

Table 3. Key research questions, methods and topic guide for discussion

Research questions	Participants and methods	Number	Topics for discussion / data for collection
1) What are the postpartum practices of ZYZ observed by the women of urban and rural households in Zhejiang, China? What is the reported impact of ZYZ on women's physical and mental health and their infant feeding choices?	<ul style="list-style-type: none"> Semi-structured and narrative interviews with the women and family members at their homes Ethnography (participant-observation) 	12 urban and 12 rural families (or until saturation)	<ul style="list-style-type: none"> Practices, beliefs and reasons for postpartum practices. Perceptions of postpartum practices on health during ZYZ. Infant feeding practices. Observations of home surroundings and participants' behaviours
2) How are these postpartum practices negotiated between the women's family members and with healthcare professionals, and what does this say about family life and healthcare culture in Chinese society?	<ul style="list-style-type: none"> Semi-structured, narrative interviews and life histories with the women, family members Semi-structured interviews with healthcare professionals, healthcare business managers and workers at the women's homes or the healthcare professionals' place of work Ethnography (participant-observation) at the women's homes 	8 healthcare professionals (or until saturation)	<ul style="list-style-type: none"> Decision-making processes for postpartum practices. Relationships between the women and women's family members Relationships between the women (and their families) and healthcare professionals Observations of the interactions between participants at home
3) How does knowledge from folk medicine and Western health sciences influence the way the women and their families take	<ul style="list-style-type: none"> Semi-structured interviews, narrative interviews and life histories with the women and family members at their homes 	12 urban and 12 rural families (or until	<ul style="list-style-type: none"> Types of knowledge women and families turn to during the postpartum period, and how these are shaped by social change The ways this knowledge influences the women and