

# Appendix 1

**INTERVIEW GUIDE: "I just wear it and I become normal". A qualitative study of Tanzanian women's experiences with long-term vaginal pessary use for stress urinary incontinence. Qualitative study in Kilimanjaro Region, Tanzania 2019 (sub-study under the PEDITA project)**

## **Introduction:**

1. Please tell me – how do you feel?
2. How is your family doing?

## **Transition:**

A part of our research is to see if pessary treatment can help relieve women of some of their symptoms and to learn about women's experiences with pessary use.

3. Before joining the PEDITA project, what symptoms were you experiencing?
4. Did you seek any treatment for your condition prior to the pessary fitting, if yes which kind of treatment?
5. Why did you take part in the pessary project?
6. When did you get your pessary fitted?

## **Key Questions Pessary Use:**

7. What effect has the pessary had on your condition (UI/POP)?
8. How often do you use your pessary?
9. How do you manage pessary care?
10. What makes you use your pessary?
11. Have you had problems or side effects from using your pessary? If yes, please elaborate
12. How has your overall experience with a pessary been? (*what was good/bad?*)

## **Key Questions Attitude Towards Pessaries:**

13. What are your thoughts on having a pessary inside your body?
14. How do you think other women feel about receiving pessary treatment?
15. What could stop women from using a pessary once they have started the treatment?
16. Would you recommend pessary treatment to other women suffering from UI and POP? (*Why/why not?*)

## **Transition:**

Now I would like to ask you some questions about partner and friends and relatives,

17. Have you told anyone what you have a pessary? (*If yes, who? Why?*)

**Key Questions Social Life:**

18. Are you sexually active?

- If yes, how do you manage the situations when you get intimate?

19. How does your partner feel about your pessary?

20. How do you feel around other people after getting your pessary?

21. How do you feel about your quality of life since you have started using a pessary?

**Closing Question:**

22. Is there anything else you would like to talk about or that you would like us to know before we end this interview?