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Supplementary Material

What women want from local primary care services for unintended pregnancy in rural Australia: a qualitative study from rural New South Wales

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Supplementary Material

Appendix A

Interview Schedule – Rural Women REVISED OCT 22 2021

Interviews with Rural Women - Question Guide

Interview Guide

Introduction

Hello - My name is [insert name]. Thanks very much for agreeing to participate in our study.

Q0: Just before we start, are you happy for me to record this interview? The recording will only be used by me and my three supervisors for research purposes.

Ans: Yes – Thank you, that's great, I will start the recording now.

Ans: No – Thanks for letting me know. We may not be able to proceed with the interview at this stage, as I will need to use the recording to complete the research, but thank you for your time.

Q1: Have you had a chance to read the plain language Participant Information statement I sent you?

Ans:Yes – Can you tell me what you are going to be asked to talk about with me?

Ans:No – Please read the plain language statement now or would you prefer for me to read it to you?

Once participant has indicated that the PLS has been read or interviewer has read it to the participant, interviewer to ask - Can you tell me what you are going to be asked to talk about with me?

Q2: Okay, thanks for that. Are you happy to proceed with the interview or do you have any other questions?

Ans:Yes happy to proceed – Great, let's get started.

Ans:No – answer any questions and repeat Q 2. once all questions are answered.

NB: Question 2 will provide verbal consent.

Background: We are going to start the interview with some straightforward questions about you. Please be reassured that no information that might identify you will be made available to anyone outside of the research team. This includes anything you might say or name during the interview including names of people or places.

Q3: Can you please tell me your age?

Q4: Can you please tell me your postcode?

Q5: What is your highest level of education?

Q6: Are you currently working in paid employment? If so, how many hours are you employed each week?

Q7: How long have you lived in a rural community?

Q8: What is your nationality?

Q9: How would you describe your cultural background?

Q10: Do you have any religious or faith-based affiliation?

Q11: Have you been pregnant before? (NB If participant answers no, interview concludes after this set of questions)

Q12: How many pregnancies have you had?

Q13: Thanks for these questions, Now I'd like to ask you about your general experience of requesting or receiving reproductive health care in a rural setting. Can you tell me about that?

Follow up with prompts whenever necessary. For example:

- *Have you engaged with local health services to help you manage contraception?*
- *Have you engaged with local health services to help you plan a pregnancy?*
- *Have you been pregnant before? At what stage of your pregnancy did you seek some health services?*
- *How did you know where to go to seek the health care you were after?*
- *What other reproductive health information did you seek at that time?*
- *What was your experience in speaking to that provider?*
- *Did you feel like you were given all the information and options that you wanted/hoped for?*

Thank you, this is really great information for us. Now I'd like to ask some more specific questions about your experience in managing an unwanted pregnancy. This is a particular focus of our research, and the aim of this focus is to better understand what rural women's needs are.

Q14: Have you ever had an unintended pregnancy? This could be a pregnancy that was unexpected, came at the wrong time or a pregnancy that was not wanted at all.

Ans: Yes – If you are comfortable doing so, can you tell me about how you were able to manage this pregnancy?

Ans: No – No problems at all. Perhaps I can open that out a little bit. Have you ever fallen pregnant unexpectedly, or had a pregnancy that you felt unsure or ambivalent about?

If answer is No, the interviewer then asks, would you like to share your experience of accessing health care for your first planned pregnancy?

Follow up with prompts whenever necessary. For example:

- *How did you work out what to do about it?*
- *Were you able to find information about where to go/who to see?*
- *How did you feel about seeking health care services to manage this pregnancy in a rural context?*
- *Did you have any expectations? What were they? Did your experience meet your expectations? If so, can you explain how? If not, can you share why not?*
- *We know that cost and logistics can sometimes be major factors for rural women in deciding how to manage unwanted pregnancies. Did these factors affect you? How so?*
- *Do you think your experience would have been different if you lived in a city or urban area, or in a more rural/remote location? If so, how?*

[Additional questions for second wave based on emerging theme of 'navigating the unknown' from preliminary review of RW001-RW007. These may be asked during the conversation as appropriate, and not necessarily in this order:]

- *Is this the first time you'd experienced an unintended pregnancy or considered having an abortion?*
- *Can you tell me what knowledge or idea you had beforehand about what would be involved / what steps you'd need to take / had thought about what you'd need to do if / once you discovered you were unexpectedly pregnant and were considering options?*

- Was there anything about the experience that was completely unknown / unexpected to you (other than the pregnancy itself)? Can you describe what this was like?
- How do you think your first interaction with a healthcare professional affected your experience? (including your decision-making)
- What were the factors that helped you make your decision about the pregnancy?

Q15: We are trying to think about ways that we can help rural women access the same reproductive health services as other Australian women who live in cities. Can you share any thoughts on what you think we should be focusing on?

[Additional questions for second wave based on emerging theme of "impact of the experience" from preliminary review of RW001-RW007. These may be asked during the conversation as appropriate, and not necessarily in this order:]

- Do you feel that you got all the support you needed while you were working out how to manage your unintended pregnancy?
- What about after you'd made your decision (and in the case of abortion), after you'd had your termination?
- How many people around you in your life did you feel you could talk to about your experience? What if anything prevented you from sharing your experience?
- Thinking about it now, what kind of additional support would have been helpful, and at what stage?
- How did the experience affect your personal relationships if at all?

[Additional questions for second wave based on emerging theme of 'enabling and inhibiting factors' from preliminary review of RW001-RW007. These may be asked during the conversation as appropriate, and not necessarily in this order:]

We're about halfway through our interviews and have seen some common themes mentioned by other participants that we'd like to share with you/seek your feedback on.

- One of these is about your preferences – hypothetically, if there was a local clinic in town that would offer abortion services as well as other reproductive healthcare, do you think you'd feel comfortable using that service? If so/not, can you explain why?
- What do you think should be available to women living in rural and remote parts of the country? How could the process of managing unintended pregnancies be better organised/set up?
- Do you think choice is an important factor in deciding whether to have an abortion and where/what type of abortion?
- What other factors do you think – positive or negative – influence how rural women experience an unintended pregnancy?
- What would have made the biggest difference to your experience?
- What would you share with a friend or loved one if they discovered they were pregnant unexpectedly and asked your advice?

Q16: Is there anything else about your experiences that we haven't talked about that you'd like to share?

Thank you very much for participating in this interview, your contribution has been fantastic. We really appreciate your willingness to share your story and acknowledge that finding the right care in the rural setting is not always easy. Thanks for giving us the opportunity to learn from your experience.

Before we finish the interview, we understand that discussing personal topics can, at times, cause some emotional discomfort. If you feel that you would like to discuss how you're feeling or any emotional reactions to the topics covered by this research project, we advise that you make use of the free counselling services provided by **Lifeline: 13 11 14**.

This service is available 24 hours a day and also provides referral services, should you require any. Alternatively, if you'd like to discuss anything in person, we encourage you to make an appointment with your regular health care provider.