Trial of Healthy Relationship Initiatives for the Very Early-years

MOTHERS INTERVIEW SCHEDULE 1
PARTICIPANT INTERVIEW SCHEDULE: TIME 1 OF 2

- To take place towards end of intervention (before baby)
- At 35/36 weeks of pregnancy

SECTION 1: WARM UP

- Tell me about your life:
  - Who you live with
  - How you like to spend your time
  - A little bit about this pregnancy and how it came to happen
  - Relationship with partner
  - Relationship with father of the baby if not current partner
  - Any other children
  - Your wider family.
  - Friends
  - Where live and what kind of home (if not in home)

- How did you come to be taking part in this trial
  - Describe how approached and by who
  - See whether mention vulnerabilities and if did explore a little at this point

- Support during pregnancy
  - SNiPs or equivalent
    - What level of support did you receive (may need prompts regarding contact with health services)
    - Helpfulness of support
    - Benefits of support
  - Contact with other services?
    - How long
    - How that came about
    - How useful was the service
    - Any general comments

- If has not already come up, explore vulnerabilities:
  - Nature of additional need
  - Bit of a history
    - Any planned postnatal support (pre-birth conference)

SECTION 2: RECRUITMENT TO TRIAL

- Re-cap on what said above on this
- Probe:
  - Your understanding of why you were selected to take part
  - Process of first being approached, given any info, told about which arm you were in, what next etc?
  - Their feelings at each stage
    - Enthusiasm
    - Excitement
    - Reluctance
    - Stigma
    - Anxiety
    - Bewilderment
    - Etc
 Did you tell/talk to anyone else
  ▪  What they said
  ▪  Reaction of other
  ▪  If did not talk to anyone why? Because of anticipated reaction?

 How did partner/father of baby/friends/family/other service contacts feel about involvement or how do you think they feel?

 Explore any barriers re taking part?

 What were your expectations, if any, about the intervention?

 SECTION 3: THE INTERVENTION SO FAR

 - What do you think about the intervention so far?
 - Have you managed to attend all sessions
  o  If not, why not?
 - Go through each sessions asking what think about it
 - Then, probe for
  o  Has intervention so far met expectations?
  o  Have you enjoyed it? In what ways? Why not?
  o  Has it been useful/helpful: in what ways? Why not?
  o  Have you felt able to participate fully? If not, why not? Individual sessions?
 - Probe on individual sessions, with particular focus on key sessions
  o  Explore understanding of what sessions were meant to do/achieve
  o  Explore their perception of whether this was achieved
 - Anything that, so far, you wish the intervention had done but has not?
 - The practitioner: talk about her (him)
  o  Whether you like her and why/why not
  o  How good at delivering programme
  o  How warm/other characteristics
  o  Any relationship outside group
 - The group: talk about it, describe others, whether work well together
  o  Whether like people within it; who, why/why not
  o  Has the nature of the group added to or taken away from content?
  o  Any relationships outside of group
 - The site
  o  How convenient has that been to get to
  o  How comfortable is room once there
  o  Added to or taken away from content of programme
 - Travel Provision
  o  What has that added to experience, if anything?
SECTION 4: CHILDHOOD
- Explore their experiences of being parented/own childhood
  o What kind of childhood did you have?
    ▪ Family set up
    ▪ How happy
    ▪ Traumatic instances, if any
      • Were there any periods of time when you lived with somebody other than your mother or father?
      • If yes, explore reasons for this, including whether participant was ever in the care system; reason for care entry; thoughts or feelings about being in the care system; memories of who you lived with; have you remained in contact with them and why/why not?
      • If no, explore same as above, but focussing on who that person was and why they lived there… i.e. was it an informal care arrangement.
  ▪ Relationship with parents
    • Specifically if in care system or lived with other adult during childhood… what was contact with parents (if alive) like during that period and how did that affect long-term relationship with parents?
    • Were there differences in parenting styles, and if so, in what way? How did that make them feel etc.?
  o Other close people to them
    o Idea of people sometimes revisiting their childhood when you find out that you are pregnant – did you find yourself reflecting on this when found out you were pregnant this time, or previous pregnancies
    o Would you like to be a mother like her mother was? In what ways? In what ways not? (and father too)
    o What is a ‘good mother’?
    o Was your mother a ‘good mother’ – in what ways yes, in what ways no
    o If in care system or lived with other adult during childhood have your views on motherhood/parenting been based on how you were parented by other people? What was good/bad? What would you do same/differently?
    o What are your hopes for motherhood?
    o To what extent has the intervention got you to think more about these kinds of things?
    o In what ways, if any, has it been helpful?
    o If any worries expressed around negative bits of childhood and own parenting, explore this more – what can help this not happening again? Explore nature of anxieties? Explore extent to which intervention has helped or not?