

**PIN Postpartum Study  
Focus Group In-depth Interview  
12 Month**

**RESPONDENT ID \_\_\_\_\_**

**Interview Date \_\_\_\_\_**

Version 10/06/04

**\*\* This booklet contains confidential information\*\*.**

If found please contact the Pin Postpartum Study at the Carolina Population Center

**1-877-668-0651**



## **Introductory Script**

Hi, my name is \_\_\_\_\_ and I'm calling from First Research as part of the PIN Postpartum Study. You participated in a focus group while you were pregnant and a phone interview a while back when your baby was just a few months old. At that time, you agreed to participate in a follow-up phone interview near your baby's first birthday. Our records indicate that your baby is at or near 12 months old now and we have been hired by the PIN Postpartum Study staff to conduct this second interview. The interview usually takes between 30-45 minutes to complete.

Is this a good time to talk?

If no: When would be a better time? (Interviewer: arrange alternate time for interview).

Again, thank you for taking the time to participate in our research study. We are going to ask you some questions about your opinions and experiences on a variety of topics related to your weight, eating, and physical activity habits since the last time we talked to you when your baby was just a few months old. There are no right or wrong answers. We are simply interested in your views. Some answers may be hard to remember but please answer as best as you can.

All of the information you share will be kept confidential and will help us to learn about women's eating and physical activity habits after their baby is born and during their child's first year. Our conversation will be tape-recorded. This tape is only used to help us with our note taking and will be destroyed at the completion of the research study.

The interview will probably take around 30-45 minutes depending upon your answers. After completing the full interview, we will send you a check for \$35.00 to thank you for your time. Do you have any questions before we begin?

## **I. Weight Status**

**To understand** Satisfaction with current weight

### **Questions**

1. How satisfied are you now with your current weight? **If satisfied**, what makes you satisfied? **If not satisfied**, what makes you unsatisfied? (please probe for desire to loose or gain weight)
2. Thinking back to just before you became pregnant with your first child, how satisfied were you with your weight then?
3. Do you think that having been pregnant has affected your current weight? In what ways?
4. When you think of women who are able to stay at a weight that is healthy and appropriate for their height, how do you think they do it?

**NOTE TO INTERVIEWER: The following question depends on the answer to Q#1:**

**If the woman is NOT SATISFIED with her current weight, ask Q#5. .**

**If she is SATISFIED with her current weight, skip to Q#6.**

5. If you are unsatisfied with your current weight, what would help you reach your desired weight? Please explain.

Now let's talk about what your life is like now with a 12-month old and perhaps other children.

## **II. Influences on weight loss/gain**

**To understand**      Changes in eating habits and physical activity since delivery that have resulted in a weight loss or gain  
Barriers and enablers to eating healthy and being physically active since the baby was born  
Barriers and enablers to being emotionally healthy

### **Questions**

6. Are you able to eat foods that help you achieve or maintain your desired weight? .  
Has this changed since you had children? If yes, how?

7. Are you able to be physically active?  
Has this changed since you had children? If yes, how?

**Probe:** For example, doing housework, exercising on your own, exercising with others, etc.

8. Are you able to find free time to take care of yourself?

**If yes**, what do you do to take care of yourself?

**If no**, a) what are some things you could do in order to find some free time for yourself?

**Probe:** For example, support/childcare from family or friends, arranging other childcare, working less, sleeping less, etc.

b) what would you do if you could find free time?

**(NOTE TO INTERVIEWER:** Probe for how the woman rewards herself.)

9. Are you able to manage the multiple roles you have (or all the things you have to do)? By multiple roles, I mean mother, wife/partner, worker, friend, etc.  
Has this changed since you had children? If yes, how?

10. Has managing stress or managing your time changed since you had children?  
Please explain.

### **III. Intervention**

#### **To understand**

What are some possible interventions women would like to help them eat healthy and/or be more physically active

#### **Questions**

Thank you for your help with the previous questions. This next section is very important to us. You have very valuable experience to share with us. Thinking back through your pregnancy and your baby's first year of life, help us think about the ways in which women can eat healthier, be more physically active and achieve a healthy body weight during this period of life. I'm going to give you two different scenarios, one being more general and the other related to the work environment.

11. First, let's say you are in charge of designing ways to help women reach a healthy weight after pregnancy. You have the power and the resources to make changes. How would you help these women? Just let your imagination go. What might you change?

**Probe:** -what would you do in the town where you live?  
-what would you do for people's homes?  
-what would you do with healthcare providers?  
-what would you do at churches or places of worship?  
-what would you do with circles of friends/social groups?

**Further Probes:** What would you do first? How would you do that?  
Physical activity, healthy eating, etc.

12. Now let's say you are the boss (owner, CEO) of a workplace. How would you help women you work with achieve a healthy weight after pregnancy?

**Probe:** What would you do first? How would you do that? Physical activity, healthy eating, etc.

**Closing Script**

I have two final questions for you:

13. Is there anything else you would like to tell me about the topics we have just discussed?

14. Do you have any questions for me?

Thank you again for taking the time to participate in our research study. We really appreciate your time. We will be sending you a check in the amount of \$35.00, as well as a copy of our PIN Postpartum Study newsletter, as a thank you for your participation.

This is the address we have for you, is it still correct?  
*(Interviewer read address, record any changes.)*

If you have any questions later, please call us at our toll-free number 1-877-668-0651.  
Thank you!

Goodbye.