

**APPENDIX I A**

Dated Kohima the 10<sup>th</sup> Feb, 2014

To,

The Chairman,  
Kohima Village Council,  
Kohima, Nagaland.

Sub: Request for Permission to conduct Ph.D Research study in Kohima Village

Sir,

My name is Sentinaro Ao and I am a PhD Scholar at the University of Science & Technology, Meghalaya (USTM). The research I wish to conduct for my Doctoral thesis is “Modules focusing on complementary feeding: Effects on Knowledge and Attitude of mothers in Kohima district of Nagaland. The project will be conducted under the guidance and supervision of Dr. Ans Ahmed, M.A. Ph.D, Professor School of Social Sciences & Humanities, USTM and Dr. Rama Kanta Sharma, MD. PhD. Professor & Head of Department of R.S.B.K.Govt.Ayurvedic College, Guwahati.

I am hereby seeking your consent to approach the mothers in the village having 6 – 24 months old babies to assess their knowledge, attitude and practice regarding complementary feeding and impart knowledge to them through teaching modules.

Thank you for your time and consideration in this matter.

Yours Sincerely,

A handwritten signature in blue ink, appearing to be 'Sentinaro Ao', is enclosed in a light blue rectangular box. The signature is stylized and includes a horizontal line at the bottom.

( SENTINARO AO )  
PhDScholar,USTM

APPENDIX I B

OFFICE OF THE  
KOHIMA VILLAGE COUNCIL

Ref. No.....

Date.....

To,

The Chancellor,  
University of Science & Technology, Meghalaya.

Sub: Grant of Permission for Research work at Kohima Village among the mothers.

Sir/ Madam,

With due respect, I would like to inform you that Mrs. Sentinaro Ao from USTM requested our Village for her research work on the topic "Modules focusing on complementary feeding: Effect on knowledge and Attitude among mothers"

Accordingly, she was granted permission to do her research work on the said topic in Village from the month of March 2014.

Yours faithfully

*Neivor Rutsa* 24/3/14

( NEIVOR RUTSA )

Vice Chairman Vice Chairman  
Kohima Village Kohima Village Council



**APPENDIX IC**

To,

-----  
-----  
-----

Sub: Requesting expert opinion for content validity of tool.

Sir/Madam,

I have the pleasure to introduce myself as Sentinaro Ao, a PhD Scholar at the University of Science & Technology, Meghalaya( USTM ). I am conducting a research study on “Modules focusing on complementary feeding: Effects on Knowledge and Attitude of mothers in Kohima district of Nagaland. For this I have prepared tools for knowledge, attitude and practice. I am sending herewith a copy of Questionnaire for content validity.

I will remain grateful for you expert opinions and suggestions.

Yours sincerely,



( SENTINARO AO)

Enclosed: PhD Scholar USTM

1. One set of Questionnaire
2. Answer Key
3. Blue Print & Criteria Check List
4. Statement of the study
5. Validation Certificate

## APPENDIX I D

### VALIDATION CERTIFICATE

This is to certify that the Self-Structured Questionnaire on the topic **“Modules focusing on Complementary Feeding: Effects on Knowledge and Attitude among Mothers in Kohima District of Nagaland”** prepared by Sentinaro Ao, a PhD Scholar at University of Science & Technology, Meghalaya, has been validated by the undersigned and can be used for her research study.

Signature of the Validator

Name:

Designation:

## APPENDIX I E

### CONSENT FORM

I have been explained about the purpose and procedure of the research work undertaken by SentinaroAo (Verbally, in the language I understand).

I am willing to participate in the study “Modules focusing on Complementary Feeding: Effects on Knowledge and Attitude among Mothers in Kohima District of Nagaland” as a subject of her research study and I understand that I can withdraw from the study at any point I wish to.

Date: Name and Signature/ Thumb imprint

Date: Name and Signature of the Witness

Date: Name and Designation of the Investigator

## APPENDIX II

### LIST OF EXPERTS FOR CONTENT VALIDITY OF THE TOOL

1. Dr. DanniseMozhui  
Pediatrician  
Oking Research Hospital  
Kohima, Nagaland
  
2. Dr. Khriemenuo Solo  
Pediatrician  
Naga Hospital Authority  
Kohima, Nagaland.
  
3. Dr. KilangwabangAo ( MD )  
Medicine Specialist  
Dr. Imkongliba Memorial District Hospital  
Mokokchung, Nagaland
  
4. Dr. KeviAngami  
Gynaecologist  
Oking Research Hospital  
Kohima, Nagaland.

## APPENDIX III A

### Evaluation Criteria Checklist for Validating the Tool

Please go through the criteria list which has been formulated for evaluating and validating the tool. There are two response column in the criteria check list, namely ‘Agree’ and ‘Disagree’ under relevant, accurate and appropriate. Evaluator is requested to go through the content and express their opinion by placing a (√) mark against the specific column of the criteria check list. Your expert opinion and suggestions will be highly appreciated.

Sl. No	Criteria	Relevant		Accurate		Appropriate		Remark (s)
		Agree	Disagree	Agree	Disagree	Agree	Disagree	
	<b>Tool- I</b> <b>Section I</b> Demographic Proforma							
	<b>Section II</b> <b>Part I</b> 10 knowledge questionnaires on complementary feeding.							
1.								
2.								
3.								
4.								
5.								
	<b>Part II</b> 20 positive statements on complementary feeding to measure the							

	attitude of mothers'.							
1.								
2.								
3.								
4.								
5.								
	<b>Part III</b>							
	Practice of complementary feeding included 15 questions							
1.								
2.								
3.								
4.								
5.								



**APPENDIX III B**

**Blue print for the knowledge, Attitude and Practice questionnaire**

<b>Sl. No.</b>	<b>Content areas</b>	<b>Knowledge Attitude and Practice</b>	<b>Comprehension</b>	<b>Application</b>	<b>No. of questions</b>	<b>Perce ntage (%)</b>
<b>Part I</b>	Knowledge on complementary feeding	1,2, 3, 4, 6	5, 7, 8, 9, 10		10	22
<b>Part II</b>	Attitude on complementary feeding	1, 5, 8,20, 3, 12,15,16	4,7, 11, 13, 2, 17	6, 9, 10, 14, 3, 18, 19	20	45
<b>Part III</b>	Practice on complementary feeding	1, 6, 7, 10, 12	2, 4, 9, 11, 13	3, 5, 8, 14, 15	15	33
	<b>Total</b>				<b>45</b>	<b>100</b>

**APPENDIX III C**

**SECTION – I**

**DEMOGRAPHIC PROFORMA**

Code No:

1. Age of the baby in months :
  - a. 6 – 10 [ ]
  - b. 11 – 15 [ ]
  - c. 16 – 20 [ ]
  - d. 21 - 24 [ ]
  
2. Age of the mother
  - a. 18-24 years [ ]
  - b. 25-31 years [ ]
  - c. 32-38 years [ ]
  - d. 39-45 years [ ]
  
3. Religion
  - a. Hindu [ ]
  - b. Christian [ ]
  - c. Muslim [ ]
  - d. Other specify [ ]
  
4. Educational status:
  - a. Primary education [ ]
  - b. Matriculate [ ]
  - c. Secondary education [ ]
  - d. Graduate and above [ ]

5. Occupation of the mother

- a. Housewife [ ]
- b. Self- employed [ ]
- c. Government employed [ ]
- d. Any other

[ ]

6. Family income per month ( In Rupees )

- a. < 3000 [ ]
- b. 3000 – 6000 [ ]
- c. 7000 – 10000 [ ]

d. > 10000 [ ]

7. Type of family-

- a. Joint family [ ]
- b. Nuclear family [ ]

8. 8. Number of children

- a. One [ ]
- b. Two [ ]
- c. Three [ ]
- d. Above 3 [ ]

9. Source of information

- a. Mass media [ ]
- b. Peer group [ ]
- c. Newspaper/magazine [ ]
- d. Any other [ ]

## SECTION - II

### **QUESTIONNAIRE ON KNOWLEDGE OF MOTHERS REGARDING COMPLEMENTARY FEEDING**

You are requested to read each question given below carefully and select the best answer from the option given. Tick the answer you choose for each question on the box given. Please answer all the items. For example:

The capital of Assam is:

- |             |        |
|-------------|--------|
| a) Kohima   | [    ] |
| b) Dispur   | [ ✓ ]  |
| c) Aizawl   | [    ] |
| d) Shillong | [    ] |

#### **Knowledge of Mothers regarding Complementary Feeding:**

1. Complementary feeding means:

- |  |        |
|--|--------|
| a. Giving breast milk                        | [    ] |
| b. Giving artificial milk                    | [    ] |
| c. Giving other foods along with breast milk | [    ] |
| d. All of the above                          | [    ] |

2. Complementary feeding is essential for the baby because it:

- |   |        |
|---|--------|
| a. Helps brings a change in the feeding pattern of the baby | [    ] |
| b. Helps the working mother to leave the baby at home       | [    ] |
| c. Helps the baby to attain proper growth and development   | [    ] |
| d. Helps to increase the weight of the baby.                | [    ] |

3. The purpose of giving Complementary food is:
- a. To restrict growth and development [    ]
  - b. Breast milk alone is not sufficient [    ]
  - c. To decrease baby's eating capacity [    ]
  - d. To improve the relationship between mother and baby [    ]
4. Complementary food should be started:
- a. After 4 months [    ]
  - b. At 6 months [    ]
  - c. After 10 months [    ]
  - d. After one year of age [    ]
5. Complementary food is provided to the baby for:
- a. Satisfaction [    ]
  - b. Extra pleasure [    ]
  - c. Extra nutrients [    ]
  - d. To get acquainted to various tastes. [    ]
6. The important factor to be considered while selecting food item is:
- a. Sex of the infant [    ]
  - b. Cultural practices and taboos [    ]
  - c. Age of the infant [    ]
  - d. Economic status of the family [    ]
7. The type of food item selected for the baby should be:
- a. Anything the mother likes [    ]
  - b. Anything the baby likes [    ]
  - c. Frozen food item [    ]
  - d. Cereal food [    ]

8. Complementary food initially starts with:
- a. Clear fluids [    ]
  - b. Semi-solids [    ]
  - c. Solids [    ]
  - d. Pastes [    ]
9. Initially, complementary food should be given:
- a. 1-2 teaspoon and then increase gradually [    ]
  - b. Half a cup and then increase [    ]
  - c. 1 cup a day and increase [    ]
  - d. 1-2 cups a day and then increase [    ]
10. The type of food you prefer for your baby:
- a. Homemade [    ]
  - b. Commercial [    ]
  - c. Any food available [    ]
  - d. All of the above [    ]

**Practice of mothers regarding Complementary Feeding:**

1. Complementary food given to the baby should be:
- a. Less roughage, non spicy and easily digestible [    ]
  - b. More roughage, spicy and easily digestible [    ]
  - c. Less roughage, spicy and easily digestible [    ]
  - d. More roughage, non spicy and easily digestible [    ]
2. Liquid feeds should be given using:
- a. Feeding bottle [    ]
  - b. Glass [    ]
  - c. Spoon and cup [    ]
  - d. All of the above [    ]

3. Complementary food to a breast fed 6 - 9 month old baby is given:

- a. Once a day [ ]
- b. 2 - 3 times a day [ ]
- c. 3 – 4 times a day [ ]
- d. More than 4 times [ ]

4. The type of food given to an infant between 12-16 month:

- a. Meat, fish and pulses [ ] b.
- Egg yolk and boiled egg [ ]
- c. Vegetable soups and fruits [ ]
- d. Mashed and sieved vegetables [ ]

5. The foods of the baby should be stored in:

- a. Closed container and store in a hot place [ ]
- b. Open container and store in a hot place [ ]
- c. Closed container and store in a cool place [ ]
- d. Open container and store in a cool place [ ]

6. Cooked food of the baby can be preserved for:

- a. 3 hours [ ]
- b. 6 hours [ ]
- c. 12 hours [ ]
- d. Till the food gets over [ ]

7. While feeding the baby, the food in the mouth is placed :

- a. at the tip of the tongue [ ]
- b. sides of the tongue [ ]
- c. middle or back of the tongue [ ]
- d. under the tongue [ ]

8. The left over food of the baby is :
- a. eaten by the mother [    ]
  - b. given to other children [    ]
  - c. kept for the next day [    ]
  - d. thrown away [    ]
9. When the baby refuses to eat food:
- a. Force feed the baby [    ]
  - b. Change the feed [    ]
  - c. Stop giving feed [    ]
  - d. Try again after 2 – 3 days [    ]
10. The type of utensils used to keep the baby's food should be:
- a. Plastic vessels [    ]
  - b. Large enamel vessels [    ]
  - c. Steel vessel with a lid [    ]
  - d. In any type of vessel [    ]
11. The ideal age of a child to start normal family diet is:
- a. Below one year [    ]
  - b. At one year [    ]
  - c. At 2 – 3 years [    ]
  - d. Above 3 years [    ]
12. Before feeding the baby:
- a. Both mother and baby's hand should be washed with soap and water thoroughly [    ]
  - b. Both mother and baby's hand should be rinsed [    ]
  - c. Only mother's hand should be washed with soap and water [    ]
  - d. Only baby's hand should be washed with soap and water [    ]



13. Delayed introduction of complementary food leads to:

- a. Heart failure [ ]
- b. Growth failure or retardation [ ]
- c. Increased weight [ ]
- d. Blindness [ ]

14. When the baby is sick complementary feeding should be:

- a. Continued along with breast feeding [ ]
- b. Stopped till the baby recovers [ ]
- c. Stopped a month [ ]
- d. Stopped permanently [ ]

15. Complementary food should be continued till:

- a. Breast feeding is stopped [ ]
- b. Two years of age [ ]
- c. Three years of age [ ]
- d. The baby starts taking family diet [ ]

**SECTION –III**

**ATTITUDE SCALE**

Dear participant,

You are requested to read the Statement carefully and give a ‘TICK’ [ ] of your appropriate response against one of the following: ‘Strongly Agree’, ‘Agree’, ‘Not Sure’, ‘Disagree’, ‘Strongly Disagree’

<b>Sl. No.</b>	<b>Statements</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Not Sure</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
1.	Complementary foods are essential for a baby.					
2.	After complementary food is started, physical growth is faster in a baby.					
3.	Fresh, properly washed and cooked items should be given to the baby.					
4.	A 6-9 month old breast feeding baby is					

	given 2-3 times food in a day.					
5.	A baby can take family food by 12 months.					
6.	Cooked food should be kept for 2-3 hours only.					
7.	Complementary foods are given after breast feeding only.					
8.	The longer the foods are cooked, the greater is the loss of nutrients					
9.	Foods must be kept covered always to protect against flies, insects and dusts.					
10.	Boiled and cool water should be given 2-3 times					

	daily.					
11.	Separate set of utensils are used to feed a baby.					
12.	Mother or caregiver must always wash hands before feeding the baby.					
13.	When a baby is having diarrhea, new food should not be given.					
14.	Liquid and semi-solid foods are given as complementary feeding.					
15.	Improper complementary feeding leads to growth					

	retardation.					
16.	Unhygienic feeding causes diarrhea and vomiting in babies.					
17.	After recovery from illness children need more food for proper growth.					
18.	Avoid buying costly or expensive foods for complementary foods.					
19.	Home prepared foods are best for the baby.					
20.	Complementary foods as well as breast feeding is continued during diarrhea of the baby.					

**APPENDIX III D**

**Answer Key of the Tool**

<b>Section I Knowledge</b>		<b>Section II Practice</b>	
<b>1.</b>	<b>c</b>	<b>1.</b>	<b>a</b>
<b>2.</b>	<b>c</b>	<b>2.</b>	<b>c</b>
<b>3.</b>	<b>b</b>	<b>3.</b>	<b>b</b>
<b>4.</b>	<b>b</b>	<b>4.</b>	<b>a</b>
<b>5.</b>	<b>c</b>	<b>5.</b>	<b>c</b>
<b>6.</b>	<b>c</b>	<b>6.</b>	<b>a</b>
<b>7.</b>	<b>d</b>	<b>7.</b>	<b>c</b>
<b>8.</b>	<b>b</b>	<b>8.</b>	<b>d</b>
<b>9.</b>	<b>a</b>	<b>9.</b>	<b>d</b>
<b>10.</b>	<b>a</b>	<b>10.</b>	<b>c</b>
		<b>11.</b>	<b>b</b>
		<b>12.</b>	<b>a</b>
		<b>13.</b>	<b>b</b>
		<b>14.</b>	<b>a</b>
		<b>15.</b>	<b>d</b>

## APPENDIX III E

### Teaching Materials

The teaching material includes the sub- head charts:

1. Healthy baby
2. Complementary food
3. Complementary feeding
4. Simple common recipe for 9-11 month old baby
5. Paste complementary fruits
6. Fruit preparation
7. Complementary feeding at 12-23 month old
8. Good washing practice before feeding
9. Placing food while feeding
10. Liquid food should be given using spoon and cup
11. Cleaning the utensils
12. Storage of food and water
13. Differentiate between malnourished child and a healthy child.











