

Youth Access to Contraception

Interview Guide for Youth

[Interviewers may begin by identifying themselves: who they are and their role in the study. The questions below are a guide and will be adapted in real-time for an organic conversation. The recording will begin after introductions]

Introduction to participant

Thank you so much for agreeing to participate in the project. Our conversation today is part of this 4-year grant-funded study. Our goal is to understand youth experiences of access to contraception in Canada. Through this project our aim is to listen to stories and make recommendations for models of contraception care that are youth-appropriate, empowering, and accessible. Before we review your consent form, do you have any questions for me?

Before we begin the interview, I would like to review the consent form with you and answer any questions about the form or the study itself that you may have. If you don't mind, please pull up the consent form that our research coordinator shared with you by email and read through once more. Once you've done that, you can let me know if you consent to participate in today's interview, then we'll begin.

Instructions for interviewers

- Provide a summary of the consent form.
- Participant reviews the consent form then provides their verbal consent to participate before continuing.
- Confirm that participants have had a chance to review the interview guide (table).
- Interviewers may begin by identifying themselves: who they are, where they are from, and their social position in relation to the study.
- The recording will begin after introductions. **Start recording.**

	Question	Optional follow-up questions
	Experiences of providing care	
1	Can you tell me a little bit about your experiences of accessing contraception care?	I'd like to learn more about <i>[the experiences the participant described]</i> . Can you tell me step by step what that looked like? Paint me a picture, if you can. <i>[Repeat the question to learn about other experiences, if relevant]</i>
2	What (other) methods have you used? What do you like most/least about those methods?	Do you use these methods for any reason other than birth control? If yes, what do you like about those methods?

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	Availability and accommodation	
3	Did you feel that all contraception methods were options for you? If not, why not? How did this impact your decision?	
4	What is easy/hard about accessing your preferred method? What is easy/hard about accessing other methods?	
5	What contraception services are available in your community that you are aware of?	Do people have to leave the community to access care? If so, where to and how do they get there?
6	In your view, how welcoming are the spaces to youth? What are some of the things that make the spaces more or less welcoming?	
7	If you or a relative needed information about options for preventing a pregnancy, is there a safe, knowledgeable person or place in your community to go to? Who or where would this be?	<i>[Probe about a person, an organization, a resource]</i> Do you feel as knowledgeable as you'd like to be about options for birth control? What are some strategies that you think would work well for increasing awareness about options for birth control among youth?
	Approachability and affordability	
8	Do you feel that all contraception methods are options for you?	If no, why not? If yes, what would make it possible?
9	Thinking about the contraception experiences you have mentioned so far, what are the costs that you have experienced?	<i>Probe for costs that were covered by a benefits plan, out of pocket for prescriptions, out of pocket for travel, and any indirect financial impact on loss of work, childcare expenses, etc</i>
10	Was there ever a situation where you needed to access contraception care and challenges related to costs, health benefits, or provider availability impacted or delayed you from getting services when you needed them?	If yes ->, Can you tell us about that?
11	In general, how do you see these barriers impacting youth's access to care?	What would make it easier for you to reach contraception care?
	Acceptability (i.e. Culturally safe care)	

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12	What does “culturally appropriate” or “culturally safe” care mean to you in the case of contraception?	Have you ever had an experience of accessing contraception care that you would characterize as culturally safe? What made it so? Have you ever had an experience of accessing contraception care that you would characterize as culturally unsafe ? What made it so?
13	Have you ever avoided getting contraception care because you felt it wouldn't be culturally safe? Please tell me more about that experience.	If bringing culture into your contraception care experience is important to you, what would you need from the health care system to be able to do it safely and accessibly?
14	What are the things that give you a feeling of trust with your health care provider when talking about contraception?	
Shared decision making		
14	Tell me how you made the decision to use your current method. What were the factors that went into your decision?	<ul style="list-style-type: none"> • Tell me how you made the decision to use your current method. What were the factors that went into your decision? • What information did you use to help make your decision? • What was most helpful to you in making your decision? <i>[Probe about a person, an organization, a resource and healthcare providers]</i> • How did you feel about your decision when you made it? Did you feel certain? How do you feel about your decision now?
15	Tell us how family members are involved when you're making choices about contraception. How are your partner/s involved in those choices? How is your broader community involved in those choices?	<ul style="list-style-type: none"> • We are curious to know about any resistance to contraception care in the community, for religious or cultural reasons. How do people around you feel about family planning services? • Tell me about other people and their role in your contraception choices. Who else, if anyone, influences your choice about method? Tell me about how he/she/they influenced you.
Appropriateness (of health services and system)		
16	What community-run, youth health services are available to you in general, for any health services? What about contraception/family planning care?	

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17	Ideally, where would you like to receive family planning care?	<i>Supplementary question if clarification needed: What existing clinic feels like the place you would be most comfortable to access contraception care? Why?</i>
18	Ideally, who or which health care provider would be the most comfortable person for you to access contraception care?	<i>Probe also for midwives, allied health professionals, community health workers, patient navigators, doulas</i>
Ending questions		
19	If you could wave a magic wand and change the health system, what would it look like for youth trying to access contraception?	
20	Is there anything that you might not have thought about before that occurred to you during this interview?	What do you like about them?
21	Is there anything else you think I should know to better understand how contraception access could be improved?	
22	Finally, what motivated you to participate in the study?	

That concludes the interview. I encourage you to check out the resources listed on your consent form, if you're keen to learn about the confidential and free sexual and reproductive health and mental health supports available to you.

Do you have any questions for me?