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Appendix 1

Consent form for research on use of contraceptive methods among young women in Namibia (to be administered to young women)

My name is Nelago Indongo from the University of Namibia. I am doing research as part of the fulfilment for a PhD degree at the University of Pretoria in the Department of Sociology. The title of my thesis is *Contraceptive Use among young women in Namibia: Determinants and Policy implications*. I would, therefore, like to formally ask you to participate in the focus group discussions to be held at your school/at the Youth Centre about the use of contraceptive methods, and about general issues relating to young women's sexual and reproductive health in Namibia. This research is seeking to examine young women's views on what determines or influences contraceptive use. In this regard I am specifically requesting young women (15-24 years) who have ever experienced sexual intercourse to participate in the group discussion.

Your participation in this study is entirely voluntary. You can choose not to be involved. If you do agree to participate in the group discussions, you may choose to withdraw from the discussion at any time or not to give your comments when you do not feel like commenting. Anonymity is assured. By this I mean that your real name and identity will not be revealed in the thesis and your transcribed responses will be destroyed upon completion of this study. In the course of the study, your consent form will be kept separately from your transcribed answers. The information that you contribute in the discussion will be integrated with the comments of others and analysed to offer general understandings of contraceptive use among young women in Namibia. At the end of the study there will be no way of identifying *who* said *what*. If you agree to participate in this study I would like to request that you sign the consent form in the space allocated below indicating that you are a willing informant in this study. If you have any questions about any aspect of this research (now, in the course of the study or even later) please do not hesitate to contact me at the following number 0812316077. I will be glad to answer all questions.

Thank you
Nelago Indongo

FORMAL ACKNOWLEDGEMENT OF CONSENT

I, on this day of2004, agree to be interviewed for the PhD research project on contraceptive use as explained above. I understand that I will be asked questions regarding my knowledge and experiences and what I think are important factors influencing contraceptive use among young women and general issues relating to young women's sexual and reproductive health in Namibia.

Signed
Date

Appendix 2

University of Pretoria

02 June 2004

To: The Principal/ Youth Officer
.....
.....

Re: **Request to Conduct Focus Groups Discussions with Young Women
(15-24 Years) At Your School/ Youth Centre.**

My name is Nelago Indongo, a Lecturer from the University of Namibia. I am doing research as part of the fulfilment for a PhD degree at the University of Pretoria, South Africa in the Department of Sociology. The title of my thesis is *'Patterns of Contraceptive Use among young women in Namibia: Determinants and Policy implications'*. I would therefore like to formally ask you to grant me permission to conduct focus groups discussions at your school/Youth centre with young women learners (15-24 years) about use of contraceptive methods, and about general issues relating to young women's sexual and reproductive health in Namibia during the period 01 July 2004 to 25 July 2004. This research is seeking to examine young women's views on what determines or influences contraceptive use. In this regard I am specifically requesting young women (15-24 years) who ever had experienced sexual intercourse to participate in the groups' discussion. Their participation in this study is entirely voluntary. Those who agree to participate will be required to sign the consent form and for those under age (15-17 years), their parents will be required to also sign the consent form. Information session will be organised with all eligible young women and their parents so that they can take informed decisions.

For further information please do not hesitate to contact me at 00264612063367 (office hours) or email me at nkanime@unam.na. Your urgent response will be highly appreciated.

Yours faithfully
Nelago Indongo (Mrs.)
Lecturer
Department of Statistics
University of Namibia

Appendix 3

Consent form for research on the use of contraceptive methods among young women in Namibia (for parents)

My name is Nelago Indongo from the University of Namibia. I am doing research as part of the fulfilment for a PhD degree at the University of Pretoria, South Africa in the Department of Sociology. The title of my thesis is *Contraceptive use among young women in Namibia: Determinants and Policy implications*. I would, therefore, like to ask for your formal permission to allow your child to participate in the focus group discussions to be held at her school/at the Youth Centre about the use of contraceptive methods, and about general issues relating to young women's sexual and reproductive health in Namibia. This research is seeking to examine young women's views on what determines or influences contraceptive use. In this regard I am specifically requesting young women (15-24 years) who have ever experienced sexual intercourse to participate in the group discussion.

Her participation in this study is entirely voluntary. She can choose not to be involved and can withdraw from the discussion at any time. Anonymity is assured. By this I mean that her real name and identity will not be revealed in the thesis and her transcribed responses will be destroyed upon completion of this study. She is also required to sign the consent form which will be kept separately from her transcribed answers. The information that she will contribute in the discussion will be integrated with the comments of others and analysed to offer general understandings of contraceptive use among young women in Namibia. At the end of the study there will be no way of identifying *who* said *what*. If you agree that your child should participate in this study I would like to request that you please sign the consent form in the space allocated below. If you have any questions about any aspect of this research (now, in the course of the study or even later) please do not hesitate to contact me at the following number 0812316077. I will be glad to answer all questions.

Thank you
Nelago Indongo

FORMAL ACKNOWLEDGEMENT OF CONSENT

I, on this day of2004, grant permission to my child(name) to be interviewed for the PhD research project on contraceptive use as explained above. I understand that she will be asked questions regarding her knowledge and experiences and what she thinks are important factors influencing contraceptive use among young women and general issues relating to young women's sexual and reproductive health in Namibia.

Signed
Date

Appendix 4

Discussion Guide

Introduction

- Welcome
- Reason for coming
- I would like your help
- Open expression of opinions
- Tape recorder
- Today, I would like to talk about contraceptives among young (15-24 years) in Namibia

Young women

- Sexual behaviour
- Sexual experiences
- Awareness of different contraceptive methods (traditional/modern)
- Attitude towards each method
- Perceived advantages/disadvantages of each method
- Sources of information on methods of contraception e.g. friends, mothers, partner, nurses etc.)
- Attitude towards these sources (Are they adequate?; How can they be improved?)

Contraceptive experience

- Are respondents themselves using contraceptives? Why/why not?
- What method are respondents using now? Why that method and not another?
- What are perceived advantages/disadvantages of this method?
- Who recommended this method?

Health facilities

- Awareness of these facilities
- Access to facilities
- Attitude toward clinics (administration procedures, methods available, environment, staff, etc.)
- Perceived advantages/disadvantages
- Ways in which services could be improved (administrative procedures, methods available, environment, staff, etc.)

Parental/community influence

- Discuss contraception with parent/elders (why/why not?)
- Are they in support of contraception for young women?
- Do your parents know that you are currently using contraceptives (why/why not?)
- How do you describe the reaction of other community members/church leaders towards contraception?

Appendix 5

The procedure used to construct a multiple classification analysis (MCA) table

Retherford and Choe (1993) have shown that the most convenient way to present the effects of the predictor variables on the response variable in multinomial logit regression is in the form of a multiple classification analysis table. This Appendix reproduces (from Retherford and Choe, 1993) the procedure use to construct an MCA table by using an example of a response variable with three categories and two predictor variables.

Suppose that the response variable is choice of using modern contraceptive methods:

p_1 = estimated probability of using the pill

p_2 = estimated probability of using injection

p_3 = estimated probability of using other methods

Suppose also that the predictor variables are education (no education, primary education and secondary or higher education) and place of residence (urban and rural):

$M = 1$ if primary, 0 otherwise

$H = 1$ if secondary or higher, 0 otherwise

$U = 1$ if rural, 0 otherwise

The interest is to examine how education and place of residence influence the choice of using modern contraceptive method. The multinomial logit model then consists of two equations plus a constraint:

$$\log [p_2/p_1] = a_2 + b_2M + c_2h + d_2U \quad (A1)$$

$$\log [p_3/p_1] = a_3 + b_3M + c_3h + d_3U \quad (A2)$$

$$p_1 + p_2 + p_3 = 1 \quad (A3)$$

where $a_2, b_2, c_2, d_2, a_3, b_3, c_3$ and d_3 are coefficients.

Equations (A1) and (A2) can be written as:

$$p_2 = p_1 \exp(a_2 + b_2 M + c_2 H + d_2 U) \quad (A4)$$

$$p_3 = p_1 \exp(a_3 + b_3 M + c_3 H + d_3 U) \quad (A5)$$

Also, we have the identity

$$p_1 = p_1 \quad (A6)$$

Recall that $p_1 + p_2 + p_3 = 1$, we get

$$1 = p_1 \sum \{ \exp(a_j + b_j M + c_j H + d_j U) \} + p_1 \quad (A7)$$

solving (A7) for p_1 , we obtain

$$p_1 = 1 / (1 + \sum \{ \exp(a_j + b_j M + c_j H + d_j U) \}) \quad (A8)$$

substituting (A8) into (A4) and (A5) and repeating (A8), we obtain

$$p_2 = \exp(a_2 + b_2 M + c_2 H + d_2 U) / (1 + \sum \{ \exp(a_j + b_j M + c_j H + d_j U) \}) \quad (A9)$$

$$p_3 = \exp(a_3 + b_3 M + c_3 H + d_3 U) / (1 + \sum \{ \exp(a_j + b_j M + c_j H + d_j U) \}) \quad (A10)$$

$$p_1 = p_1 = 1 / (1 + \sum \{ \exp(a_j + b_j M + c_j H + d_j U) \})$$

where the summations range from $j=2$ to $j=3$

Equations (A8), (A9) and (A10) are calculation formulae for p_1, p_2 and p_3 respectively. The MCA table is constructed by substituting appropriate combinations of one, zeros and mean values in equations (A8), (A9) and (A10).

Appendix 6

DHS Questionnaire

(only include questions that were used in this study, skip questions also applies)

Household

1. Region
2. Place of residence urban rural
3. How old were you at your last birthday? *Age in completed years-----*
4. Have you ever attended school? Yes No
5. What is the highest level of school you attended? Primary, secondary or higher?
 Primary
 Secondary
 Higher
6. What is the highest grade you completed? *Grade-----*
7. Do you read a newspaper or magazine almost everyday, at least once a week, less than once a week or not at all?
 Almost everyday
 At least once a week
 Less than once a week
 Not at all
8. Do you listen to the radio almost everyday, at least once a week, less than once a week or not at all?
 Almost everyday
 At least once a week
 Less than once a week
 Not at all
9. Do you watch television almost everyday, at least once a week, less than once a week or not at all?
 Almost everyday
 At least once a week
 Less than once a week
 Not at all

Reproduction

10. Have you ever given birth? Yes No
11. Total number of children born. -----
12. Total number of children alive. -----
13. Are you pregnant now? Yes No

Contraception

14. Which ways or methods have you heard about?

- Female sterilization
- Male sterilisation
- Pill
- IUD
- Injection
- Condom
- Female condom
- Diaphragm
- Rhythm
- Withdrawal
- Emergency contraception

15. Have you heard of any other ways or method that women or men can use to avoid pregnancy? Others: -----

16. Have you ever used anything or tried in any way to delay or avoid pregnant? Yes No

17. What have you used?

- Female sterilization
- Male sterilisation
- Pill
- IUD
- Injection
- Condom
- Female condom
- Diaphragm
- Rhythm
- Withdrawal

Emergency contraception

18. Are you currently doing something or using any method to delay or avoid getting pregnant? Yes No

19. Which method are you currently using?

(if more than one method mentioned, follow instructions for highest method on the list)

Female sterilization

Male sterilisation

Pill

IUD

Injection

Condom

Female condom

Diaphragm

Rhythm

Withdrawal

Emergency contraception

20. For how long have you been using (current method) without stopping?

Months-----

Years-----

Marriage and sexual activity

21. Are you currently married or living with a man?

Yes, currently married with certificate

Yes, married by custom

Yes, living with a man

No, not in union

22. How old were you when you first had sexual intercourse?

Never

Age in years-----

23. When was the last time you had sexual intercourse?

Days ago

Weeks ago

Months ago

Years ago

24. The last time you had sexual intercourse was a condom used?

Yes No

25. Aside from your own housework, are currently working?

Yes No

26. In the last few months, have you discussed the practice of family planning with your friends or relatives?

Yes No

27. With whom?

Husband/partner	<input type="checkbox"/>
Mother	<input type="checkbox"/>
Father	<input type="checkbox"/>
Sister	<input type="checkbox"/>
Brother	<input type="checkbox"/>
Friends/peers	<input type="checkbox"/>
Daughter	<input type="checkbox"/>
Son	<input type="checkbox"/>
Father-in-law	<input type="checkbox"/>
Mother-in-law	<input type="checkbox"/>