

## INTERVIEW GUIDE FOR WOMEN

**This is the starting topic guide. The overarching objectives will remain the same, but questions and prompts will be developed as interviews are undertaken to incorporate any important themes emerging from the interviews.**

### **Before the interview begins**

- Thank mother for giving the time for the interview and explain. “The purpose of the research is to find out about your experiences of feeding your baby and how help for feeding can be improved in future.”
- Ensure the participant has had the opportunity to ask any questions about the research including issues about confidentiality, the findings of the research and where the research will be disseminated before being asked to sign the consent form.
- Explain that they don’t have to answer all the questions just because they have consented to the interview, and that they can take a break or stop the interview at any time.
- Explain that you are there to understand more about their experiences and that they will have some time at the end of the interview to talk about any other issues that are important to them that may not have been covered by the questions.
- Check that they are happy to be audio-recorded and that they have signed for this on the consent form.
- Start audio-recording and begin the interview.

### **Questions for All participants / Questions for ABA participants only**

#### **THE MOTHER’S FEEDING STORY**

1. **Thank you so much for taking the time to talk to me. Can I start by asking how old your baby is now ... baby’s name, how are you both?**

*[make a note of baby’s name for use in rest of interview]*

2. **Can you tell me about your experience of feeding your baby ...?**

[Encourage mother to tell her story]

**Were there any challenges or difficult times in terms of feeding your baby?**

(If so) What did you do?

(If so) Who helped you?

How are things now?

#### **EXPERIENCE OF ANTENATAL FEEDING HELP**

3. **Thinking back to before your baby was born ... how were you thinking about feeding your baby?**

How different is your experience to what you had expected?

Is there anything they would say to friends who are pregnant for the first time to help them prepare?

4. **Thinking back to the first time you met your ABA helper, before your baby was born... can you tell us what happened – what did you talk about? What was helpful/unhelpful?**

5. **Did you any receive text messages or phone calls from the ABA helper before your baby was born?**

(If so) what did you think about the messages and calls that you received?

6. **Did you and the ABA helper talk about how friends/family members had fed their babies?**

(If so) Did you find that helpful? How / Why?

7. **Did your ABA helper provide you with any information about local groups or where to get support? If so, can you tell me about any support have you accessed?**
8. **To what extent did help from ABA influence how you were thinking of feeding your baby?**

## EXPERIENCE OF POSTNATAL FEEDING HELP

9. **Can you tell me about your experience of infant feeding help in the hospital? Who provided it, useful/not useful?**
10. **Can you talk me through what happened after the birth with the ABA feeding helper? Who contacted who, what happened next?**
11. **Can you tell me about what ABA help you received? How did you organise how often she would contact you – how did she support you – what it was like – was it enough?**
12. **Can you tell me about other types of help you have received for infant feeding – so any help you have received from health professionals, friends, family, other support? What was helpful/unhelpful?**
13. **Can you tell me about any times when you particularly needed help with feeding your baby – what happened?**
14. **Thinking about the help that you got from family and friends, were there any costs involved? E.g. Did they take unpaid time off work? Pay or travel to attend groups? Buy equipment?**
15. **Did any of the midwives or health visitors that you spoke to mention the ABA service? (If so) What did they say about it?**

## RELATIONSHIP WITH THE ABA HELPER

16. **How would you describe your relationship with the ABA helper?**
17. **Did your relationship with the ABA helper change over time? If so how**
18. **Can you tell me about any ways in which the ABA helper has influenced you or your experience of feeding your baby?  
Explore answer**
19. **Thinking about being part of the ABA study, have you talked to friends or family about it? Can you tell me about some of the conversations you have had? What have been their thoughts about it?**

## CONTAMINATION / COMMUNITY LEVEL EFFECT

20. **Have you met any (other) mothers who were taking part in the ABA study? (If so) did you meet any mothers who saw an ABA infant feeding helper?**

Did they talk about the help they got from the ABA infant feeding team with you?

(If so) what did they say?

Did they pass on any ideas or tips or information about ways to get help?

(If so) Did the information help you?

## FINAL THOUGHTS

21. Thinking about immediate family, friends, health professionals and anyone else who has been around ... who do you feel has been most helpful to you with feeding your baby?  
Who ... why/ how?
22. Is there anything you would change about ABA?
23. Do you have any other issues or views you wish to share about your experiences?

Thank you for your time

## INTERVIEW GUIDE FOR ABA INFANT FEEDING HELPERS

**This is the starting topic guide. The overarching objectives will remain the same, but questions and prompts will be developed as interviews are undertaken to incorporate any important themes emerging from the interviews.**

### **Before the interview begins**

- Thank the ABA helper(s) for giving the time to the interview and explain “The purpose of the research is to find out about your experiences of the ABA feeding intervention and to learn lessons for how infant feeding support might be improved.”
- Ensure the participant has had the opportunity to ask any questions about the research including issues about confidentiality, the findings of the research and where the research will be disseminated before being asked to sign the consent form.
- Explain that they don't have to answer all the questions just because they have consented to the interview, and that they can take a break or stop the interview at any time.
- Explain that you are there to understand more about their experiences and that they will have some time at the end of the interview to talk about any other issues that are important to them that may not have been covered by the questions.
- Check that they are happy to be audio-recorded and that they have signed for this on the consent form.

## PEER EXPERIENCE AND UNDERSTANDING

1. **What do you understand are the goals of the ABA intervention?**  
How do you feel about these goals?
2. **How did being an ABA feeding helper differ from the help you used to/usually provide?**

## ANTENATAL DELIVERY

3. **Thinking about the first time you met the mothers face-to-face, before their babies were born, how did that go?**  
  
Prompts: How was it arranging a time and place to meet? Anyone else there?  
Any difficulties/challenges?
4. **Thinking more about those first face-to-face meetings, how did you find discussing the mothers' feeding views ?**

How did ABA fit with mothers' feeding views?

5. **How did you find using the family and friends tree (Genogram)?**

Prompts: How useful was it, any difficulties, what influence do you think it had (e.g. women seeking out support), any suggestions for using this in future?

6. **How did you pass on information about local groups and other sources of help?**

Prompts: How was that received? How useful were they?

**7. How did you find texting and making calls to the mothers before their babies were born?**

Prompts: What worked well - didn't work well?

**8. Did you accompany any of the mothers you met to a local group before her baby was born?**

Prompts: If no, why not? If yes, how was it?

## POSTNATAL DELIVERY

**9. Now, thinking about after the babies were born, how did you find making contact with the women?**

Prompts: How did you organise the frequency of contacts with mothers? Were you able to organise face-to-face contacts/accompany women to groups (if not why – if yes, how was it); What worked well – didn't work well? ?

**10. How did you find texting and making calls to the mothers after their babies were born?**

How did the mothers respond?

## IMPACT

**11. When did women most need help?**

To what extent do you feel you were able to provide help when women most needed it?

**12. How did the ABA infant feeding support influence women asking for help from others?**

**13. How do you think ABA influenced women?**

## INTEGRATION

**14. What was your experience of working alongside health professionals as part of the ABA intervention? (explore answer)**

**15. How did you feel about ABA being available to some mothers but not others?**

Prompts: How did that work out in practice? Were you asked to support women not in the ABA group?

## EXPERIENCE OF TRAINING AND SUPERVISION

### 16. What are your thoughts about the ABA training?

Prompts: What was good – not so good?

What did you learn that was new? What would you do differently?

### 17. Will the training change the way you help mothers in the future once the ABA study has ended?

If so, how?

## FINAL THOUGHTS

### 18. Overall, what has been your experience of being an ABA feeding helper?

Prompts: Anything you would you have liked to do differently? Aspects you disagreed with?; Did you make any changes to how the ABA support was meant to be provided (explore answer)

### 19. Did the ABA intervention have any additional costs for you?

For example, longer unpaid hours, cost of childcare, cost of telephone calls?

### 20. If in future ABA was to become part of usual care – what might be the issues?

### 21. In your opinion, do you think it would be helpful to roll out the ABA intervention to all mothers?

Why/ Why not?

### 22. Do you have any other issues or views you wish to share about the ABA intervention?

Thank you for your time

## INTERVIEW GUIDE FOR HEALTH CARE PROFESSIONALS

**This is the starting topic guide. The overarching objectives will remain the same, but questions and prompts will be developed as interviews are undertaken to incorporate any important themes emerging from the interviews.**

### **Before the interview begins**

- Thank the health professional for giving the time to the interview and explain. “The purpose of the research is to find out about your experiences of the ABA feeding helpers and to learn lessons for how infant feeding help might be improved.”
- Ensure the participant has had the opportunity to ask any questions about the research including issues about confidentiality, the findings of the research and where the research will be disseminated before being asked to sign the consent form.
- Explain that they don’t have to answer all the questions just because they have consented to the interview, and that they can take a break or stop the interview at any time.
- Explain that you are there to understand more about their experiences and that they will have some time at the end of the interview to talk about any other issues that are important to them that may not have been covered by the questions.
- Check that they are happy to be audio-recorded and that they have signed for this on the consent form.

## UNDERSTANDING AND AWARENESS

1. I’d like to start by asking you what you know about the ABA study ...

Probe – the assets leaflet, the formula feeding leaflet, the Genogram

## FIT WITH EXISTING SYSTEMS OF CARE

2. What has been your experience of working with the ABA helpers?

Prompts: What has worked well, not worked well?

3. How has ABA fit with the support already offered for infant feeding? (e.g. midwives, health visitors and peer supporters?)
4. Did you talk to women about ABA? If yes, can you tell me about some of the conversations you had?

## THE WOMEN

5. How has ABA influenced women’s infant feeding experiences?
6. Can you tell me about any feedback you have had from women about ABA?
7. What influence has ABA had on health professional practices?

## IMPLEMENTATION AND CONTAMINATION

8. Thinking about how the study worked in practice, can you tell me about what worked well and any difficulties or challenges in:

Handing out study summary leaflets?

Asking women if they could pass on their contact details to the research team?

Recruitment taking place at the scan and at antenatal clinics?

Randomising women to either receive/not receive the support?

9. Were women in the usual care group aware of the ABA intervention?  
(If so) do you think it changed the usual care they received?

## FINAL THOUGHTS

10. Do you think it would be helpful to roll out the ABA intervention to all mothers?

Why/ Why not?

11. Do you have any other issues or views you wish to share about the ABA intervention?

Thank you for your time