Covid-19 BIB cohort study

Interview with women – initial interview during pregnancy

Introduction

Good morning/afternoon,

Thank you for taking the time to speak to me today. Your views and experiences of pregnancy during the Covid-19 pandemic are really important to us. This work is being carried out to inform local and national services about how to reduce the impact of the outbreak on those women and families most in need. Longer term, what we find out in this study will be used to inform what services might look like when the pandemic is over.

Can I check that you have read the information sheet about the study and had a chance to discuss the research with your family/friends? Do you have any questions? Can you please answer Yes or No to the following questions so that we can be sure that you are happy to take part in this study. Can you please confirm that you understand that:

- The interviews will be audio recorded, transcribed into words and stored in the Born in Bradford online secure database
- Your participation in this interview is voluntary and you are able to stop the interview at any time without giving a reason. You can also withdraw from the study at any time by contacting BiB using the details on the information sheet.
- the information you give us will be used anonymously for this study and in published reports.
- We will keep your information confidential unless we have concerns that you, or someone else, is at risk of harm. In this case we would have to let the relevant healthcare services (e.g. your midwife) know.
- As part of the same study we would like to find out about your experiences after you have had the baby and will contact you to do 2 more interviews, one about 3 months after your baby is born and one about 9 months after your baby is born.
- Are you happy to take part in this study?

I'm going to ask you about a few topics we are interested in; for each topic there will be a series of open questions. Please feel free to discuss whatever you wish to, especially the issues most important to you or that you are most concerned about. The interview should last about 45mins-1 hour.

Experiences of pregnancy during the Covid-19 pandemic

First of all, I'd like to talk about your experiences of being pregnant during the Covid-19 pandemic.

1. **Please tell me generally about your experience of being pregnant during the time of the pandemic?**
   - What have been your main concerns for yourself during this time? Why?
   - What have you enjoyed about being pregnant at this time? Why?
   - What have been your main concerns about the baby during this time? Why?
   - What have you been least concerned about for the baby? Why?

2. How **safe do you feel** being pregnant during the covid-19 pandemic?
   - Do you have concerns about catching covid-19 while pregnant?
   - Have you done anything differently during your pregnancy to keep yourself safe during the Covid-19 pandemic? (e.g. avoiding public transport, avoiding people with covid-19 symptoms, working from home, social distancing, personal protection like handwashing)
   - What could be done to make you feel safer?

3. During your pregnancy, have you or anyone else in your household fallen ill with **symptoms of coronavirus** or been tested positive for the virus? Who?
   - How did you feel about this, being pregnant?
   - How did you deal with this as a household?
   - What did you do to keep yourself safe? (e.g self- and/or family isolation)

4. How have you felt during pregnancy in terms of your **general health and fitness**?
   - Do you have any concerns about your health and fitness? What are these?
   - How has Covid-19 affected your level of health and fitness?

5. Have you felt **anxious** about being pregnant during the pandemic?
   - What has made you feel anxious?
   - What have you done to ease the feeling of anxiety?
   - How has Covid-19 affected your level of worry or anxiety?
   - What could be done for pregnant women to help relieve anxiety at this time?

6. How is your general **mood**?
   - Have you felt down or depressed during pregnancy?
   - How has Covid-19 affected your general mood?
   - Have you sought any support or help when you have felt down or depressed? What/where?
   - How helpful was the support or care you received?

7. What have you been **most worried or anxious** about in the last week? (e.g labour/childbirth, money/financial issues, preparation for the new baby, being a good parent)
   - How has this affected you?
   - What have you done about this? Have you sought any support or help?
   - How helpful was the support you received?

Plans for childbirth

Next I'd like to ask about your plans for giving birth and how you feel about childbirth during the pandemic

1. **Please tell me about your plans for childbirth and how you are feeling about birth during the pandemic?**
   - Where do you intend to give birth?
   - Why did you choose this option?

- Has this had to change due to the covid-19 pandemic?
- How do you feel about any changes?

2. How do you feel about **giving birth in a hospital setting** during the pandemic?
   - What concerns you most about this?
   - Do you worry about exposure to covid-19 while in hospital?
   - Do you worry about your new baby being exposed to covid-19 in the hospital?
   - Have you sought any help or support to relieve those concerns? (e.g. self-help, previous experience, midwife, partner, other)?
   - How helpful was the support you received?

Access to and use of antenatal and pregnancy services

Next I'd like to ask you a few questions about your use of antenatal and other services during pregnancy.

1. **Please tell me generally about your experience of accessing midwifery led services during the time of the pandemic?**
   - Have you been attending midwifery appointments? Why, why not?
   - Have you experienced any difficulties accessing midwife appointments during this time?
   - What have been the positive aspects of accessing care at this time? Why?
   - Do you feel you have received enough support from the midwife during covid-19?

2. Can you tell me **where do you usually go** for your midwife appointment?
   - What mode of interaction have you had with the midwife (e.g. phone call, video or online call, face to face)
   - What has been your experience of this mode of interaction? Positive and negative points?
   - Do you see the same person every time? How do you feel about this?
   - How would you describe your relationship with the midwife?
   - Is there someone else you would rather have seen? Who, why?

3. Would you have **liked anything to be different** about your midwife appointments?
   - More or fewer appointments? Why?
   - At what point would you have liked more appointments? Why?
   - Would you have preferred a different length of appointment? Why?
   - Would you have preferred another method of interaction (e.g. phone, video, face to face)? Why?
   - Is anyone allowed to attend midwife appointments with you?
   - Who usually attends antenatal care with you? Would you have preferred someone else?

4. During the pandemic, **how satisfied** have you been with the midwifery care you have received?
   - What have been the best and worst aspects of the care? Why?
   - Have you received enough information about how covid-19 affects pregnancy and birth?
   - What else would you like to have known about?
   - What could be done to make it easier for women to attend midwifery appointments during the pandemic?
   - How does your experience of antenatal care during Covid-19 compare with before the pandemic? (or with previous pregnancies)

5. Are you attending any **parenting classes** to help prepare you for the birth and looking after your baby?
   - If yes, where do you attend parenting classes? Who delivers the classes?
   - What mode of interaction (e.g. face to face, video or phone)?

- Have you been able to attend regularly? Why, why not?
- Do you feel you have received enough support from parenting classes during covid-19?
- If you are not attending, why not? What stopped you attending? What could have been done to enable you to attend?

Relationship with partner and family

I'd like to know more about your relationships with your partner, friends and family during your pregnancy, especially how things may have changed during the pandemic. Please can you confirm if you have a partner, and who this is (husband, boyfriend, girlfriend, wife)?

1. **Please tell me who do you regard as important to you during your pregnancy?**
   - Why are they particularly important to you during pregnancy?
   - What impact has the outbreak and lockdown had on these relationships?
   - How has this affected you during pregnancy?

2. How has your **relationship with your partner** been during pregnancy?
   - How involved has your partner been in your pregnancy?
   - Would they have liked to be more involved? In what way?
   - Have they been able to attend appointments with you?
   - Has covid-19 affected your partner's involvement in your pregnancy in any other ways?
   - How do you think they have felt about this? How has this affected them? And your relationship?

3. Tell me a bit about your **family network** – who you can count on most during your pregnancy?
   - How easy is it usually for you to reach out to these people if you need help?
   - What has changed in terms of your contact with these people during the Covid-19 pandemic?
   - How has this affected you during pregnancy?

4. Tell me a bit about your **social network** – who do you see or speak to regularly?
   - How easy is it for you to reach out to these people if you need help?
   - What has changed in terms of your contact with these people during the Covid-19 pandemic?
   - How has this affected you?
   - Have you been able to make new friends or contacts while pregnant? Who have you met?
   - How easy or difficult has it been to make new friends or contacts during the Covid-19 outbreak? Why?

General impact of Covid-19 on services

1. **Overall, what would you say about how your local midwife and antenatal care services have responded to the Covid-19 crisis?**
   - What has been done well? What has not been done well?
   - What else can be done to help pregnant women and their partners cope during the outbreak?
   - Are there any positive changes to services that should continue after the pandemic? What are these and why?
   - Are there any negative impacts that need to be addressed? What are these and why?

Wrap up

We have come to the end of the interview. I don't have any more questions for you, but do you have anything else you would like to say about what we have discussed today?

Thank you for your time today, it has been really valuable to talk with you. We will next be in touch on XXX.

Recruiting partners

(If woman has agreed to us contacting their partner – this will be in the info sent by the BiB team). Has your partner received the information about taking part in this study? Would they like to take part? If so please ask them to contact the BiB team on xxx to confirm this.