



## **LIVERPOOL JOHN MOORES UNIVERSITY SEMI-STRUCTURED INTERVIEW**

### **1. Can you tell me about your previous experiences of exercise prior to pregnancy?**

- a. Prompting about any main barriers and benefits etc.
- b. What impact, if any, do you think your regular occupation has on your overall level of physical activity
- c. What did you find difficult about exercise before pregnancy? Prompt to explore further

### **2. I'd like to move on to talk a bit about your experiences of pregnancy throughout lockdown?**

- a. At what week of pregnancy did you begin self-isolating?
  - i. Prompts about their experience of this , what they found difficult.
- b. Tell me about the way that lockdown impacted your daily life.
- c. What was the main or most difficult change?
  - i. Prompts about any difficulties with social-connection/isolation.
  - ii. Prompts about changes in occupation, whether they are able to work from home.
- d. Thinking about your experiences of lockdown, how did this impact upon your exercise routine and diet?
- e. What has your experience of pregnancy throughout lockdown been like overall?
- f. Tell me about your experience of healthcare during pregnancy?
  - i. Different to/ same as before?
  - ii. What impact, if any has this had on your experience of being pregnant?
  - iii. What would you have liked instead/ in addition?

**3. Can you tell me about your perceptions of exercise during pregnancy?**

- a. In what way do you feel that advice from your midwife/health care professionals influence your decision to perform exercise during pregnancy?
- b. Motivation – what is motivating you/could help to motivate you?
- c. Support from family/friends?
- d. Challenges – what challenges do you forecast during your pregnancy?
- e. How will you overcome these?
- f. Thinking about your previous experiences of exercise, in what way – if at all – do you feel these impact upon your decisions to continue/stop exercise in pregnancy? Have your previous activity levels influenced your decision to continue/stop exercise in pregnancy?

**4. Can you tell me about any goals you might have in mind that you would like to achieve during your pregnancy?**

- a. Health related/exercise related?
- b. Future intentions post pregnancy?

**5. Can you tell me about how you are feeling about preparing for labour?**

- a. Prompts about birth plan, any specific preparation (e.g. NCT).

**6. Is there anything else relating to this [interview] that you would like to add?**