

## Interview Guide

### Preamble

Thank you for agreeing to participate in this interview. I am interviewing you to better understand the experience of pregnancy and birth during the pandemic. The purpose of this is to gain knowledge that will help health care providers, policymakers, and relevant community groups better able to support people like you. Because I am interested in your experience, there are no right or wrong answers to any of my questions.

You have signed the consent form and are aware of your rights as a participant. The interview should take approximately 30 to 60 minutes depending on how much information you would like to share. With your permission, I would like to audio record the interview because I don't want to miss any of your comments. All responses will be kept confidential. You may decline to answer any question or stop participating in the interview at any time and for any reason. May I turn on the digital recorder?

### Interview Questions:

- 1) Could you describe your current living situation?
  - a. Prompts: Who do you live with?
  - b. Do you have contact with anyone besides those you live with? If so, who, and in what capacity?
  - c. Where in Canada do you reside (Province, city/town, urban/rural etc)? To the best of your knowledge, to what extent is COVID-19 present in your community?
- 2) What does a typical day look like for you now? In ways does this differ from prior to the pandemic?
- 3) Could you please describe how your pregnancy has progressed?
  - a. Prompts: has it been smooth? Have you encountered any health issues? What have you been able to do by way of self-care? What activities are you involved with in this community?
- 4) Have you encountered any challenges being pregnant during the pandemic? If so, please describe these challenges. Do you have any suggestions for how those challenges could be overcome?
  - a. Have you encountered any difficulties preparing for the arrival of a baby during the pandemic? How have you navigated this?
- 5) If you have not given birth yet, what is your birth plan? How is this shaped by/impacted by COVID-19?
- 6) If you have already given birth, please describe how it went. How was it shaped by COVID-19-related policies and restrictions?
- 7) What concerns did you/do you have about being pregnant and giving birth during the

pandemic? Have these concerns been adequately addressed? Who do you turn to for advice and/or support?

- 8) How would you describe your mental health? Who do you rely on for support at this time?
  - a. What resources do you wish you had access to?
- 9) So you have any other concerns or thoughts that you would like to share?
- 10) Could you suggest anyone else that I should talk to?