



## Interview Schedule

### Reducing the risk of Type 2 diabetes after Gestational Diabetes

Socio-demographic details

DOB:

Home circumstances:

- partner at home Y/N
- number of children at home (own / step children)

Previous pregnancies:

Previous live births:

Postcode:

Age of leaving school:

Highest qualification:

Occupation:

Partner's occupation:

Previous diagnosis of gestational diabetes:

Family history of diabetes:

Self-reported ethnicity:

Smoking status:

GP details:

Weight and height:



The  
Medical  
School.

1. Can you tell me a bit about how Gestational Diabetes (GD) affected your pregnancy?
2. What was your understanding about what would happen regarding your GD after your baby was born?
  - e.g. would the GD resolve? Were any more tests required? What sort of support did you receive (family, healthcare workers)
3. What are your thoughts on your risk of developing type 2 diabetes?
  - if woman aware of increased risk explore this further
4. Do you feel there are things you could do to reduce your risk of developing type 2 diabetes?
  - if woman mentions exercise, weight loss and diet, explore this further
5. Are there things that would make it easier to ... [exercise more, lose weight, eat more healthily]?
  - explore facilitators to healthy lifestyle change
6. Are there things that get in the way of you ... [exercising more, losing weight, eating more healthily]?
  - explore barriers to healthy lifestyle change
7. If there was some additional support available postnatally for women who had been diagnosed with GD what would your preferences be in terms of [who provided this, where it was provided, what form it took?]
  - explore perceptions of what might facilitate lifestyle change in depth
8. Have you used any online resources to find out more regarding gestational diabetes?
  - If yes, explore types of resources in more depth - e.g. online discussion forums
9. Have you used any mobile health apps?
  - If yes, explore specific apps in more depth and useful/restrictive features
10. Have you used any fitness trackers?
  - If yes, explore specific trackers in detail and useful/restrictive features
11. Offer opportunity for participant to raise any further issues they feel we have not covered