

Appendix – B



NEW DAD STUDY (NEST)

Topic Guide for Qualitative Interviews

1. Tell me about your experience of becoming a father for the first time? How do you feel about it?
2. How prepared did you feel? What information helped you to prepare for becoming a father?
3. How has becoming a father impacted on your emotional wellbeing?
4. How have you coped with the changes of becoming a dad?
5. How would you describe your relationship with your partner? Have you noticed any changes? How have you been getting on since becoming a father?
6. What support systems do you have in place? What other support/resources have you accessed (*online resources or support*)?
7. How was the support from health professionals (*MW, HV, GP both antenatally and postnatally*)?
8. What helpful information, resources or advice did you received about becoming a father (*such as leaflets, websites, forums, antenatal/ postnatal classes, health promotion sessions, visit from health visitor*)?
9. What other information/ resources do you think would have been useful?
10. What have been the barriers to accessing help/ support?
11. What would enable you to better access help or support?
12. When would be the best time for receiving support or information about emotional wellbeing relating to becoming a father? *E.g. – start of pregnancy, later stages of pregnancy, soon after the baby is born, ongoing etc.*

This is the end of the interview. I would like to thank you very much for taking part in this study. Do you have any questions you would like to ask?