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?