

- Topic Guide -

Postpartum Anxiety in England: Identification and Measurement

Thankyou for taking the time to be a part of this focus group in relation to the identification and measurement of postpartum anxiety in policy and practice within England.

Introductions: You have been approached for your expertise either in policy or frontline healthcare practice when it comes to maternal mental health, maternity care policy, or specifically postpartum anxiety, and we are really grateful for you agreeing to answer some questions. What we'd like to do in this focus group is to ask you about your experiences of the policy and practice which exists for the identification and measurement of postpartum anxiety in the NHS, in a bit more detail. We have some questions, but largely we want to hear from you about your experiences in your own words. There are no right or wrong answers – we are interested in your experiences, perspectives, and opinions. We have approximately 90minutes available for the focus group and we can pause or stop altogether at any time.

Do you have any questions before we begin? If not, I shall now start to record.

Opener:

For the purposes of analysis, please could you introduce yourselves and state your role.

Core Questions:

- What is the current national policy with regard to maternal mental health which you refer to in your work?
 - How does this policy inform your work or practice?
 - Are there any local or regional policies which support or contradict national policy?
- How do you define postpartum anxiety in your work or practice?
 - How much of a problem is postpartum anxiety?
 - How recognised is it in comparison to other maternal mental health conditions?

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- What is the relationship between postpartum anxiety and postpartum depression in your work or practice?
 - What differences are there in the identification and measurement?
 - Shadowing effect?
- What does the identification and measurement of postpartum anxiety in clinical practice currently look like?
 - What do you believe are the current challenges for the identification and measurement of postpartum anxiety in the NHS today?
 - Is there any learning from other health systems?
- What should the identification and measurement of postpartum anxiety in clinical practice look like?
 - How long should a measurement tool be?
 - Where should it be conducted?
 - When and how frequently should assessments be conducted?
 - Childbearing specific focus or general anxiety focus?
 - Focus on frequency of symptoms or functioning of women?

Closing:

- How would you like to see postpartum anxiety discussed and researched in the future?
- Do you have any advice for women, healthcare professionals, and/or policy makers who may experience or may be providing care for those with postpartum anxiety?
- I have come to the end of my interview questions, but is there anything at all that you would like to add that perhaps I haven't asked you about? Or do you have any questions for me? If not, thank you very much for your time and again, and should you have any questions after, please do not hesitate to e-mail us.