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**APPENDIX 1**

Questionnaire for the study on impact of breast feeding on weight gain and incidence of ARI and diarrhoea in the first 4 months of life in the urban community of Morang district, Nepal.

**INSTRUCTIONS**

1. The mother who is being interviewed has to have an alive infants in the first 4 months of life and have to settle in the selected urban area permanently.

2. Every question has to be answered clearly and completely, and needs only one answer, except questions which specify they can have more than one answer.

3. Put the tick mark in the [ ] box for the chosen answer.

**PART 1. DEMOGRAPHIC DATA:**

1. Data code No.....
2. Date of interview .....Month.....
3. Name of interviewer.....
4. Interviewing time: .....

**Section I. Questions about infant's characteristics:**

1. Child's name.....
2. Age .....days
3. Date of birth.....
4. Birth weight.....gm.
5. Sex
  - M [ ]
  - F [ ]

**Section II. Questionnaire about mother's characteristics:**

1. Name of Interviewee..... Age.....years
2. Address of interviewee.....
  - No. of Children.....
  - House no.....
  - Ward no.....

Section III. Socio- economic status:

- I. Literacy of mother  
 0. Illiterate [ ]  
 1. Literate [ ]
- II. Educational level of mother  
 1. Primary school grade... 0 [ ] 1[ ] 2[ ] 3[ ] 4[ ] 5[ ]  
 2. Middle school grade.....6[ ] 7[ ]  
 3. High school grade .....8[ ] 9[ ] 10[ ]  
 4. University:certificate 12[ ] Diploma 14[ ] Degree 16[ ]
- III. Occupation of mother:  
 0. working out side [ ]  
 1. Housewife [ ]  
 If mother is working out side specify the occupation of mother:  
 1. service [ ]  
 2. Labor [ ]  
 3. Farmer [ ]  
 5. others (specify).....
- IV. Income of mother:  
 How much is your income per month? / / / / / /Rs/ month  
 1. Low (less than 3000)  
 2. Average (between 3000 to 5000)  
 3. High (more than 5000)
- V. Literacy of father:  
 1. Illiterate [ ]  
 2. Literate [ ]
- VI. Educational level of father  
 1. Primary school grade.....0 [ ] 1[ ] 2[ ] 3[ ] 4[ ] 5[ ]  
 2. Middle school grade.....6[ ] 7[ ]  
 3. High school.....8[ ] 9[ ] 10[ ]  
 4. University; certificate12[ ] Diploma 14[ ] Degree 16[ ]
- VII. Occupation of father:  
 1. Service [ ]  
 2. Labor [ ]  
 3. Farmer [ ]  
 4. Others (specify).....
- VIII. Income of father:  
 How much is your income per month ? / / / / / /Rs/ month  
 1. Low (less than 2500)  
 2. Average (2600 to 5000)  
 3. High (more than 5100)

**PART 2. EXCLUSIVE AND NO EXCLUSIVE BREAST FEEDING:**

- 2.1. Have you Planned to provide your breast milk to your baby exclusively ?  
 1. Yes [ ]  
 0. No [ ]  
 If yes specify the duration.....months.(If no skip ques. 1.2.)
- 2.2. Did you start to breast feed your baby immediate after birth?  
 1. Yes [ ]  
 0. No [ ]  
 If no specify the interval duration between birth and first breast feeding .....hour(s).....Day(s).
- 2.3. Do you give prelacteal feeding to your baby in interval between birth and first breast feeding ?  
 1. Yes [ ]  
 0. No [ ]  
 If yes specify the type of prelacteal feeding.....
- 2.4. Have you planned to provide breast milk substitutes to your baby ?  
 1. Yes [ ]  
 0. No [ ]  
 If yes specify the time duration.....

**PART 3. QUESTIONNAIRE ABOUT INCIDENCE OF DIARRHOEA AND ARI:**

- 3.1. Have your baby had diarrhoea since the birth of baby ?  
 1. Yes [ ]  
 0. No [ ]  
 If yes how many episodes since birth of baby till now.....
- 3.2. Have your baby had ARI since the birth of baby ?  
 1. Yes [ ]  
 0. No [ ]  
 If yes specify how many episodes since birth of baby till now .....

Check list:

Date..... Completed by.....

Checked by ..... Verified By.....

APPENDIX 2

FOLLOW UP SHEET

Code No...

Child's name:..... **Breast feeding patterns:**  
 Date first seen ..... **1. Exclusive:**  
   visits: 1<sup>st</sup> [ ] 2<sup>nd</sup> [ ]  
    3<sup>rd</sup> [ ] 4<sup>th</sup> [ ]  
 Name of mother..... **2. No exclusive:**  
   visits: 1<sup>st</sup> [ ] 2<sup>nd</sup> [ ]  
 Address.....   3<sup>rd</sup> [ ] 4<sup>th</sup> [ ]

Appointment	Remarks

INCIDENCE OF ARI AND DIARRHOEA:

**Diarrhoea:** If yes specify the number of episodes of diarrhoea:

Visits: 1<sup>st</sup> [ ] No [ ] Yes  
           2<sup>nd</sup> [ ] No [ ] Yes  
           3<sup>rd</sup> [ ] No [ ] Yes  
           4<sup>th</sup> [ ] No [ ] Yes

**ARI:** If yes specify the number of episodes of ARI:

Visits: 1<sup>st</sup> [ ] No [ ] Yes  
           2<sup>nd</sup> [ ] No [ ] Yes  
           3<sup>rd</sup> [ ] No [ ] Yes  
           4<sup>th</sup> [ ] No [ ] Yes

Weight in Kg. per month:

Age of infant (month)	Male		Female		Remarks
	Ebf	Nebf	Ebf	Nebf	
At birth					
1					
2					
3					
4					



## Vitae

Mrs. Laxmi Rai (Dhimal) was born on December 16th, 1950 in Khotang District of Nepal. In 1987, she graduated in Adult Nursing from Mahabaudha Nursing Campus, Institute of Medicine, Tribhuwan University, Nepal. After graduation she joined the University service and in 1994 she was awarded the medal of excellency by the Ministry of Education for her devoted work in her field. She has been enrolled in the Master of Sciences in Health Development (Health program Research) at Faculty of Medicine Culalongkorn University since 1994. Her present position is Assistant Lecturer in Institute of Medicine, Tribhuwan University, Nepal.



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