Investigating the impact of traumatic experiences in obstetricians and gynaecologists (INDIGO)

Interview guide

INTRODUCTIONS

The interviewer will thank the participant for agreeing to take part in the research and will attempt to make them as relaxed as possible. The following details will be covered:

- The aims and purpose of the study (including a reminder of the definition for a traumatic work-related event)
- Explanation of tape recording and transcription
- Explanation of procedures to ensure confidentiality (inc. study numbers)
- Explanation that names will not be used and that personally identifiable information will be removed upon transcription
- Explanation that the interview can stop at any time, that the participant can refuse to answer any question, and that it is entirely up to them how much detail they provide in their answers
- Opportunity to ask questions prior to beginning
- Consent will be taken
- Check that the tape is working
TOPIC GUIDE

1. Part one: the event
   a. Can you tell me about the most traumatic work-related event that you have experienced over the last few years, in as much detail as you would like to?
      i. What was your role during this?
      ii. How long ago did this happen?
   b. What was it about this event that was particularly stressful for you?
   c. Can you tell me about what it was like for you [during this event]?

2. Part two: responses and impact
   a. What was it like for you initially after this event?
      i. Can you give me any examples?
   b. In what way, if at all, do you think that this experience affected you or your clinical practice?
      i. Can you think of any specific examples?
         1. Prompt: professional / personal

3. Part three: Helpful and supportive strategies
   a. Is there anything you did to manage your feelings or thoughts after this event?
      i. Prompt: internal/ external
      ii. In what way were these [ effective/ not effective]?
   b. What did you want, if anything?
   c. Were you offered any support after this event?
      i. Can you tell me about these?
      ii. Can you comment on how helpful these were?
   d. Did you have any input from others?
      i. How helpful was this?
   e. Can you think of anything else that may have helped you more?
      i. Looking back, is there anything different you would do?
         1. Can you tell me more about this?
   f. Was there anything that made the situation more challenging?

4. Part 4: Reflections
   a. Did anything change after the event?
      i. Professional/ personal
   b. In what way, if at all, have things [thoughts/ feelings) changed since then?
      i. What do you think influenced these changes?

5. Discussion of support provision
   a. What do you think would be the most appropriate support for Obstetricians and Gynaecologists who have experienced a difficult work-related event?
   b. [describe the programme currently in development for midwives; educational workshop and training in self-management of initial stress responses, information leaflet, peer support system, psychological input]
      i. How useful do you think these resources would be for [obs/gyn]?
      ii. What barriers can you see in providing this for [obs/ gyn]?
      iii. In what way do you think that these could be better suited?
         1. What elements would you change, if at all?

6. Is there anything else important relating to this that you would like to comment on?