

## INTERVIEW SCHEDULE: PAKISTANI WOMEN AND POSTNATAL CONTRACEPTION INTERVIEWS

### Introduction:

Complete pro-forma.

### Background:

NHS Lothian is working to improve access to contraceptive advice and supplies for pregnant women and help them to better plan future pregnancies, if they wish. It can be difficult to organise contraception after the birth of a baby so community midwives are now asking women during the antenatal period to think about what contraception they may want after the birth. This means that more women will be able to access their choice of contraception before they leave hospital with their baby.

The aim of inviting you to be interviewed today is to get your views on how you would like midwives and doctors to raise the topic of postnatal contraception and what advice and support do you want, or not. This will help us plan and deliver services in a sensitive way.

Do you have any questions? Take consent (read through with women as necessary)

Are you happy with me recording this interview? It is to ensure I have an accurate record of the discussion but it will be deleted after the study. I will make a detailed anonymised (translated if necessary) summary of the recording for the rest of research project group.

### Questions:

I'm going to start by asking what do you know about the types of contraception that can be used after giving birth.

- *If women know about a range of methods – ask them for their views on what methods they think are best and why*
- *If women don't know a lot about contraception (postnatal or in general) – ask if they are interested in knowing more. If not, why not.*
- *If from Pakistan, ask what was their previous experience and access to contraception?*

What's important for you in discussing and accessing contraception (or not) after the birth of a child?

- *How do you feel about being asked about contraception?*
- *Do they want contraception? If they don't want contraception, how do they feel about being asked?*
- *Who might you discuss contraception with? E.g. family, husband, friends*
- *What would influence your decision to take contraception?*
  - *Cultural and religious influences? Are there any and if so, what are these? E.g. boys, finance, family*
- *Is there a particular contraception method you might be more likely to consider? Why?*
  - *Is there a preference for non-hormonal methods or not – if yes, ask why*
- *How do you think that the number of children women have might make a difference on the method of contraception they would choose? What do you think is an ideal family size?*

Have you used an interpreter during pregnancy and childbirth? If so, what is your experience of discussing contraception through an interpreter?

- *Does having an interpreter affect your choice?*
- *Were they a professional interpreter or husband/family/friend? Do you have a preference and why?*
- *Were you happy with the interpretation? Did you feel your answers and questions were communicated well? Did you get all the information you needed?*

Community midwives now ask women at antenatal appointments to think about what type of contraception they might like after the birth of their child. What are your thoughts on the best way for midwives to raise the subject?

- *Do you remember having a similar discussion, what was your experience?*
  - *Explore communication, setting etc*
- *What information would you like at this time?*

How do you feel about the midwives in hospital asking you about contraception after you have given birth?

- *How do you think midwives should raise the subject?*
- *What information would you like to be given at this time and how (format)?*
- *What has been your experience?*
  - *Do you remember having a similar discussion after the birth of your child, what are your recollections?*

How do you feel about getting your choice of contraception in hospital after the birth of your baby?

- *What has been your experience? Are you happy with your choice?*

How would you like to access information about postnatal contraception?

- *Access to written resources or links to websites? Do you prefer face to face information?*