

INTERVIEW GUIDE

Women's experiences with gestational diabetes mellitus follow-up, attitudes to future diabetes risk and motivation for lifestyle changes

INTRODUCTION

Aim: introduction

You were diagnosed with gestational diabetes in your first pregnancy and you have consented to participate in this interview. The aims of the interview are to hear how you experienced being diagnosed with gestational diabetes, your follow-up during pregnancy and after delivery, and about your motivation for lifestyle changes.

There are no right or wrong answers, we are interested in hearing your experiences.

Thank you for your participation.

EXPERIENCES GETTING THE DIAGNOSIS

Aim: to find out participant's experience of gestational diabetes

We want to hear how you experienced being diagnosed with gestational diabetes in your first pregnancy. Will you tell about this?

How did you feel when you were told that you had gestational diabetes? What did you think?

«That must have been tough, was there anything that helped you with all the worries?

Anything more you want to tell about getting the diagnosis?

Have you been pregnant again? (diagnosed with gestational diabetes again?)

FOLLOW-UP IN PREGNANCY

Aim: elucidate how she experienced follow-up during pregnancy

Can you tell about the follow-up you got for gestational diabetes while being pregnant?

Primary health care, specialist health care?

GP? Midwife?

Did you feel safe? Why/why not?

You were offered a group-course about gestational diabetes? Did you participate? What do you think about the course?

What do you think women with gestational diabetes need to feel reassured? What would be most helpful?

FOLLOW-UP AFTER DELIVERY

Aim: elucidate participant's follow-up of gestational diabetes after delivery

We want to hear what kind of follow-up you have got for your gestational diabetes after delivery. Can you tell a bit about that?

How have you experienced the follow-up?

Did you book an appointment with your GP?

Was gestational diabetes discussed at the 6-week-postpartum appointment?

Which advice or support have you got? Have you made any plan for further follow-ups?

Have you measured HbA1c? One time, several times? Yours or the GP's initiative?

What have been the focus of your follow-up? Physical activity, diet, weight-loss?

Do you have any suggestions for improvement of the follow-up after delivery?

LIFESTYLE ADVICE - DURING PREGNANCY AND AFTER BIRTH

Aim: elucidate participant's lifestyle advice

Can you tell about the lifestyle advice you got during pregnancy?

Did you miss any information?

Did you know about the oral glucose tolerance test from early pregnancy? In case, did this knowledge influence your lifestyle from early pregnancy?

Did you manage to follow the lifestyle advice you got? Why/why not?

Can you tell about the lifestyle advice you have got after delivery?

Can you tell about your lifestyle today?

MOTIVATION

Aim: to elucidate type of motivation

Getting gestational diabetes is tough and many women need to change lifestyle to achieve glycemic control. In addition, you need to measure blood sugar frequently, many times a day. Obviously, this might be hard.

Can you tell about your motivation to follow the advice about healthy diet and daily physical activity?

Have you maintained your dietary habits and physical activity after birth? Have your motivation changed? Why/why not?

Would you characterize your motivation as inner motivation or as a result of pressure from others?

What strengthens your motivation for a healthy lifestyle?

WEIGHT

Aim: elaborate weight development, weight loss, gained weight?

When you participated in the oral glucose tolerance test study, you wrote that your weight before getting pregnant was xx kilograms.

What is your weight today?

Weight gain: have you tried to lose weight?

FUTURE DIABETES RISK

Aim: elucidate participant's attitude to future diabetes risk

What do you think about your risk of developing diabetes in the future?

Is this something that worries you? Does these thoughts influence your lifestyle today?

What information have you got about your risk of diabetes?

When is the best time to get information about diabetes risk?

What do you think about your children's risk of diabetes in the future?

NEXT PREGNANCIES

Aim: elucidate participant's thoughts about future pregnancies

What do you think about your change of getting gestational diabetes again?

Being diagnosed with gestational diabetes in your first pregnancy, do you think that will affect your life style in future pregnancies?

How is your motivation to follow the advice about healthy diet and regular physical activity in your next pregnancies?

SUPPLEMENTARY INFORMATION

Education level?

Occupation today?

Single, married?

Living in a city or rural living?

SUMMARY

Aim: summary, other thoughts?

Finally, do you have other thoughts about your experience with gestational diabetes that you want to share?

Thank you for your participation.