

## SAMPLE TOPIC GUIDE: HEALTH SEEKING BEHAVIOUR

### Introductions

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- Explain purpose, length, what we ask of participants
- Any questions before we begin?

### Topic 1: Life history

- Grand opening question: To begin with, tell me about yourselves and your life here?
  - Tell us about your family / living situation / work / social life?
  - How do you feel about life here?

### Topic 2: Perceptions of health

- Tell us about how you see the health situation here in your community...
  - What are the issues? Why?
  - Has this changed over time? How? Why?
- How do you know if you are healthy or sick?

### Topic 3: Experiences of sickness and care seeking

- Tell us about the last time you were sick; what did you do?
  - Why did you go there/do that?
  - Who was involved in the decision to go there/do that?
  - Tell us about your experience there?
  - If it was good/bad care, why?
- What options do people have here when they're unwell?
  - Why do people choose these options?
  - What influences their decisions?
- What barriers do people face getting care?
- What facilitates people getting care?

### Topic 4: Health information

- Where do people get information about health and health services?
  - Why?
- What messages to people get about health and healthcare?
  - How?
  - What impact does this have?
- What information do people need / what questions do people have about health and care?

### Topic 5: Looking to the future...

- Tell us how you think healthcare can be improved here?
- Tell us what you think are the best ways to provide people with information about their health/health services?

### Topic 6: Concluding the interview

- Of everything we discussed today, what has been most important for you?
- Is there anything you would like to add to this discussion, or anything that we missed?
- Do you have any questions you would like to ask me?
- Thanks and close