



UPBEAT

Uk Pregnancies Better Eating and Activity Trial



Qualitative In-depth Interview schedule in Phase 1: version2: March 2009

Qualitative In-depth Interview schedule with obese pregnant women in Phase 1

Please note that all interviews will begin with preliminary introductions. The researcher will reiterate consent and confidentiality promises and willingness for the interview to be tape recorded. The researcher will talk with the woman about how much time there is to carry out the interview and other interview practicalities.

Interviews will vary depending on the circumstances of the woman and the issues they raise during the interview. Language will need to be adapted to each woman according to their situation and background, however a general list of subject areas is provided below:

Tell me about your pregnancy so far?	Probe first time pregnancy/other pregnancies/conception/planned/father/support/did you expect to get pregnant easily/more difficult than anticipated?
Lots of different people tend to give advice when you are having a baby – What sort of advice have you received and from whom?	Pre-pregnancy information versus current information Who and where information comes from
Who do you trust the most for information about being pregnant and your health while pregnant?	
Where would you go for pregnancy related information?	Probe on what information/questions they might have. Probe on acceptability of or options of where women could see themselves going if they wanted to join a group or see a health trainer – GP practice, local gym, home, hospital, community centre, childcare facilities etc
How is the day to day running of your household managed?	Guage level of practical help and from whom. Especially probe on food practices –who does most of the food shopping and cooking in your house? Daily household routine and who takes responsibility for what? If other children who takes the main responsibility for the children etc.
How do you feel about	Body image



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your body at the moment and the changes that are occurring?	
Do you think you or your baby are at risk of anything health wise?	Risk perception – of what if anything?
What do you think you need to do to keep yourself healthy in pregnancy?	Guage current activity levels. Asses possible barriers and general beliefs about health/activity/nutrition in pregnancy.
How do you feel about your baby?	Probing ideas and beliefs about whether the baby is protected from harm or able to be harmed. Views of the baby
Is there anything you are currently doing that you think is especially good/bad for your baby?	Probe on theories of planned behaviour and health beliefs about pregnancy. Especially interested in whether they see themselves as 'not doing' something as opposed to 'doing'.something ie to what extent do they rationalise current status?
Do you have any goals for yourself during this pregnancy?	Probe on ideas of body image, weight, nutrition as connected to identity and motherhood
What do you think might be the difficulties in achieving those goals?	Possible barriers. Again probe on identity issues.
How do you expect the birth of your baby to go?	Guage level of risk perception. Probe on obesity related risks – do they perceive themselves as being at risk, their baby as being at risk? What risks?
What sort of activities would you be prepared to participate in to help keep you healthy throughout your pregnancy?	Probe on the sorts of interventions that might be part of the pilot (actiheart, cooking clubs, blood tests, nutritional lessons, DVD at home, activity and where)