _____

1. When do you eat the most balanced meal?

2. Which food do you eat most of? Grains _____ cereals _____ potatoes _____ greens _____
_____ and
vegetables _____ fruits _____ meats _____ milk _____ sugar _____ fats _____

Eliminado: legumes

NUMBER IN ORDER OF PREFERENCE 1 = EATEN THE MOST

3. Which of the following foods do you like most? Grains _____ potatoes _____ cereales _____ greens _____
_____ and
vegetables _____ fruits _____ meats _____ milk _____ sugar _____ fats _____

Eliminado: legumes

NUMBER IN ORDER OF PREFERENCE 1 = LIKE THE MOST

4. What do you think of the price of food in general? Expensive _____ Cheap _____ OK _____

RECOMMENDED PRACTICE #1

Eliminado: 1

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1
1
1

A. Recommendation

EAT A BALANCED MEAL, CHOOSE FOODS FROM THE SIX FOOD GROUPS EVERY DAY, IN PROPORTIONS AS SHOWN ON THE DIAGRAM.

B. Motivation

- One can get them in the community
- Everyone in the family can eat them

C. How will you recommend this practice

Sample

10 women from marginal urban areas, 5 Whites and 5 locals (departmental head) and 10 women from the rural areas, 5 Whites and 5 locals from the same department, with children older than 2 years that is not an only child.

Techniques

- House visit in order to provide more information on the project, initial interview, FORM 1-A, explain the recommendation and motivate women to follow it.
- Trials of the recommendation for a week.
- Final interview, FORM 1-B.

Eliminado: Testing

FORM #1-B
FINAL INTERVIEW

Name of mother _____

Community _____ Urban _____ Rural _____

Municipality _____ Department _____

Date of interview: ____/____/____ Interviewer: _____

1. Do you remember what we spoke about last time? (ASK THEM TO EXPLAIN) _____

2. Were you able to follow the recommendation? Yes _____ No _____
Somewhat _____

(NO OR SOMEWHAT)

Why? _____

3. Did you have any problem following the recommendation?
YES _____ NO _____

(YES) What
exactly? _____

4. For how many days did you follow this recommendation?

5. What foods from the diagram are eaten mostly?

Grains _____ potatoes _____ cereales _____
_____ greens _____ and _____
vegetables _____ fruits _____ meats _____ milk _____
sugar _____ fats _____

Eliminado: legumes

6. Did you make any changes? YES _____ NO _____

(YES)

What? _____

7. Did your family like it? Yes _____ What did they like the
most? _____

(NO) What did they like the least?

8. Have you decided to follow this recommendation? YES _____ NO _____

Why? **(YES)** _____

not? **(NO) Why** _____

9. What suggestions would you give in order that other women follow the same recommendation?

FORM #2-A
FINAL INTERVIEW

Eliminado: 1
1

Name of mother _____

Age: _____ Education (final year) _____ No. of children between 1-6 years: _____

No of persons in the house _____ Adults _____ Children _____

Community _____ Urban _____ Rural _____

Municipal _____ Department _____

Date of interview: ____/____/____ Interviewer: _____

NOTE: Socio-economic bracket LOWER _____ MIDDLE _____ UPPER
MIDDLE _____ UPPER _____

Ethnic Group Local _____ White _____

1. Do you and your family eat beans every day? (YES)
Why? _____

(NO)
Why? _____

2. Who eats beans? Everybody in the family? _____ Only father? _____ Only mother? _____

Or only the children? _____

IF THIS IS NOT THE ENTIRE FAMILY ASK

Why? _____

3. At which meal do you eat the most beans? _____

4. How do you prepare them? _____

5. Do you like them? _____

6. In addition to beans, what other foods do you eat?
Grains _____ potatoes _____ milk _____

cereals _____ greens _____ and
 vegetables _____ fruits _____ meats _____ sugar _____ fats _____
 NUMBER IN ORDER OF PREFERENCE 1 = EATEN MOST

Eliminado: legumes

7. What do you think of the price of beans? Expensive _____ Cheap _____ OK _____

RECOMMENDED PRACTICE #2

A. Recommendation

IN ADDITION TO BEANS THAT ARE EATEN DAILY, TRY TO EAT AN EGG AND A PIECE OF CHEESE TWICE A WEEK

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 1
 1
 1

B. Motivation

- All food is obtained from the community
- It is easy to prepare
- Everyone in the family can eat it
- It will give you strength, you will feel better and you will look healthier
- Everyone in your family will like it

Eliminado: strengthen
 Eliminado: r complexion will be clearer

C. How will you recommend this practice?

Sample

10 women from marginal urban areas, 5 Whites and 5 locals (departmental head) and 10 women from rural areas, 5 Whites and 5 locals from the same department, with children older than two years old that are not only children.

Techniques

- House visit in order to provide more information about the project, initial interview, FORM 2-A, explain the recommendations and motivate women to follow them.
- Trials of the recommendations during one week.
- Final interview, FORM 2-B.

Eliminado: Testing

**FORM #2-B
FINAL INTERVIEW**

Name of mother _____

Community _____ Urban _____ Rural _____

Municipality _____ Department _____

Date of interview: ____/____/____
Interviewer _____

1. Do you remember what we spoke about last time? (ASK THEM TO EXPLAIN)

2. Were you able to follow the recommendations? Yes _____ No _____ Somewhat _____

(NO OR
SOMEWHAT) Why? _____

3. Did you have any problems following the recommendations? Yes _____ No _____

(YES)

What? _____

4. For how many days did you follow the recommendations? _____

5. In addition to beans, how many days did you eat an egg? _____

In addition to beans, how many days did you eat cheese? _____

6. Did you make any changes? Yes _____ No _____

(Yes)

What? _____

7. Did your family like it? Yes _____ No _____

What did they like the most? _____

(NO) What did they like the least? _____

8. Do you plan to follow these recommendations? Yes _____ No _____

(YES)
Why? _____

(NO) Why
not? _____

9. What suggestions would you give in order that other women follow these recommendations?

FORM #3-A
INITIAL INTERVIEW

Eliminado: FINAL

Name of
mother _____

Age: _____ Education (final year) _____ No. of children between 1-6
years: _____

No of persons in the
house _____ Adults _____ Children _____

Community _____ Urban _____ Rural _____

Municipality _____
Department _____

Date of
interview: ____/____/____ Interviewer: _____

NOTE: Socio-economic bracket LOWER _____ MIDDLE _____ UPPER
MIDDLE _____ UPPER _____

Ethnic Group: Local _____ White _____

1. Do you and your family eat meat or liver once a week?

(YES) What type of meat do you
eat? _____

(NO) Why
not? _____

2. Who eats meat? Everybody in the family? _____ Only father? _____ Only
mother? _____

Or only the children? _____
IF THIS IS NOT THE ENTIRE FAMILY ASK

Why? _____

3. At which meal do you eat
meat? _____

4. How much do you
buy? _____

5. How do you prepare
meat? _____

6. Do you like
meat? _____

7. In addition to meat, what other foods do you eat? Grains _____ potatoes _____ milk _____

cereals _____ greens _____ vegetables _____ fruits _____ sugar _____ fats _____

NUMBER IN ORDER OF PREFERENCE 1 = EATEN MOST

Eliminado: legumes

8. What do you think of the price of meat? Expensive _____ Cheap _____ OK _____

RECOMMENDED PRACTICE #3

A. Recommendation

EAT A PIECE OF LIVER OR MEAT ONCE A WEEK

B. Motivation

- It is easy to prepare
- It will strengthen you, you will feel better and will look healthier,
- Everyone in the family likes it

Eliminado: have a better complexion

Eliminado: will

C. How will this practice be recommended

Sample

10 women from marginal urban areas, 5 Whites and 5 locals (departmental head) and 10 women of rural areas, 5 Whites and 5 locals from the same department, with children older than two years that are not an only child.

Techniques

- House visit in order to provide more information about the project, initial interview, FORM 3-A, explain the recommendations and motivate women to follow them.
- Trials of the recommendations for one week.
- Final interview, FORM 3-B.

Eliminado: Testing

**FORM #3-B
FINAL INTERVIEW**

Name of mother _____

Community _____ Urban _____ Rural _____

Municipality _____ Department _____

Date of interview: ____/____/____
Interviewer _____

1. Do you remember what we spoke about last time? (ASK THEM TO EXPLAIN)

2. Were you able to follow the recommendations? Yes _____ No _____ Somewhat _____

(NO OR
SOMEWHAT) Why? _____

3. Did you have any problems following the recommendations? Yes _____ No _____

(YES)

What? _____

4. Were you able to eat some type of meat once a week? _____

5. How many days did you eat meat? _____

6. What type of meat did you eat? _____

7. Did your family like it? Yes _____ No _____

What did they like the most? _____

(NO) What did they like the least? _____

8. Do you plan to follow these recommendations? Yes _____ No _____

(YES)

Why? _____

(NO) Why
not? _____

9. What suggestions would you give in order that other women follow these recommendations?

FORM #4-A
INITIAL INTERVIEW

Eliminado: -- Salto de página --

Eliminado: FINAL

Name of
mother _____

Age: _____ Education (final year) _____ No. of children between 1-6
years: _____

No of persons in the
house _____ Adults _____ Children _____

Community _____ Urban _____ Rural _____

Municipality _____
Department _____

Date of
interview: ____/____/____ Interviewer: _____

NOTE: Socio-economic Bracket LOWER _____ MIDDLE _____ UPPER
MIDDLE _____ UPPER _____

Ethnic Group: Local _____ White _____

1. Do you and your family eat beans and tortillas every day?

(YES)
Why? _____

_____ How much does the family
eat? _____

(NO) Why
not? _____

2. Who eats beans and tortillas? Everybody in the family? _____ Only father? _____ Only
mother? _____ Or only the children? _____
IF THIS IS NOT THE ENTIRE FAMILY ASK

Why? _____

3. At which meal do you eat the most beans and
tortillas? _____

4. What food do you eat most? How many spoonfuls of beans? _____ How many tortillas? _____

5. In addition to meat, what other foods do you eat?
Grains _____ potatoes _____ cereals _____ greens _____ and
vegetables _____ fruits _____ sugar _____ fats _____
NUMBER IN ORDER OF PREFERENCE 1 = EATEN MOST

Eliminado: legumes

6. What do you think of the price of beans and tortillas?
Expensive _____ Cheap _____ OK _____

RECOMMENDED PRACTICE #4

Eliminado: 1.

A. Recommendation

EAT BEANS AND TORTILLAS EVERY DAY. ADD A SPOONFUL OF BEANS TO EACH TORTILLA SO THAT THEY CAN BE MORE SUBSTANTIAL

B. Motivation

- The tortillas combined with beans are equal to a small piece of meat
- It is cheaper than meat
- All the foods can be obtained from the community
- They are easy to prepare
- They can be eaten by the whole family
- They will give you strength and help you feel better
- Good for the growth of children

C. How will this practice be recommended

Sample

10 women from marginal urban areas, 5 Whites and 5 locals (departmental head) and 10 women of rural areas, 5 Whites and 5 locals from the same department, with children older than two years that are not an only child.

Techniques

- House visit in order to provide more information about the project, initial interview, FORM 4-A, explain the recommendations and motivate women to follow them.
- Trials of the recommendations for one week.
- Final interview, FORM 4-B.

Eliminado: Testing

**FORM #4-B
FINAL INTERVIEW**

Name of mother _____

Community _____ Urban _____ Rural _____

Municipality _____ Department _____

Date of interview: ____/____/____
Interviewer _____

1. Do you remember what we spoke about last time? (ASK THEM TO EXPLAIN)

2. Were you able to follow the recommendations? Yes _____ No _____ Somewhat _____

(NO OR
SOMEWHAT) Why? _____

3. Did you have any problems following the recommendations? Yes _____ No _____

(YES)

What? _____

4. Did you add a spoonful of beans to each tortilla? _____

5. How many beans and tortillas did you eat each day? _____

6. How many days did you follow the recommendations? _____

7. Did you make any changes? Yes _____ No _____

What? _____

8. Did your family like it? Yes _____ No _____

(YES)
Why? _____

(NO) Why
not? _____

9. Do you plan to follow these recommendations? YES _____ NO _____

(YES)

Why? _____

(NO) Why

not? _____

10. What suggestions would you give in order that other women follow these recommendations?

Eliminado: _____

Salto de página

FORM #5-A
INITIAL INTERVIEW

Eliminado: FINAL

Name of

mother _____

Age: _____ Education (final year) _____ No. of children between 1-6

years: _____

No of persons in the

house _____

Adults _____

Children _____

Community _____

Urban _____

Rural _____

Municipality _____

Department _____

Date of

interview: _____

/ /

Interviewer: _____

NOTE: Socio-economic bracket LOWER _____ MIDDLE _____ UPPER

MIDDLE _____ UPPER _____

Ethnic Group: Local _____

White _____

1. Do you and your family eat fruit every day?

(YES)

Why? _____

(NO) Why

not? _____

2. Who eats fruit? Everybody in the family? _____ Only father? _____ Only
mother? _____ Or only the children? _____

IF THIS IS NOT THE ENTIRE FAMILY ASK

Why? _____

3. At which meal do you eat

fruits? _____

4. What type of fruit do you eat?

5. In addition to fruit, what other foods do you eat? Grains _____ potatoes _____ milk _____

cereals _____ greens _____ and vegetables _____ meats _____ sugar _____ fats _____

NUMBER IN ORDER OF PREFERENCE 1 = LIKE THE MOST

Eliminado: legumes

6. What do you think of the price of fruits? Expensive _____ Cheap _____ OK _____

Eliminado: --Salto de página--

RECOMMENDED PRACTICE #5

A. Recommendation

EAT FRUIT EVERY DAY, WHATEVER IT MAY BE, BECAUSE THEY ARE HEALTHY, EASILY DIGESTED AND NUTRITIOUS

B. Motivation

- Fruits contain Vitamin C which prevents cataract, influenza
- Eating them before meals helps other foods to be better digested
- Fruit can be obtained from the community
- They are different fruit all the time depending on the season
- They are easy to prepare and only require washing and peeling
- They can be eaten by the whole family
- They will give you strength and help you feel better
- They are tasty, the entire family likes them

C. How will this practice be recommended

Sample

10 women from marginal urban areas, 5 Whites and 5 locals (departmental head) and 10 women of rural areas, 5 Whites and 5 locals from the same department, with children older than two years that are not an only child.

Techniques

- House visit in order to provide more information about the project, initial interview, FORM 5-A, explain the recommendations and motivate women to follow them.
- Trials of the recommendations for one week.
- Final interview, FORM 5-B.

Eliminado: Testing

**FORM #5-B
FINAL INTERVIEW**

Name of mother _____

Community _____ Urban _____ Rural _____

Municipality _____ Department _____

Date of interview: ____/____/____
Interviewer _____

1. Do you remember what we spoke about last time? (ASK THEM TO EXPLAIN)

2. Were you able to follow the recommendations? Yes _____ No _____ Somewhat _____

(NO OR
SOMEWHAT) Why? _____

3. Did you have any problems following the recommendations? Yes _____ No _____

(YES)

What? _____

4. Which fruits did you eat? _____

5. When did you eat them? _____

6. How many days did you follow the recommendations? _____

7. Did you make any changes? Yes _____ No _____

(YES)

What? _____

8. Did your family like them? Yes _____ No _____

What did you like most? _____

What did you like least? _____

9. Do you plan to follow these recommendations? YES _____ NO _____

(YES)
Why? _____

(NO) Why
not? _____

10. What suggestions would give in order that other women follow these recommendations?

FORM #6-A
INITIAL INTERVIEW

Eliminado: --Salto de página--

Eliminado: FINAL

Name of
mother _____

Age: _____ Education (final year) _____ No. of children between 1-6
years: _____

No of persons in the
house _____ Adults _____ Children _____

Community _____ Urban _____ Rural _____

Municipality _____
Department _____

Date of
interview: ____/____/____ Interviewer: _____

NOTE: Socio-economic bracket LOWER _____ MIDDLE _____ UPPER
MIDDLE _____ UPPER _____

Ethnic Group: Local _____ White _____

3. Do you and your family eat greens or vegetables every day?

Eliminado: legumes

(YES)
Why? _____

(NO) Why
not? _____

4. Who eats greens and vegetables? Everybody in the family? _____ Only father? _____
Only mother? _____ Or only the children? _____

Eliminado: legumes

IF THIS IS NOT THE ENTIRE FAMILY ASK

Why? _____

5. What types of greens or vegetables do you
eat? _____

Eliminado: legumes

6. At which meal do you eat the most greens and
vegetables? _____

Eliminado: legumes

7. How do you prepare greens?

Eliminado: legumes

8. How do you prepare vegetables?

9. In addition to greens/vegetables, what other foods do you eat?

Grains _____ potatoes _____ cereals _____ fruits _____ meats _____ sugar _____ fats _____

Eliminado: legumes

NUMBER IN ORDER OF PREFERENCE 1 = LIKE THE MOST

10. What do you think of the price of greens and vegetables?

Expensive _____ Cheap _____ OK _____

Eliminado: legumes

Eliminado: --Salto de página--

RECOMMENDED PRACTICE #6

A. Recommendation

EAT GREENS AND VEGETABLES EVERY DAY TO HAVE A HEALTHY BODY

Eliminado: LEGUMES

B. Motivation

- Orange-coloured vegetables like carrots and ripe squash or dark-green leafy vegetables contain Vitamin A
- Vitamin A is necessary and good for the entire family for health and happiness
- They are rich in Vitamin A which is good for growth, maintains healthy skin and good eye-sight
- Vegetables and greens can be obtained within in the community
- Mothers know how to prepare them
- The whole family can eat them
- They will strengthen you and help you feel better

Eliminado: legumes

Eliminado: legumes

C. How will you recommend this practice?

Sample

10 women from marginal urban areas, 5 Whites and 5 locals (departmental head) and 10 women from rural areas, 5 Whites and 5 locals from the same department, with children older than two years old that are not only children.

Techniques

- House visit in order to provide more information about the project, initial interview, FORM 6-A, explain the recommendations and motivate women to follow them.
- Trials of the recommendations for one week.
- Final interview, FORM 6-B.

Eliminado: Testing

**FORM #6-B
FINAL INTERVIEW**

Name of mother _____

Community _____ Urban _____ Rural _____

Municipality _____ Department _____

Date of interview: ____/____/____

Interviewer _____

1. Do you remember what we spoke about last time? (ASK THEM TO EXPLAIN)

2. Were you able to follow the recommendations? Yes _____ No _____ Somewhat _____

(NO OR
SOMEWHAT) Why? _____

3. Did you have any problems following the recommendations? Yes _____ No _____

(YES)

What? _____

4. Which greens did you eat? _____

Eliminado: legumes

5. Which vegetables did you eat? _____

6. How many days did you follow the recommendations? _____

7. Did you make any changes? Yes _____ No _____

(YES)

What? _____

8. Did your family like them? Yes _____ No _____

What did you like most? _____

What did you like least? _____

9. Do you plan to follow these recommendations? YES _____ NO _____

(YES)
Why? _____

(NO) Why
not? _____

10. What suggestions would you give in order that other women follow these recommendations?

FORM #7-A
INITIAL INTERVIEW

Eliminado: --Salto de página--

Eliminado: FINAL

Name of
mother _____

Age: _____ Education (final year) _____ No. of children between 1-6
years: _____

No of persons in the
house _____ Adults _____ Children _____

Community _____ Urban _____ Rural _____

Municipality _____
Department _____

Date of
interview: ____/____/____ Interviewer: _____

NOTE: Socio-economic bracket LOWER _____ MIDDLE _____ UPPER
MIDDLE _____ UPPER _____

Ethnic Group: Local _____ White _____

1. Do you and your family use sugar and salt every day?

(YES)
Why? _____

(NO) Why
not? _____

2. Who uses salt and sugar? Everybody in the family? _____ Only father? _____ Only
mother? _____ or only the children? _____

Why? _____

3. What do you think of the price of sugar? Expensive _____ Cheap _____ OK _____

4. What do you think of the price of salt? Expensive _____ Cheap _____ OK _____

RECOMMENDED PRACTICE #7

A. Recommendation

ASCERTAIN IF THE SALT THAT IS BEING USED IS IODIZED AND THE SUGAR FORTIFIED WITH VITAMIN A

B. Motivation

- The iodized salt prevents the development of goitres and helps children to grown up happy and healthy
- Sugar fortified with Vitamin A is good, strengthens you, helps the child to be healthy, happy
- Use them in preparation of all your meals
- Everyone in the family can eat it

C. How will this practice be recommended

Sample

10 women from marginal urban areas, 5 whites and 5 locals (departmental head) and 10 women from rural areas, 5 whites and 5 locals from the same department, with children older than two years that are not only children.

Techniques

- House visit in order to provide information on the project, initial interview, FORM 7-A, explain the recommendation and motivate women to follow it.
- Trials of the recommendation for one week.
- Final interview, FORM 7-B.

Eliminado: Testing

**FORM #7-B
FINAL INTERVIEW**

Name of mother _____

Community _____ Urban _____ Rural _____

Municipality _____ Department _____

Date of interview: ____/____/____
Interviewer _____

1. Do you remember what we spoke about last time? (ASK THEM TO EXPLAIN)

2. Were you able to follow the recommendations?
Yes _____ No _____ Somewhat _____

(YES) How did you use salt?

(YES) How did you use
sugar? _____

3. Did you have any problems following the recommendations? Yes _____ No _____

(YES)

What? _____

4. How many times did you check if the salt was
iodized? _____

5. How many times did you check if the sugar was
fortified? _____

6. Have you decided to continue checking if the salt was iodized or the sugar
fortified? _____

YES _____ NO _____

(YES)

Why? _____

(NO) Why
not? _____

7. What suggestions would you give in order that other women follow these recommendations?

FORM #8-A
INITIAL INTERVIEW

Eliminado: FINAL

Name of mother _____

Age: _____ Education (final year) _____ No. of children between 1-6 years: _____

No of persons in the house _____ Adults _____ Children _____

Community _____ Urban _____ Rural _____

Municipality _____
Department _____

Date of interview: ____/____/____ Interviewer: _____

NOTE: Socio-economic bracket LOWER _____ MIDDLE _____ UPPER _____
MIDDLE _____ UPPER _____

Ethnic Group: Local _____ White _____

1. Do you and your family wash your hands? YES _____ NO _____

(YES) When? Before preparing food _____ before eating _____ before serving food _____

(NO) Why not? _____

Do you wash your hands with soap and water? _____ or only with water? _____

(NO) Why not? _____

2. Who washes their hands? Everyone _____, only father _____, only mother, or only the children _____

Why? _____

When? _____ before eating? _____

How do you wash them? With soap and water _____ or only with water _____

3. Do you have a faucet in your house? YES _____ NO _____

(NO) From where do you get water to wash? _____

4. How often do you change that water? _____
5. Is it necessary to remind the children to wash their hands? _____
6. Washing your hands before preparing, eating, serving meals seems complicated _____ easy _____ normal _____

Eliminado: --Salto de página--

RECOMMENDED PRACTICE #8

A. Recommendation

TRY TO WASH YOUR HANDS WELL WITH SOAP AND WATER BEFORE PREPARING, EATING AND SERVING FOOD, ESPECIALLY WHEN FEEDING CHILDREN

B. Motivation

- The iodized salt prevents the development of goitres and helps children to grown up happy and healthy

C. How will this practice be recommended

Sample

10 women from marginal urban areas, 5 whites and 5 locals (departmental head) and 10 women from rural areas, 5 whites and 5 locals from the same department, with children older than two years that are not only children.

Techniques

- House visit in order to provide information on the project, initial interview, FORM 8-A, explain the recommendation and motivate women to follow it.
- Trials of the recommendation for one week.
- Final interview, FORM 8-B.

Eliminado: Testing

**FORM #8-B
FINAL INTERVIEW**

Name of mother _____

Community _____ Urban _____ Rural _____

Municipality _____ Department _____

Date of interview: ____/____/____
Interviewer _____

1. Do you remember what we spoke about last time? (ASK THEM TO EXPLAIN)

2. Were you able to follow the recommendations?
Yes _____ No _____ Somewhat _____

(YES)

(SOMEWHAT)

(NO) Why
not? _____

3. Did you have any problems following the recommendations? Yes _____ No _____

(YES)

What? _____

4. How many days did you follow the
recommendations? _____

5. On those days, did you wash your hands with soap and water? _____ or only
water? _____

6. You washed your hands: before preparing meals _____ before
serving _____ before eating _____ before feeding the children _____

7. Have you decided to follow these recommendations? YES _____ NO _____

(YES)

Why? _____

—

(NO) Why

not? _____

8. What suggestions would you give in order that other women follow these recommendations?

Eliminado: _____
Salto de página _____

FORM #9-A
INITIAL INTERVIEW

Eliminado: FINAL

Name of
mother _____

Age: _____ Education (final year) _____ No. of children between 1-6
years: _____

No of persons in the
house _____ Adults _____ Children _____

Community _____ Urban _____ Rural _____

Municipality _____
Department _____

Date of
interview: ____/____/____ Interviewer: _____

NOTE: Socio-economic bracket LOWER _____ MIDDLE _____ UPPER
MIDDLE _____ UPPER _____

Ethnic Group: Local _____ White _____

1. Do you and your family cover all food and drinking water?

(YES) We cover the food _____ We cover the drinking water _____

Why? _____

(NO) We do not cover the food _____ we cover the drinking
water _____

Why
not? _____

2. Who does this? Everybody _____, only father _____, only mother, or only the children _____

3. When do they cover the
food? _____

4. When do they cover the drinking water? _____

5. From where do they get the drinking water? _____

6. How does covering food and drinking seem to you?
Complicated _____ Easy _____ Normal _____

Eliminado: -- Salto de página--

RECOMMENDED PRACTICE #9

A. Recommendation

EAT HEALTHY. WASH YOUR HANDS. COVER YOUR FOOD AND DRINKING WATER

B. Motivation

- If you protect your food and water, eat healthy and prevent diseases, like cholera
- If you cover your food and drinking water, you will protect them from dust, flies and other insects

C. How will this practice be recommended

Sample

10 women from marginal urban areas, 5 whites and 5 locals (departmental head) and 10 women from rural areas, 5 whites and 5 locals from the same department, with children older than two years that are not only children.

Techniques

- House visit in order to provide information on the project, initial interview, FORM 7-A, explain the recommendation and motivate women to follow it.
- Trials of the recommendation for one week.
- Final interview, FORM 9-B.

Eliminado: Testing

Con formato: Izquierda

FINAL INTERVIEW

Name of mother _____

Community _____ Urban _____ Rural _____

Municipality _____ Department _____

Date of interview: ____/____/____
Interviewer _____

1. Do you remember what we spoke about last time? (ASK THEM TO EXPLAIN)

2. Were you able to follow the recommendations?
Yes _____ No _____ Somewhat _____

(NO OR SOMEWHAT) WHY?

3. Did you have any problems following the recommendations? Yes _____ No _____

(YES)

What? _____

4. How many days did you follow the recommendations? _____

5. Did you make any changes? YES _____ NO _____

(YES)

WHAT? _____

6. Have you decided to follow this recommendation? YES _____ NO _____

(YES)

Why? _____

(NO) Why
not? _____

8. What suggestions would you give in order that other women follow these recommendations?

Eliminado: —Salto de página—

APPENDIX B

SUGGESTIONS FOR THE USE OF TECHNIQUES

INTERVIEW TECHNIQUES

Individual semi-structured interview

Eliminado:

The semi-structured individual interview is another technique of qualitative research. An interview is a conversation between the person who is posing the questions (interviewer) and the person who is responding to them (informant). This technique is used in order to study the beliefs, attitudes and behaviours of the target population. It can be used when information is required relatively quickly, especially when the information that is needed is extensive or individualized. The advantages and some disadvantages of using this technique are as follows:

Eliminado: in-depth

TABLE 1

ADVANTAGES AND DISADVANTAGES OF THE SEMI-STRUCTURED INDIVIDUAL INTERVIEW

Eliminado: IN-DEPTH

Advantages	Disadvantages
<ul style="list-style-type: none">• Relatively simple technique of collecting and recording information• Flexibility of including other emerging subjects• Allows a certain quantification, which makes it easier systematize information	<ul style="list-style-type: none">• Researchers must have prior knowledge of the subject and local interpretation of the variables in order to be able to ask relevant questions.

Its advantages over other techniques, for example with the focus groups, is that it serves to obtain information considered private or related to a behaviour that could be subject to disapproval. Also, it is very useful in obtaining information on actual practices, which is not easily accessible with focus groups.

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Eliminado: real

Eliminado: al

In general terms, when conducting an interview, it is important to be sensitive, to behave naturally and as the situation dictates. A semi-structured individual interview or an in-depth interview is not a question and answer session, but rather a conversation in which the informant offers the interviewer information that is needed in relation to a subject on which such generally she knows well. If the interaction is good, there will be a greater opportunity for the informant to share his/her knowledge with a genuine interest and sincerity. Therefore, it is recommended that the interviewer always have the following suggestions in mind:

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Eliminado:

Eliminado: n

Eliminado: what is generally known.

Eliminado: further

1. Be empathetic and above all, respect the informant.

2. Be tactful. The interviewer should establish a relationship with the informant and not judge him. Therefore, he must know when to insist on, explore or desist from a particular subject area.
3. Be sensitive. The interviewer should try to capture and note any indication or key point offered by the informant. He/she must be observant and capture all the details.
4. Be honest with oneself and with the informant.

Introduction to the interview

The start of an interview is important because it determines its atmosphere. Therefore, some suggestions are offered that must be taken into account before starting the interview:

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Eliminado: of the same. As a result,

1. The first thing that the interviewer must do is introduce him/her to the informant. He/She should explain to the informant what he/she will be doing and request the informant's cooperation.
2. Before starting the interview contact should be established with the informant. The easiest way to do this is to talk about family.
3. The interviewer must try to reduce the physical and social distance between her/himself and the informant. For example, if the informant is seated, the interviewer should also take a seat. In addition, a superior attitude should not be adopted.

Eliminado: self

During the Interview

Following are some suggestions aimed at facilitating interviews;

1. The interview should be confidential. It is important not to discuss the informant and his/her family with other persons.
2. The questions must be neutral. When formulating questions, one must not influence answers. The questions asked must be neutral.
3. The attitudes and behaviours must be neutral. One must not influence responses with attitudes and behaviours.
4. One must be thorough. During an interview one must try to achieve thorough responses. One must not accept superficial responses nor change quickly from one subject to another. One must try to obtain detailed responses. In this regard, one can use phrases such as "Why", "Like what?", "How did you feel when that happened?" "What happened when...?"
5. One must not be indifferent to the environment. During the interview, if something happens in the surroundings, the interviewer should refer to it and not ignore it.

Eliminado: to

6. One should use the indirect technique. When the interviewer wants to be assured that he/she listened well or that the informant really wanted to say what the interviewer heard, he/she can avoid the need of repeating the original question by using the earlier response in order to ask again. This technique also can be used when the informant asks a question to which the interviewer does not want to respond so as not to influence the opinion of the informant.
7. One can delay responses. During the interview, the interviewer can delay responses to questions posed by the informant. If the interviewer gives his opinion, he will not know what the informant thinks about a subject since he will have influenced the response. In the same way, the interviewer must refrain from behaviours and attitudes that will influence behavioural trials.
8. One must have patience. It is not necessary to question or speak constantly during the interview. The interviewer must allow breaks in order to allow him/herself as well as the informant to think. In this way, the informant feels more confident and can elaborate more on a particular subject.
9. One must not interrupt. One should not interrupt the activities of the informant too much. One must remember that the informant is doing you a favour by participating in behavioural trials.
10. One must record the interview conditions. One must note the starting and ending time of the interview, persons present, name of informant and any special circumstances of the same. At the start and during the interview, one should estimate the time that the informant has available for the interview and note any sign of impatience the person shows. In the event that it is considered necessary, one should end the interview and continue at a later date.
11. Become familiar with the interview forms. The interviewer must become familiar with the behavioural trial forms. General themes as well as the specific aspects relating to the subject must be taken into account. This will make the interview seem more natural and will avoid questions irrelevant to research interests.
12. Try not to give implicit recommendations. The interviewer must try not to give implicit recommendations on determined conducts and practices. The interviewer should not ask "And what did you do?" as this implies that something should be done. It is better to ask "And what happened next?"
13. One must not generate the wrong ideas. One must not generate false ideas on the objectives of behavioural trial in obtaining cooperation from the informant chosen for the interview.
14. One must be honest. The interviewer must always tell the truth about why he is doing the job, the purpose and the objectives of behavioural trial. He/she must explain to them in a simple way so that the informants will understand them easily.
15. One must use a moderate tone of voice. During the interview, the interviewer should use a moderate tone of voice, not a very high nor a very low one; it should

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Eliminado: concerning

Eliminado: testing

Eliminado: testing

be natural. He/she must avoid asking questions in a commanding way so as not to inhibit the informant. One must remember that the informant is doing a favour in participating in the behavioural trial. The conversation should have a friendly tone. The interviewer should use the local language and should know about the local customs.

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Eliminado: try to make friendly conversation.

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Con formato: Sangría:
Izquierda: 0"

APPENDIX C

SCENARIO "A" (TWO WORKERS)

EXAMPLE OF A WORKING DAY

WORKER	ACTIVITY	
	TOMORROW	AFTER
1	3 INITIAL INTERVIEWS WHITE POPULATION MARGINAL URBAN AREA DEPARTMENT OF ESCUINTLA RECOMMENDATION #1	2 INITIAL INTERVIEWS WHITE POPULATION MARGINAL URBAN AREA DEPARTMENT OF ESCUINTLA RECOMMENDATION #1 1 INTIAL INTERVIEW COROLLARY
2	3 INITIAL INTERVIEWS INDIGENOUS POPULATION MARGINAL URBAN AREA DEPARTMENT OF ESCUINTLA RECOMMENDATION #1	2 INITIAL INTERVIEWS INDIGENOUS POPULATION MARGINAL URBAN AREA DEPARTMENT OF ESCUINTLA RECOMMENDATION #1 1 INITIAL INTERVIEW COROLLARY

The time for transportation should be taken into account.
 In a working day two field workers can conduct 10 out of 20 interviews by behaviour:

5 initial interviews, white population, urban area, Behaviour #1
 5 initial interviews, indigenous population, urban area, Behaviour #1
 2 initial interviews, white/indigenous population, urban area
 COROLLARY

SCHEDULE

SCENARIO "A" (TWO WORKERS)

DAY	WEEK	TIME	FROM TO	TIME/KM	WORK #	POPULATION	TECHNIQUE
1	1	07:30 to 09:00 09:30 to 18:00	Guate-Escuintla (SUR) ESCUINTLA	1:30 h 70 km	ALL 1 2	5 Urban Locals 5 Urban whites	Behaviour # 1* Initial Interview
2		07:00 to 18:00	ESCUINTLA		1 2	5 Rural Whites 5 Rural Locals	Behaviour # 1 Initial Interview
3		06:00 to 09:00 09:30 to 18:00	Escuintla-Quetz (OESTE) QUETZALTENANGO	3:00 h 225 km	ALL 1 2	5 Urban Locals 5 Urban Whites	Behaviour # 2* Initial Interview
4		07:00 to 18:00	QUETZALTENANGO			5 Rural Whites 5 Rural Locals	Behaviour # 2 Initial Interview
5		06:00 to 09:30 10:00 to 18:00	Quetz-Guate (METROP) GUATEMALA CITY	03:00 h 225 km	ALL 1 2	5 Urban Locals 5 Urban Whites	Behaviour # 3 Initial Interview
6		07:00 to 18:00	GUATEMALA CITY		1 2	5 Rural Whites 5 Rural Locals	Behaviour # 3 Initial Interview
1	2	07:30 to 9:00 09:30 to 18:00	Guate-Escuintla (SUR) ESCUINTLA	1:30 h 70 km	ALL 1 2	5 Urban Locals 5 Urban Whites	Behaviour # 1* Final Interview
2		07:00 to 18:00	ESCUINTLA		1 2	5 Rural Whites 5 Rural Locals	Behaviour # 1 Final Interview
3		06:00 to 09:00 09:30 to 18:00	Escuintla-Quetz QUETZALTENANGO	3:00 h 225 km	ALL 1 2	5 Urban Locals 5 Urban Whites	Behaviour # 2 * Final Interview
4		07:00 to 18:00	QUETZALTENANGO		1 2	5 Rural Whites 5 Rural Locals	Behaviour # 2 Final Interview

DAY	WEEK	TIME	FROM TO	TIME/KM	WORK #	POPULATION	TECHNIQUE
5	2	06:00 to 09:30 09:30 to 18:00	Quetz-Guate (METROP) GUATEMALA CITY	03:00 h 70 km	ALL 1 2	5 Urban Locals 5 Urban whites	Behaviour # 3* Final Interview
6		07:00 to 18:00	GUATEMALA CITY		1 2	5 Rural Whites 5 Rural Locals	Behaviour # 3 Final Interview
1	3	06:00 to 11:00 12:30 to 18:00	Guate-Alta Verapaz (NTE) COBÁN	5:00 h 432 km	ALL 1 2	3 Urban Locals 3 Urban Whites	Behaviour # 4* Initial Interview
2		07:00 to 18:00	COBÁN		1 2	5 Rural Whites 5 Rural Locals	Behaviour # 4 Initial Interview
3		07:00 to 12:00 14:00 to 17:30	COBÁN Cobán, Chiq (ORIENTE)	03:00 h 216 km	1 2 ALL	2 Urban Locals 2 Urban Whites	Behaviour # 4 Initial Interview
4		07:00 to 16:00	CHIQUMULA		1 2	5 Rural Whites 5 Rural Locals	Behaviour # 5* Initial Interview
5		07:00 to 16:00	CHIQUMULA		ALL 1 2	2 Urban Locals 2 Urban Whites	Behaviour # 5 Final Interview
6		07:00 to 11:00	Chiquimula-Guatemala	4:00 h 216 km	ALL		
1	4	06:00 to 11:00 12:30 to 18:00	Guate-Alta Verapaz (NTE) COBÁN	5:00 h 432 km	ALL 1 2	5 Urban Locals 5 Urban Whites	Behaviour # 4* Final Interview
2		07:00 to 18:00	COBÁN		1 2	5 Rural Whites 5 Rural Locals	Behaviour # 4 Final Interview
3		07:00 to 12:00 14:00 to 17:30	COBÁN Cobán-Chiq (ORIENTE)	03:30 h 216 km	1 2 ALL	2 Urban Locals 2 Urban Whites	Behaviour # 4 Final Interview
4		07:00 to 16:00	CHIQUMULA		1 2	2 Urban Locals 2 Urban Whites	Behaviour # 5 Final Interview
5		07:00 to 16:00	CHIQUMULA		1 2	2 Urban Locals 2 Urban Whites	Behaviour # 5 Final Interview
6		07:00 to 11:00	Chiquimula - Guatemala	4:00 h 216 km	ALL		

DAY	WEEK	TIME	FROM TO	TIME/KM	WORK #	POPULATION	TECHNIQUE
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1	5	07:30 to 08:30 09:30 to 18:00	Guate-Amat (CENTRE) AMATITLÁN	01:00 h 32 km	ALL 1 2	5 Urban Locals 5 Urban whites	Behaviour # 6* Initial Interview
2**		07:00 to 18:00	SAN JOSÉ PINULA	01:00 h 32 km	1 2	5 Rural Whites 5 Rural Locals	Behaviour # 6 Initial Interview
1	6	07:30 to 08:30 09:30 to 18:00	Guate-Amat (CENTRE) AMATITLÁN	01:00 h 32 km	ALL 1 2	5 Urban Locals 5 Urban Whites	Behaviour # 6* Final Interview
2		07:00 to 18:00	SAN JOSÉ PINULA	01:00 h 32 km	1 2	5 Rural Whites 5 Rural Locals	Behaviour # 6 Final Interview

* Four women from each cardinal point were included in the Corollary, which made a total of 20 women: five locals from the urban area, five locals from the rural area, five whites from the urban area and five whites from the rural area.

** The remainder of the week was used for the tabulation of data.

**SCENARIO "B" (THREE WORKERS)
EXAMPLE OF A WORKING DAY**

WORKER	ACTIVITY	
	TOMORROW	AFTER
1	3 INITIAL INTERVIEWS WHITE POPULATION MARGINAL URBAN AREA DEPARTMENT OF ESCUINTLA RECOMMENDATION #1	2 INITIAL INTERVIEWS WHITE POPULATION MARGINAL URBAN AREA DEPARTMENT OF ESCUINTLA RECOMMENDATION #1 1 INITIAL INTERVIEW COROLLARY
2	3 INITIAL INTERVIEWS INDIGENOUS POPULATION MARGINAL URBAN AREA DEPARTMENT OF ESCUINTLA RECOMMENDATION #1	2 INITIAL INTERVIEWS INDIGENOUS POPULATION MARGINAL URBAN AREA DEPARTMENT OF ESCUINTLA RECOMMENDATION #1 1 INITIAL INTERVIEW COROLLARY
3	3 INITIAL INTERVIEWS INDIGENOUS POPULATION RURAL AREA DEPARTMENT OF ESCUINTLA RECOMMENDATION # 1	2 INITIAL INTERVIEWS INDIGENOUS POPULATION MARGINAL URBAN AREA DEPARTMENT OF ESCUINTLA RECOMMENDATION #1 1 INITIAL INTERVIEW COROLLARY

The time for transportation should be taken into account.

In a working day three field workers can conduct 15 out of 20 interviews by behaviour:

5 initial interviews, white population, urban area, Behaviour #1

5 initial interviews, indigenous population, urban area, Behaviour #1

5 initial interviews, indigenous population, rural area, Behaviour #1

3 initial interviews, white/indigenous population, urban and rural areas

COROLLARY