ANNEXURE 1

INTERVIEW SCHEDULE FOR THE HOUSEHOLD RESPONDENTS

Name:                                                                          Age:
Education:                                          Occupation (H/W):
Address:
SES (UM/M/LM):                              Religion:
Number & age of children:                                  Number of years in Mumbai city:
Tel:                                                    Email:

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Questions</th>
<th>Then</th>
<th>Now</th>
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<tbody>
<tr>
<td>1</td>
<td>LIFESTYLE</td>
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<tr>
<td>1)</td>
<td>Food:</td>
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<td></td>
<td>Breakfast/dhabba is</td>
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<td></td>
<td>1. Home-cooked</td>
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<td></td>
<td>2. Outside food</td>
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<td></td>
<td>3. Mixed</td>
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<td>2)</td>
<td>How often did/do you eat out/packaged food?</td>
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<td></td>
<td>1. Few days a week</td>
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<td></td>
<td>2. Weekly</td>
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<td></td>
<td>3. Sometimes</td>
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<td></td>
<td>4. Rarely/never</td>
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<td>3)</td>
<td>What kind of food was/is made?</td>
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<td></td>
<td>1. Traditional</td>
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<td>2. Other</td>
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<td>3. Mixed</td>
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<td>4)</td>
<td>Clothing:</td>
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<td></td>
<td>How many items of clothing did/does your child own?</td>
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<td></td>
<td>1. less than 5</td>
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<td></td>
<td>2. Five- twenty</td>
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<td>3. Twenty and more</td>
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<td>5)</td>
<td>Did/does he/she have his/her own wardrobe?</td>
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<td>1. Yes</td>
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<td></td>
<td>2. No</td>
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<td>6)</td>
<td>Who bought/buys the child’s clothes?</td>
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<td></td>
<td>1. Parent</td>
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<td></td>
<td>2. Child</td>
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<td>7)</td>
<td>How many pairs of shoes does your child own?</td>
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<td></td>
<td>1. Less than 5</td>
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<td></td>
<td>2. More than 5</td>
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<td>3. more than 10</td>
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<td>8)</td>
<td>Housing:</td>
<td>P</td>
<td>P</td>
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<td></td>
<td>Area of house</td>
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<tr>
<td></td>
<td>1. 1 Room</td>
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<td>2. 1 Room Kitchen</td>
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<td>3. 1 BHK</td>
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<td>4. 2 BHK</td>
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<td>5. 3 BHK and more</td>
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<td>9)</td>
<td>Would you give your child his/her own room (if resources permit)?</td>
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<td></td>
<td>1. Yes</td>
<td></td>
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<td>10)</td>
<td>Did/do you have an AC?</td>
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<td></td>
<td>1. Yes</td>
<td></td>
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<td>11)</td>
<td>Were there any relatives/extended family staying at your house</td>
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<td></td>
<td>1. Yes</td>
<td></td>
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<td>12)</td>
<td>Play:</td>
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<td></td>
<td>How many hours did/does your child play?</td>
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<td></td>
<td>1. Less than one hr</td>
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<td>2. One to two hours</td>
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<td>3. More than 3 hrs.</td>
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<td>4. None</td>
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<td></td>
<td>Question</td>
<td>Options</td>
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</tbody>
</table>
                                   | 2. Unstructured  
                                   | 3. Isolated/Electronic |
| 14) | *Values:* Were/is household chores assigned to children?                | 1. Yes  
                                   | 2. No |
| 15) | Personal/routine tasks of the child done by                             | 1. Mother/ Family member/Servant  
                                   | 2. Self |
| 16) | Were/are the child’s demands met?                                       | 1. Mostly  
                                   | 2. Sometimes  
                                   | 3. Rarely  
                                   | 4. Never |
| 17) | Which transport is normally used?                                       | 1. Public  
                                   | 2. Private  (rickshaw/car) |
| 18) | Did/do you buy expensive things for your child?                         | 1. Yes  
                                   | 2. No  
                                   | 3. Sometimes |
| 19) | Was/is pocket money given?                                               | 1. Yes  
                                   | 2. No  |
| 20) | *Socialisation:* Leisure activities is mostly                           | 1. Outdoor/indoor play  
                                   | 2. Mall/shopping/eating out/parties/Movies/etc.  
                                   | 3. Isolated/home |
| 21) | How many extra-curricular classes did/does your child attend?           | 1. One  
                                   | 2. Two –three  
                                   | 3. Four and more  
                                   | 4. None |
| 22) | Did/does your child visit/play the neighbours?                          | 1. Yes  
                                   | 2. No |
| 23) | Whom did/do you visit more?                                              | 1. Grandparents/Relatives/Community  
                                   | 2. Friends  
                                   | 3. Both  
                                   | 4. None |
| 24) | Holidays- did/do you visit?                                              | 1. Native place/relative  
                                   | 2. Resorts/package tours/ Abroad  
                                   | 3. Both |
| 25) | *Health:* Which health professional did you visit                       | 1. Doctor  
                                   | 2. Therapist/ nutritionist/counsellor, psychiatrist |
| 26) | If yes, the reasons for the visit mostly were/are                        | 1. Medical  
                                   | 2. Educational  
                                   | 3. Behavioural/Social |
| 27) | Was/Is your child on any kind of regular medication/therapy?            | 1. Yes  
                                   | 2. No |
| 28) | What was/is the family bedtime?                                         | 1. Before 9.30 pm  
                                   | 2. 9.30 -10.30 pm  
                                   | 3. 10.30 – 11.30  
                                   | 4. after 11.30 pm |
| 29) | *Media:* How much TV does your child watch?                              | 1. Less than 1 hr. a day  
                                   | 2. 1-3 hrs.  
                                   | 3. More than 3 hrs.  
                                   | 4. NA/None |
| 30) | Is there any monitoring/co-viewing of the content?                      | 1. Yes  
                                   | 2. No/NA |
| 31) | How often does your child go for Movies/other entertainment?            | 1. Weekly  
                                   | 2. Once a month  
                                   | 3. Sometimes/vacations  
                                   | 4. Rarely/ Never |
| 32) | How many electronic gadgets (Cell, Computer, IPod, etc.) does your child own? | 1. One  
                                   | 2. Two to four  
                                   | 3. More than four  
                                   | 4. None |
| 33) | How many TV’s are there in your house?                                  | 1. One  
                                   | 2. Two  
                                   | 3. Three/more  
                                   | 4. None |
| 34) | PC/laptops?                                                              | 1. One  
                                   | 2. Two  
                                   | 3. Three/ more  
                                   | 4. None |
| 35) | *Traditional Practices/Samskaras:* What language is spoken at home?     | 1. Mother tongue  
                                   | 2. English |

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<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
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<tbody>
<tr>
<td>37) Were/are any kinds of religious practices imparted?</td>
<td>1. Yes  2. No</td>
</tr>
<tr>
<td>38) Family functions (birthdays, festivals, etc.) celebrated</td>
<td>1. Simply  2. lavishly</td>
</tr>
<tr>
<td>39) Was/is exposure to your culture (stories, ritual, samskaras, etc.) an important part of your CR?</td>
<td>1. Yes  2. No</td>
</tr>
<tr>
<td>40) Emotional development/Mental health</td>
<td>Which of these terms could you apply to your child? 1. Physically active 2. Bored/Hyperactive/Aggressive/Unsocial/Obese/etc.</td>
</tr>
<tr>
<td>41) Time spent with your child was mostly in?</td>
<td>1. Fulfilling functional needs  2. Doing fun or educational activities</td>
</tr>
<tr>
<td>42) Were/are the family members expected to follow certain ground rules (for ex. Bedtime, outings)?</td>
<td>1. Yes  2. No</td>
</tr>
<tr>
<td>43) Who is the major decision maker in the family with respect to the above-mentioned aspects?</td>
<td>1. Parent/Significant others  2. Child  3. Collective</td>
</tr>
<tr>
<td>45) Your family could be termed as</td>
<td>1. Authoritarian  2. Permissive  3. Authoritative</td>
</tr>
<tr>
<td>II EDUCATION</td>
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</tr>
<tr>
<td>46) What type of school does your child attend?</td>
<td>1. SSC/CBSE  2. ICSE  3. IB/IGCSE</td>
</tr>
<tr>
<td>47) How much was/is the annual fees?</td>
<td>1. Less than 1,000/- 2. 1,000 – 10,000 3. 10,000 to 50,000 4. 50,000 and above</td>
</tr>
<tr>
<td>48) What age did formal education start?</td>
<td>1. One year or less  2. Between 1 and 3 years  3. 3-5 years  4. after 5 yrs</td>
</tr>
<tr>
<td>49) The distance from home to school.</td>
<td>1. Walking distance  2. 1-2 km  3. more than 2 kms</td>
</tr>
<tr>
<td>51) How many tutorials did/does your child attend?</td>
<td>1. one  2. two-four  3. four and more  4. None</td>
</tr>
<tr>
<td>52) How much money is spent on tutorials/extra classes monthly?</td>
<td>1. Less than 1,000/- 2. 1,000 – 5,000  3. 5,000 -10,000  4. 10,000 and above  5. None</td>
</tr>
<tr>
<td>53) How much time was/is spent in a day on tutorials?</td>
<td>1. One –two hrs  2. Two – four hrs  3. Four hrs and more  4. None</td>
</tr>
<tr>
<td>54) Would you send your child abroad for studies?</td>
<td>1. Yes  2. No</td>
</tr>
<tr>
<td>55) Was/is there any pressure with reference to your child’s education and schooling?</td>
<td>1. Yes  2. No</td>
</tr>
<tr>
<td>III SEXUALITY</td>
<td></td>
</tr>
<tr>
<td>56) Social interaction</td>
<td>At what stage did/does formal interaction with the opposite sex begin 1. School (6-15) 2. Pre-Univ  3. University  4. Other</td>
</tr>
<tr>
<td>57) Interaction with the opposite sex was/is</td>
<td>1. Conversation  2. Outings/Parties/Social events  3. None</td>
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<td>Question</td>
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<tr>
<td>58)</td>
<td>Were/are there rules in terms of timings/clothes/outings, etc. for your child?</td>
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<td>59)</td>
<td>If yes, was/is it gender-based?</td>
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<td>60)</td>
<td>Was/is it negotiable?</td>
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<tr>
<td>61)</td>
<td>How often would you allow your teenage child to go to disco/outings/parties?</td>
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<td>62)</td>
<td>Is overnight stay at friend’s place/picnics allowed?</td>
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<td>63)</td>
<td>Were women allowed to work outside the home in your family?</td>
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<tr>
<td>64)</td>
<td>Would you be comfortable with your teenage child having friends from the opposite sex?</td>
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<td>65)</td>
<td>Would you be comfortable with your teenage child having a girlfriend/boyfriend?</td>
</tr>
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<td>66)</td>
<td>Were/are you comfortable with your son/daughter marrying out of the community?</td>
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<tr>
<td>67)</td>
<td>Were/are there instances of divorce, remarriage, inter-caste or inter-religion marriages in your family?</td>
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<td>68)</td>
<td>Is there any parental guidance and monitoring (information on sexual matters, relationships, consequences)</td>
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<td>69)</td>
<td>Was/is choice given in terms of Marriage, Career, Studies, Having children</td>
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<tr>
<td>70)</td>
<td>Marriage &amp; Family: What factors guided/guide the choice of a life partner?</td>
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<td>71)</td>
<td>Do you feel there is a sense of permissiveness with reference to social interaction?</td>
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<td>72)</td>
<td>Marriages in your family were mostly</td>
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<td>73)</td>
<td>Family type?</td>
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<td>74)</td>
<td>Do you think marriage is necessary for a physical relationship?</td>
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<td>75)</td>
<td>At what age did you have your first child?</td>
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<td>76)</td>
<td>How many children do you have?</td>
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<td>77)</td>
<td>If you have one child, do you plan for more children?</td>
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<tr>
<td>IV</td>
<td>GENERAL</td>
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<tr>
<td>78)</td>
<td>How much money (of your monthly income) approximately is spent on your child monthly?</td>
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<td>79)</td>
<td>How many vehicles did/do you own?</td>
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<td>80)</td>
<td>At what age in life did you own/buy your first vehicle</td>
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<td>81)</td>
<td>How would you describe the parental role?</td>
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<td>82)</td>
<td>Do you think it is expensive to raise a child today?</td>
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<td>83)</td>
<td>If you have the resources, would/will you provide your child with material things?</td>
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<td>84)</td>
<td>Do you think that children’s lives today are</td>
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<td>2. Happy</td>
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<td>85) Did/do you think your child was/is competent to handle normal functioning problems, failure, emergencies, etc.?</td>
<td>1. Yes 2. No 3. Not sure</td>
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<tr>
<td>86) Was/is your childrearing role stressful?</td>
<td>1. Yes 2. No</td>
</tr>
<tr>
<td>87) Focus of CR styles geared towards</td>
<td>1. Functional/developmental 2. Career</td>
</tr>
<tr>
<td>88) Is there a great change in childrearing practices from the way you were brought up with particular reference to the above mentioned life domains?</td>
<td>1. Yes 2. No</td>
</tr>
<tr>
<td>89) Do you wish things were different?</td>
<td>1. Yes 2. No</td>
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### ANNEXURE 2

**INTERVIEW GUIDE FOR KEY INFORMANTS**

#### FAMILIES AND SIGNIFICANT OTHERS

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<tbody>
<tr>
<td>I</td>
<td>What in your life is of paramount importance to you?</td>
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<tr>
<td>II</td>
<td>What does the term ‘Child well-being’ mean to you? What are the characteristics of a ‘healthy child’?</td>
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<tr>
<td>III</td>
<td>What do you think is the one most important factor that contributed to your child’s growth and development?</td>
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<tr>
<td>IV</td>
<td>What are the characteristics of an ‘ideal parent’? What kind of parent do you want to be?</td>
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<tr>
<td>V</td>
<td>Do you get the support within your family in raising your child the way you want?</td>
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<tr>
<td>VI</td>
<td>What are the challenges of your Childrearing role?</td>
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<tr>
<td>VII</td>
<td>What are the joys of being a Parent/Caregiver?</td>
</tr>
<tr>
<td>VIII</td>
<td>Is there any pressure with reference to your child’s education and schooling? What would you want to change in terms of your child’s schooling?</td>
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<tr>
<td>IX</td>
<td>Do you think you would be able to handle inevitable social pressures if in any given situation you choose to make difficult decisions as a caregiver? (‘Take the less trodden path’)?</td>
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<tr>
<td>X</td>
<td>Are childrearing concerns/needs being addressed by any agency, government or otherwise?</td>
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#### CHILDREN

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<thead>
<tr>
<th>I</th>
<th>Are you happy?</th>
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<tbody>
<tr>
<td></td>
<td>a) If yes, what about your life is positive and makes you happy?</td>
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<tr>
<td></td>
<td>b) If no, why?</td>
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<tr>
<td>II</td>
<td>Aspirations/future goals- where do you see yourself 10 years from now?</td>
</tr>
<tr>
<td>III</td>
<td>Is there anything that you’d like to change about your life?</td>
</tr>
<tr>
<td>IV</td>
<td>What in your life is of paramount importance to you?</td>
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</tbody>
</table>

#### PROFESSIONAL/STAKEHOLDER

1. What does child mental health/child well-being/mental health mean to you?
2. How long have you been in practice? In this period what are the changes that you see in terms of risk and protective factors in the child’s environment?
3. Could you pinpoint one or two critical factors that shape child developmental outcomes?
4. Could you comment on current childrearing styles/practices? Do you feel that children are being raised well? Or are changes needed? If yes, mention them?
PARTICIPATION INFORMATION SHEET AND CONSENT FORM

Dear Respondent,

My doctoral research entitled ‘Childrearing and Child Mental Health: A Study of Non-slum Families in Mumbai City’, is an exploration into the changes that have come about in the childrearing style in urban contexts and their effect on child mental health outcomes.

For the household respondents
The participation involves answering an interview schedule that should take approximately 30-40 minutes. The questions are related to changes, if any, in the way we raise our children (childrearing style) in the post-urbanised context.

For the key informants
The participation would involve approximately 45 minutes to an hour. Your insights and wisdom will help me identify not only the challenges that abound in urban childrearing contexts, but also the coping strategies used to deal with these challenges. Further, your experiences in Mumbai city would help to recognise the risk and promotive factors that enhance or impede child mental health.

As an informed participant of this experiment, I understand that:
1. My participation is voluntary and I may withdraw from this exercise at any time, without any penalty.
2. I am aware of what my participation involves.
3. There are no risks involved in the participation of this study.
4. All my questions about the study have been satisfactorily answered.
5. The interview is being audio recorded and will be kept confidential and used for research purposes only.

I have read and understood the above, and give consent to participate:

Participant’s Signature: ____________________________ Date: __________

I have explained the above and answered all questions asked by the participant:

Researcher’s Name and Signature: ____________________________

Date: __________

Thank you,

Lata Shenava
Ph.D Scholar
Tata Institute of Social Sciences,
Mumbai-88.