

## Menstrual taboo question guide

### Socio/demography:

Name:

Age:

Marital status:

Education:

Occupation:

### Some warm up talks...

### Key questions:

1. What sort of cultural practice exists during menstruation for women in your family?  
**PROBE:** Why do you practice the way you do? What is the belief system behind this practice? What would happen to someone if she does not follow the tradition/Chhaupadi? Why would that happen, can you explain more? (probe further on any new leads)
2. Do you practice menstrual tradition/ Chhaupadi in your family now? If you are away from home, is chhaupadi possible away from home? How do you manage? What is the belief system for not practicing Chhapuadi when one is away from home?
3. How the women and the family who do not practice menstrual traditions/Chhapuadi are perceived and behaved in the community? What is your dominant thoughts on why the community people would think or behave that way? How can this be changed, in your opinion?
4. Please share any of bad experience that happened to you or other women in your neighborhood (such as, women died of snakebite or being raped)?
5. What kind of (health) problems a woman could suffer in Chhaupadi (such as, women with fever, with asthma will be exposed to cold)? Why would you think so?
6. There have been programs against Menstrual traditions/ Chhaupadi, what is your opinion on that?  
**PROBE:** Please give some examples of such programs. What was your role in those programs? Do you think they been any successful? Why or why not? How can it be improved? Give an example.
7. Have you experienced changes over time in this practice (chhaupadi)? Can you explain why this has happened this way?

**Thank you**