

Supplementary material 2 – Focus group topic guide

1. Do you think spending time in nature and green space might be helpful for mental health and wellbeing during pregnancy?
2. What types of nature-based activities do you think you would have liked to do (or have done), during pregnancy?
3. Do you think activities need to be especially for pregnant women (or young pregnant women) or do you think it could be mixed with other people?
4. At what stage during pregnancy or after having a baby do you think spending time in nature would be most useful or easiest?
5. How often do you think you would need to spend time in nature to make a difference to mental health and wellbeing?
6. What might make it difficult to take part in these activities?
7. What might make it easier or more attractive to women to take part in these activities?
8. What changes do you think nature based activity could make to how women feel during and after pregnancy?
9. How do you think it might be best to reach young pregnant women to take part in research?