

## Supplementary Material

### Focus Group Interview Guide

#### I. Welcome

Welcome! Thank you for attending this focus group. I'm <NAME>. We will be discussing your thoughts, feelings, and opinions related to being physically active during pregnancy and after having a baby.

Let's first cover a few housekeeping items:

1. If you get disconnected, please dial back in. If you need help from one of us, call the study toll-free number: <Study Phone #>. [Conference call access info: XXX. [See meeting info for meeting #/access code]].
  - Let me know if you need to unexpectedly leave our discussion.
  - The discussion will last an hour. Please stay with us until we end. Some of the most important questions will happen at the end of our discussion. We will end at xx:xx a./p.m.
  - We are very interested in exactly what you say, and we don't want to lose any of it. For that reason, our discussion will be audio recorded. Please remember to say your first name when you speak - for example, "This is Maria," and then make your comment. No one's name will be used in any reports that come out of our discussion.
  - Any questions so far?
2. Check  
As a thank you for participating today, we will be sending you an \$80 check. Please allow up to two weeks for the check to be sent.
3. Focus Group Guidelines
  - In a focus group discussion like this, it's important that we hear from *everyone*. There are no right or wrong answers. We really want to hear about your individual experiences, ideas, or concerns, and you don't have to agree with each other. Everything you say is important, so speak freely. Speak one at a time. Don't interrupt each other, so we can hear each other and record all ideas. Just as important, we want to respect each other's views, even if you disagree. To help people speak freely, it is important for everyone to keep our conversation confidential, that is, do not discuss what we talk about here with anyone outside of this group. You can use a name other than your real name if you would like. If there is any question that you do not wish to answer you do not have to.
  - Any questions so far?
4. Verbal consent  
I would now like to explain your rights as a research participant. Your participation in this focus group is entirely voluntary. You have the right to refuse to be interviewed or to not answer a particular question at any time. It is possible that some questions may make you to feel uncomfortable, but you do not have to answer them and you are free to stop participating at any time.

Your thoughts and ideas from this focus group will help us learn more about what makes it difficult to be physically active and what helps motivate you to be physically active. Your feedback will be used to help develop studies and interventions in the future. Your health benefits will not change whether or not you choose to participate. We will send you a check for \$80 after the focus group.

All information you provide will be kept confidential to the extent permitted by law. That means that all information collected during this study will be maintained with the same degree of safeguarding and confidential treatment required for all other medical record information that Kaiser Permanente maintains. You will not be identified in any research reports, and personal data such as telephone numbers will be destroyed at the end of the study period.

If you have any questions about the focus group, you may contact Dr. Sylvia Badon at <Phone #>. For questions about your rights as a research participant, please call Kaiser Foundation Research Institute, toll-free at <Phone #>.

Does anybody have any questions?

## Introductions

- Let's get started. **I'll turn on the recorder.** Let's first go around and introduce ourselves. Tell me a little about yourself. Use your first name only [and last initial]. You can include your due date and how many children you have and their ages. You can feel free to share as much or as little as you would like. I'll do a roll call and when you hear your name, I'd like you to introduce yourself. I'll start by introducing myself.  
*[Focus group leader introduction, followed by roll call of participants]*
- Thank you. Please remember to say your first name when you speak—for example, "This is Maria," and then make your comment. This will help us keep your voices separate when we listen to the recording later.

## II. Opening questions

1. Let's start by talking about how your pregnancy has gone (or went) in general. What are some things you have done (or did) during your pregnancy to be as healthy as possible?
2. Most women have emotional ups and downs during pregnancy (and after giving birth). Many women also experience depression during this time in their lives. If you feel comfortable, could you tell us how you handled emotional challenges during your pregnancy? How did you help yourself feel good or be in as good a mood as possible during this time?

## III. Definition of physical activity

1. Now I want us to think about all the ways that women can be physically active. Let's keep that in the back of our minds. Now let's think about all the ways that women can be physically activity during pregnancy. What are they types of things that come to mind?
2. Many of you are talking about things like \_\_\_\_\_. I wonder if there are other ways to be physically activity during pregnancy such as (e.g., things you do just for fun, chores around the house, activities at work, walking as part of your commute).
3. These types of activities – are they pretty much the same or different from what you do when you're not pregnant? (Or what you are doing after your pregnancy?) How might they be different?

## IV. Motivators and barriers to physical activity during pregnancy

1. For the types of activities you mentioned, what did you tell yourself to get yourself to do those things? What motivated you? What positive thing were you trying to achieve?
2. After you did those activities, how did you feel? Did they help or hurt you in any way?
3. On a scale from 1 to 10, where 1 is not at all important and 10 is extremely important, how important to you were these different physical activities? You picked a high/low number- please say some more about what made this activity more or less important. (For example: You picked 5. What makes it less important than an 8 or 9? On the other hand, what makes it more important than a 2 or 3?)
4. What types of things got in the way of you being physically activity? You mentioned \_\_\_\_ and \_\_\_\_\_. What about other types of things (e.g., personal, family, friends, work, community, society, culture).
5. What kinds of activities did you want to do, but did not do as much as you wanted?

#### **V. Motivators and barriers to physical activity after pregnancy [FOR GROUPS WITH POSTPARTUM WOMEN]**

1. For the types of activities you mentioned, what do you tell yourself to get yourself to do those things now, after you've had your baby? What motivates? What positive thing were you trying to achieve?
2. After you do these activities, how do you feel? Do they help or hurt you in any way?
3. On a scale from 1 to 10, where 1 is not at all important and 10 is extremely important, how important to you are these different physical activities? You picked a high/low number- please say some more about what makes this activity more or less important. (For example: You picked 5. What makes it less important than an 8 or 9? On the other hand, what makes it more important than a 2 or 3?)
4. What types of things get in the way of you being physically activity? You mentioned \_\_\_\_ and \_\_\_\_\_. What about other types of things (e.g., personal, family, friends, work, community, society, culture).
5. What kinds of activities do you want to do, but do not do as much as you want?

#### **VI. Depression and physical activity**

1. Earlier we were talking about emotional ups and downs. In your experience, how has physical activity during pregnancy (or after pregnancy) affected your emotions or your experiences with depression?
2. On the flip side, have your emotions ever gotten in the way of you doing physical activity? What have been your experiences?
3. I am wondering if you think physical activity is something that helps with depression or not? What have you heard? What have been your experiences?
4. Have you ever gotten advice to do more physical activity to help with your emotions or with depression? If doctors recommended doing physical activity as a way to manage depression in pregnancy (or after pregnancy), how do you think women would react to that? What would help women follow that advice?

#### **VII. Interventions**

1. Do you use a physical activity tracker, (like a fitbit or Apple Watch)? If you use one, do you think using a physical activity tracker helps you be more active? If you don't use one, do you think having one would help you do more physical activity?

2. What parts of the physical activity tracker and app that comes with it do you think are helpful or motivating for being more active? What parts are not helpful? You mentioned \_\_\_\_\_ and \_\_\_\_\_. What about other things (e.g., earning badges or achievements, connecting with your friends and family, getting encouragement)?
3. What are other things that would make it easiest for you to be active during pregnancy (and after they have a baby)?

## VIII. Conclusion

This concludes our focus group discussion. Thank you so much for participating in this discussion today. The thoughts, opinions, and experiences you've shared with us will be a great help as we continue our research.