**ADEPT STUDY INDICATIVE TOPIC GUIDE**

**MOTHER INTERVIEW CONDUCTED AT 3M POSTNATAL (OUTCOME POINT)**

OVERVIEW OF THE TREATMENT

* How has life changed since I saw you last? [or if first meeting How has life been in the last few months?]?
* Looking back can you remember what your expectations of the therapy were?”
* How did you find the treatment?
* What did you like or find helpful?
* What did you not like or find unhelpful?
* Was there anything you wanted more/less of?

What did you make of the exposure aspect?

* Was there anything you would do differently?
* Did the treatment meet your expectations?
* Do you think you got the most out of the treatment?
* If no, what got in the way?
* Was there anything about being pregnant which affected the treatment? (possible prompts: physical access to the service, physical symptoms, other appointments, content of the treatment, concentration, physical effects of the treatment etc).

FORMAT SPECIFIC QUESTIONS

* How did you feel about the format in which the therapy was delivered?
* How well did that work for you at that time?
* What was your experience of the intensive/weekly format (the one you did)?
* What do you think were the pros and cons of doing treatment that way?
* How did you feel about the length of the sessions?
* How did you feel about the frequency of the sessions?
* What about the number of sessions?
* Did you have a preference for this format?
* What do you think the other format would have been like (possible prompts: pace of change; fitting it in with other commitments; advantages/disadvantages?
* Any advice you would give pregnant women starting treatment?

OVERALL VIEWS OF TREATMENT IMPACT

* We are interested in what you think about the treatment and there are no right or wrong answers. Do you think that the treatment did affect your anxiety? In what way?
  + Did the treatment affect the birth/labour? In what way?
  + Did the treatment affect parenting? In what way?
  + Did the treatment have an effect on anything else (positive or negative)?
  + Did anything surprise you about the treatment?

VIEWS OF THE IMPACT OF COVID

* Do you think that the pandemic has affected your anxiety? Positive or negative? (possible prompts: being able to stick to a routine, excused from social situations, concerns about health of self or baby, not having family/friends support)
* Do you think COVID-19 had an effect on your experience of therapy?
* Did COVID-19 affect your experience of pregnancy? (midwifery appointments)
* Did COVID-19 affect the birth/labour experience? In what way? (partner support, atmosphere on the ward)
* Has COVID-19 affected parenting? In what way? (Childcare, routine)

END OF INTERVIEW FEASIBILITY SPECIFIC QUESTIONS

* What did you think about the way you were approached to take part in the study? (prompt – the way you found out about and were enrolled in the study)?
* What was your view of being randomised in the study, so that you received either weekly therapy or therapy over 10 weeks?
* Did you feel that the questionnaires and other measures were looking at the right things?
* Was there anything unhelpful about the questionnaires? Was it a reasonable number/time?
* Do you have any other feedback for the researchers about how they are running the study?

**THERAPIST INTERVIEW TOPIC GUIDE**

## Background Information:

* How long have you been working as a therapist?
* What kind of experience do you have working with CBT?
* Have you worked using intensive CBT prior to the trial?
* What kinds of psychological problems have you treated?

## Working with pregnancy

* What are the key differences in therapeutic work with pregnant women with anxiety disorders?
  + What modifications did you make?
* What were your experiences treating specific disorders in pregnancy?

## Doing exposure in pregnancy

* How was using exposure in treatments?
  + How did people respond?
  + What were the advantages of doing exposure therapy in pregnancy?
  + What were the disadvantages?
  + Did you make any modifications due to pregnancy?
* Do you think there is an ‘ ideal’ time to do exposure? What were your experiences/ what did you notice for the patients of doing it in different trimesters?
* What are the nuances of exposure in terms of the different disorders?
* Was there anything about delivering exposure in pregnancy that brought up any therapist beliefs for you?
* Did that have any impact on how you did CBT in pregnancy?

## Working intensively

* In general, how would you describe the differences between Intensive CBT and weekly CBT?
* What are some of the main challenges in administering intensive therapy?
  + What are some of the issues that have arisen?
  + Are there any disadvantages
  + Are there any particular difficulties due to the shorter time frame? (prompt if needed – is the focus different? How?
* What are the benefits as a therapist of intensive therapy?
* In terms of therapeutic outcomes, what are the main benefits of giving intensive CBT? Do the outcomes differ compared to standard CBT?
  + What are the components of this form of therapy that work best?
* Are there any particular demands on you as a therapist?
* How does the therapeutic alliance with a patient compare when it’s longer sessions over a shorter period? Are there any particular impacts on the therapeutic allicance?
* How does the motivation of the patient (in terms of commitment, perseverance and determination to stay in treatment) compare in intensive therapy to standard CBT?
* Trial focused on what works mostly in pregnancy – what did you notice about the effects postnatally?
  + Was the balance right? Should we focus all the sessions during pregnancy or continue afterwards
  + Whats the ideal model of therapy considering there’s only a certain amount of sessions available
  + What is the ideal amount of sessions you believe should be offered
* In this group, what additional challenges were the women facing (eg low SES, domestic abuse, housing problems?
  + What impact did it have on therapy?
    - Is the impact different in intensive vs weekly sessions
  + Therapy services are not always equally accessed, in your opinion what can we do to mitigate that?

## Working in the pandemic

* What was your experience like working/administering therapy during the pandemic?
  + How were you able to adapt intensive CBT during this time?
    - were your visits in person or virtual?
      * If virtual how does this affect the process of CBT?
  + What were the main challenges of administering therapy during the pandemic time? What were some of the benefits?
  + Did the outcomes of therapeutic effectiveness change?
    - Are patients more/less likely to do well and engage in therapy if it’s online?
* What are the challenges setting up appointments with pregnant women during the pandemic?

* In your opinion, how has COVID-19 impacted the anxiety levels in the patients you’ve seen?
* How has it impacted your experience as a therapist in terms of:
  + Working/collaborating with colleagues
  + Engaging with your patients and adapting to them
  + Getting emotional support for yourselves as therapists
* How does therapy differ when patients are doing stuff in their homes eg PTSD
* Were there particular challenges related to particular disorders e.g. social anxiety treatment during the pandemic

Any comments about working under the ADEPT trial as a therapist?

Any other comments about working as a therapist in the pandemic?