



The PIMMS-WL Trial

Feasibility and acceptability of a brief routine weight management intervention for postnatal women embedded within the national child immunisation programme in primary care: randomised controlled cluster feasibility trial with nested qualitative study.

Interview Topic Guide – Mothers

Thank you again for meeting and agreeing to talk to me today. Are you comfortable and ready to get started?

I'd like to talk with you today because you've taken part in the PIMMS-WL trial and now we'd like to find out as much as we can about what you thought of the trial and what it was like for you to be a part of this trial.

With your permission, I will record our conversation and then combine all the interviews we conduct with mums in the trial and use this to summarise what mums thought of the PIMMS-WL weight management intervention. As I'll be recording our conversation and want to keep what you say anonymous, I will start the recording by mentioning your trial number and avoid addressing you by name while we chat. I will be recording our conversation on an encrypted digital recorder. After we finish up here, I'll take the recording to university then download and save it onto my desktop computer which is password protected. Any direct quotes from you may be used in reports or journal articles, if they are, they will be completely anonymous so that no one will be able to identify you.

Once we've finished talking (the interview), there will be an opportunity for you to raise any concerns you have, but you can stop me at any time and if you do not wish to answer a particular question or want to terminate the interview at any time that is absolutely fine.

Warm up

How old is your baby now?

How's it all going?

Pre-pregnancy weight maintenance

Now I'd like to talk about any previous weight loss attempts you made before your last pregnancy.

- Before joining this trial, had you ever tried to lose weight?
- What type of things did you do to try and manage your weight in the past?

Reasons for participating in trial

- Can you tell me about what it's been like for you being involved in the PIMMS-WL trial?

- What were you hoping to get out of being a part of PIMMS-WL?
- Why did you want to take part?

Self-weighing

- Could you tell me what you thought about having to weigh yourself once a week?
- Can you tell me how weighing yourself made you feel?
- How useful did you find weighing yourself regularly?
- Were you able to weigh yourself once a week?
 - Was it easy to remember to weigh yourself regularly?
- Can you tell me how important the number on the scales was for you and why?

Current weight management

- Are you still attempting to manage your weight?
- Can you tell me a bit about what you do to manage your weight presently?
- What do you use to help you measure/gauge your progress?

Immunisation appointments

I would now like to talk about what happened during baby's immunisation appointments.

- Could you describe a typical immunisation appointment? Could you walk me through what would happen during these appointments?
- You mentioned that the nurse....did the nurse ask if she could weigh you during these appointments?
- How did you feel when the nurse was weighing you?
- What did you think of having the nurse weigh you during your baby's immunisation appointment?
- Could you tell me a little bit about what the nurse said to you while she was weighing you?
- Did the nurse hold your baby while you were on the scales?
- Can you tell me how you felt knowing that you would be weighed at your baby's immunisation appointments?

POWeR website

Now I want to ask you about the POWeR website.

- Were you able to access the site?
- Can you tell me what sort of things you looked at on the website?
- What did you think of the website?
- What did you think about being referred to a website for weight management advice instead of being offered it during the immunisation appointment?

Additional questions

- Now that you've been involved in the PIMMS-WL trial, how do you feel about managing your weight?

- Can you tell me what sort of things we could have done differently to make things easier for you?
- Can you tell me what would you think we should have done to make being involved in the PIMMS-WL trial better for you?
- At the start of this study you completed a consent form to agree to participate. This means that only women like you who signed this consent form can take part and the nurse will only weigh women who filled in the consent form. In the next study we are thinking about not having a consent form and the nurse just weighing every woman who comes to each of the immunisation appointments and writing this in the red book as part of routine care after having a baby. The nurse would also encourage every woman to weigh themselves each week like we asked you to do. How do you think women would react to this? Or how would they feel about it?

Prompt: Women could still refuse to be weighed it is just that the nurse will expect to do it routinely in all women unless they object – rather than having a consent form like you did?

- What sort of things do you think would help women lose weight after pregnancy?
- Would you recommend the trial to your friends or other new mums?
- Is there anything else you'd like to tell me?

Thank you so very much for your time and for raising such interesting points. On behalf of the entire PIMMS-WL research team, I would like to say thank you for taking part in our trial and inviting us in to your house.