



BaBY PaNDA

Topic Guide

Pregnant and Postnatal Women

1st interview

1. Background information

- a) Number of other children
- b) How she's been feeling during pregnancy/childbirth/new mum

2. Views of screening perinatal depression

- a) Do you think it's a good idea for Hlth Profs to screen women for depression in pregnancy / postnatal care?
- b) Who do you think should do the screening?
 - (1) Health professional (known GP/ midwife / health professional)
 - (2) Specialist in mental health independent of usual care

3. Experience of being routinely screened / referred by own health professional

- a) Were you aware of being asked about whether you were feeling depressed or anxious during pregnancy by a health professional in any of your routine visits? (not BABY PaNDA study)

4. Experience of previous depression or anxiety

- a) Have you suffered from depression or anxiety in the past?
 - i) Generally or perinatal?
 - ii) How long did it last?
 - iii) How severe was it?
 - iv) Was it diagnosed / treated?
 - v) Discuss in relation to findings of PaNDA assessment

5. Current experience of perinatal depression

- a) Have you noticed a change of mood since you became pregnant?
- b) Are you suffering from depression or anxiety at the moment?
- c) If yes,
 - i) symptoms / severity
 - ii) whether been diagnosed
 - iii) care pathway

6. Acceptability of questions

- a) How did you find the PaNDA assessment in terms of completing the various questionnaires?
- b) Whooley questions
- c) EPDS questions

State each question for b) and c) verbatim followed by probes below

- i) Do you think this is an acceptable question to ask a pregnant woman?
- ii) Can you tell me in your own words what that question means to you? / What goes through your mind as you hear and answer the question?
- iii) What does the term x mean to you? / What did you understand by term x?
- iv) How did you remember that? / What time period were you thinking about?
- v) How sure of your answer are you? / How accurate would you say your answer is? Why?
- vi) How easy or difficult was it to answer the question?
- vii) How did you feel about answering the question?

7. Methods for screening questionnaires

- a) Based on your experience today for answering the various questions, would you prefer to complete these questions on a written questionnaire or talk them through within a conversation?
- b) Why?

8. Check if woman happy to have a similar interview after their next PaNDA assessment (3-4 mo or 12 mo) to see if any different views?

Topic Guide Postnatal Women (3-4 months postnatal) 2nd interviews

1. Background/Ice breaker

a. How have you been feeling as a new Mum?

2. Current experience of post-natal depression/anxiety

- a. Since your previous interview / assessment have you noticed a change of mood?
- b. Are you suffering from depression or anxiety (or any other common mental health issue) at the moment?
- c. If yes,
- i. symptoms / severity
 - ii. whether been diagnosed
 - iii. care pathway

3. Ongoing experience of being routinely screened/referred by health professional

- a. Since your previous interview / assessment have you been aware of being asked about whether you were feeling depressed or anxious by a health professional in any of your routine visits (not BABY PaNDA study)
- b. If yes,
- i. What happened?

4. Acceptability of questions

- a. Whooley questions
- b. EPDS questions

5. State each question verbatim followed by probes below

- i. Do you think this is an acceptable question to ask a pregnant woman?
- ii. Can you tell me in your own words what that question means to you? / What goes through your mind as you hear and answer the question?
- iii. What does the term x mean to you? / What did you understand by term x?
- iv. Why did you choose that answer?

- v. How did you remember that? / What time period were you thinking about?
- vi. How sure of your answer are you? / How accurate would you say your answer is? Why?
- vii. How easy or difficult was it to answer the question?
- viii. How did you feel about answering the question?

6. Acceptability of questions at different time points

- a. Do you feel any different about being asked or answering these questions now you are a mum compared to before?
 - i. Why?(Familiar / Less stigma / thought about it from previous time)

Check if woman is happy to have a similar interview after their next (and final) PaNDA assessment.



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Topic Guide Postnatal Women (12 months postnatal) 3rd interviews

1. Background/Ice breaker

- a. How has your first year as a Mum been?

2. Current experience of post-natal depression/anxiety

- a. Since your previous interview / assessment (3-4 months) have you noticed a change of mood?
- b. Are you suffering from depression or anxiety (or any other common mental health issue) at the moment?
- c. If yes,
 - i. symptoms / severity
 - ii. whether been diagnosed
 - iii. care pathway

3. Ongoing experience of being routinely screened/referred by health professional

- a. Since your previous interview / assessment (3-4 months) have you been aware of being asked about whether you were feeling depressed or anxious by a health professional in any of your routine visits (not BABY PaNDA study)
- b. If yes,
 - i. What happened?

4. Overall, how found answering the questions over time in the study (have these with you as a reminder)

- a. Whooley questions
- b. EPDS questions

5. Final reflections over time have been in the study

- a. Post-natal depression/anxiety
- b. Routine screening/referral

6. Anything else want to say?



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Topic Guide

Health Professionals

- 6 health visitors (HV)
 - 6 midwives (MW)
- (Recruit a mix by site and grade)

Purpose (from protocol): Explore their experience of delivering the depression screening tools in routine clinical practice and their training needs. This will be explored against descriptions of recommended and routine practice from health professionals in the respective site.

1. Study information

- a. ID number
- b. Study centre number
- c. Interviewer
- d. Date
- e. Go over study purpose and clarify anonymity/confidentiality and data reporting
- f. Background information of interviewee (years experience, job title)

2. Background information on screening for perinatal depression

- a. Can you provide some background information on how you screen for symptoms and causes of perinatal depression?
- b. How does screening for perinatal depression differ throughout pregnancy and motherhood?
- c. What are the impacts of screening and failing to screen/manage perinatal depression?
- d. How do you decide whether someone has perinatal depression?
- e. Can you explain the policy and practice for perinatal screening at this hospital?

3. General views and experiences of screening, diagnosis and management of perinatal depression

- a. When do you think is the most suitable time to diagnose for perinatal depression (pregnancy, post-natally at first health visit 6-8 weeks, or all of these) why is that?
- b. Does your management of perinatal depression differ depending on the severity of the case? why?
 - i. How does the care pathway differ depending on severity of case? And why?

- ii. Do people get referred to GPs or specialists? Does this vary with case severity?
- c. Can you tell me how comfortable you are asking the screening questions? Why is that?
- d. What do you feel are the barriers to asking screening questions?
- e. (If participant does not raise barriers below discuss the following):
 - i. Do you find your ability or experience of asking screening questions differs or is affected when you first meet patients or by your relationship with patients?
 - ii. Do you need technical training to diagnose or refer or is screening enough to be referred?
 - 1. If a patient says they need help is that triggering diagnosis and referrals?
 - iii. Do you feel that the personality / background of woman, particularly if have a history of mental health problems or there is a known lack of personal / family support affects your ability or experience of asking screening questions?
 - iv. Do you find that women need to be pre-warned about questions and if so why?

Concerns in referring to GPs and/or lack of resources for appropriate treatment and follow up

Experiences of delivering the study screening tools (take these tools with you ask the participant to look at them)

- f. Whooley questions
- g. EPDS questions
 - How do you feel about using these tools? Why is that?
 - What has your experience been of asking these questions?
 - Are there any questions that you have found difficult/awkward or sensitive to ask, and if so which questions and why?
 - Are there any questions you find difficult to understand? Which ones and why?
 - Any question women appear to have found difficult/awkward/sensitive to answer? Which ones and why?
 - Any questions the women appear to find difficult to understand? Which ones and why?

4. Potential impact of the screening tools on the care pathway

- a. How do you think the screening tools have impacted on the care pathway?
 - i. Have there been any issues surrounding treatment availability or waiting lists since using the screening tools?
 - ii. Do you have any ethical concerns regarding the screening tool?
 - iii. Do you think the tools have impacted on the continuity or appropriateness of care provided?
 - iv. What treatment is typically provided post-diagnosis?

1. Are anti-depressant's routinely offered as first line of treatment?
- v. Has the screening tool impacted on the care pathway in any other ways?
- b. Do you feel the screening tools creates any increased demands on MW / HV (at initial visit, paperwork, at follow up) and why?
- c. Do you think the screening tools add any burden in terms of supporting women emotionally, for yourself and patients
 - i. If yes why and how?
- d. No change – already implemented

5. Training needs

- a. Do you think there are any training needs to help staff screen for perinatal depression, or for staff's development of counselling and diagnostic skills?
- b. Are there any other training needs you can think of?

6. Change in organisational systems

- a. Are there any changes needed to current organisational systems for screening and management of perinatal depression? (If necessary prompt r.e. staff, referral processes, booking appointments)
- b. If so what types of changes are required? What do you feel is the most important change that is needed?

7. Is there anything else you would like to add?

8. Re-clarify anonymity and data reporting