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| Title | Exploring obstetricians', midwives' and general practitioners' approach to weight management in pregnant women with a BMI ≥ 25 kg/m ² : a qualitative study |
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Coláiste na hOllscoile Corcaigh

Table S1: Topic Guide

| | Questions | Prompts |
|-------------------|--|--|
| Intro | Tell me a bit about what you do here in CUMH | Types of pregnant women Stage of pregnancy (booking visit, delivery) |
| Usual Care | When you see an OB woman for the 1 st time during pregnancy, what usually happens? | What does the assessment/visit involve? Do you weigh them? What do you talk about? How do you think that information is usually received? What issues does the woman usually raise? Topics covered: diet, exercise, nausea, cravings |
| | Can you tell me a bit about the last women you saw? | What stage of pregnancy? When was this? Describe the mother... What did you talk about? What issues did she raise? Topics: diet, PA, nausea, cravings... |
| | Do you discuss the woman's weight specifically? | Tell me about that... - Appropriate weight gain - How do you judge (guidelines) - Do you know what advice to give? |
| | Having the conversation | How do you feel talking about weight and obesity? How is it received? (upset, shock, embarrassment) How could this conversation be made easier? (for you/the woman) |
| | And what about PA, would that come up? | - Women previously exercising? - Types of PA? |
| | How are these issues followed up during pregnancy? | If a woman is gaining EGW, what would you do? |
| | To what extent do resources influence your visit with an OB pregnant woman? | - Time available - Access to equipment (weighing scales) - Ability to refer to dietician - Patients co-operation |
| | Can you think of times where women have made positive life style changes during pregnancy? And those who haven't made any changes, what were the barriers? | Tell me about that... Motivations, Supports, Outcome Any targeted support available? - Dietetic services, exercise programmes, weight management programme. - Women's perceptions of PA (benefits) |
| | What do you think would help these women to change their behaviour during pregnancy? | Have you seen technology being used to support BC? - What kind, features, - Did someone recommend it? - What information was it providing to women? What about mobile phone apps, text message/phone, web based information forums, pedometer? Would these support mechanisms be useful? - If it provided you with information as well |
| | Any other comments or suggestions on how behaviour change could be supported during pregnancy? | - Individual meetings - Group peer led sessions |

CUMH, Cork University Maternity Hospital; OB, overweight and obese; PA, Physical activity; HCP, Health care professional; EGW, Excessive gestational weight; BC, Behaviour change