INTERVIEW GUIDE FOR DATA COLLECTION

Introduction

Good morning/afternoon, and thank you very much for agreeing to take part in this interview.

My name is Yvonne Nartey, and I am conducting a study on women's experiences with their body image after childbirth. The purpose of this interview is to explore how women perceive the changes in their bodies during the postpartum period, what factors influence these perceptions, how they behave in response to these changes, and the challenges they may face.

Your participation is entirely voluntary, and you may choose to withdraw at any time without giving any reason. There are no right or wrong answers. We are simply interested in hearing about your personal experiences and views. Everything you share will be kept confidential, and your identity will not be linked to any of the findings.

The interview is expected to last about 45 minutes, depending on how much you would like to share. With your permission, I would also like to audio-record the session to make sure I capture everything accurately. The recording will be kept secure and will only be used for research purposes.

Do you have any questions before we start?
Are you comfortable with us proceeding?

Part 1: Demographic Information

- May I please know your Age?
- What is your Marital Status?
- May I please know your educational details?
- May I know your employment details?
- May I know your nationality?
- How many children do you have?
- May I know when you delivered your last child?
- May I know the mode through which you delivered?

- Which languages do you speak?

PART B

SECTION A: Perceptions about Body Image Changes

Objective 1: Find out the perceptions of women about their body image changes during the postpartum period.

1. **How would you describe the changes you noticed in your body after delivery?**

- Can you give examples of these changes?
- When did you first notice them?
- Were they expected or surprising to you?
- How have these changes developed over time?

2. **How do you feel about these body changes?**

- Do these changes make you feel happy, sad, worried, or indifferent?
- Have your feelings about them changed over time?
- How do these feelings affect your daily life or activities?
- Do you discuss these feelings with anyone? If yes, with whom?

3. **In what ways, if any, has your perception of your body changed compared to before pregnancy?**

- How did you view your body before pregnancy?
- Has your level of confidence or self-esteem changed?
- Do you think motherhood has influenced the way you value or judge your body?
- Are there things you appreciate more or less about your body now?

4. **Are there parts of your body that you feel more or less satisfied with after childbirth?**

- Which parts specifically, and why?

- How does this satisfaction or dissatisfaction affect how you dress or present yourself?
- Has anyone commented on these changes, and how did that make you feel?
- Do you take any steps to change or maintain these parts of your body?

Section B: Factors Influencing the Perception

Objective 2: Explore the factors that influence the perception of women on their body image changes.

1. What do you think has influenced the way you view your body after delivery?

- Can you recall specific events or situations that shaped your view?
- Were these influences mostly positive, negative, or mixed?
- Did your pregnancy or childbirth experience play a role in this?
- Have these influences changed over time?

2. How have your family, friends, or partner influenced how you feel about your postpartum body?

- Have they made comments either supportive or critical about your appearance?
- Can you give an example of something they said or did?
- How did their reactions make you feel?
- Do you feel more supported or pressured by them?

3. Have media, social media, or cultural expectations played any role in shaping your views?

- Are there certain images, programs, or posts that stand out in your mind?
- Do you compare yourself to celebrities, influencers, or other mothers you see online?
- How do cultural standards of beauty or motherhood affect your feelings?
- Have you ever felt pressure to “bounce back” after childbirth because of media portrayals?

4. Are there any personal beliefs, values, or experiences that you think affect how you see your body now?

- Were there lessons or values about appearance passed down in your family?
- Does your religion, culture, or community have expectations about women's bodies?
- Have past experiences before or during pregnancy shaped how you feel now?
- How do these beliefs influence the way you care for or present your body?

SECTION C: Behaviours Related to Body Image Changes

Objective 3: Explore the behaviour of postpartum women on their perceived body image changes.

1. Since giving birth, have you engaged in any activities to change or maintain your body image? (e.g., exercise, dieting, using body shapers)

- Can you describe what activities you have tried?
- How often do you do them?
- What motivated you to start these activities?
- Have you noticed any results, and how do you feel about them?
- Have you faced any challenges in continuing these activities?

2. How important is it to you to return to your pre-pregnancy body size or shape?

- Why is it important or not important to you?
- Has this goal affected your daily habits or lifestyle?
- Do you feel any pressure from yourself or others to achieve this?
- How realistic do you think it is for you to return to your pre-pregnancy body?

3. Have you made changes in your clothing style, social activities, or daily routines because of how you feel about your body?

- What specific changes have you made?

- How do these changes make you feel?
- Do these changes affect your confidence or comfort level?
- Have these adjustments been temporary or long-term?
- Have these changes influenced your interactions with others?

SECTION D: Challenges Related to Body Image Changes

Objective 4: Describe the challenges faced by postnatal women due to body image changes after delivery.

1. **Have you faced any difficulties because of the changes in your body after delivery?**

    - Can you give examples of these difficulties?
    - Were they physical, emotional, or social in nature?
    - How often do they occur?
    - Have these difficulties improved or worsened over time?

2. **How have these body changes affected your emotional well-being or mental health, if at all?**

    - Have you experienced feelings such as sadness, anxiety, or frustration?
    - Do you feel more or less confident since giving birth?
    - Have you sought any support or counseling as a result?
    - How do you cope with these emotional changes?

3. **Have your body changes affected any aspects of your relationships, work, or social life?**

    - How have they influenced your relationship with your partner?
    - Has your social life changed? If yes, in what way?
    - Have these changes affected your work or daily activities?
    - Do you avoid certain places or situations because of how you feel about your body?

4. **What has been the most difficult or challenging part of dealing with your postpartum body image?**

    - Why do you consider this the most challenging?
    - Has anyone or anything helped you overcome this challenge?
    - How do you manage or respond to this difficulty?
    - What would make dealing with this challenge easier for you?

Closing Reflection

- Is there anything else you would like to share about your experiences with your body after childbirth?
- Are there any questions you think I should have asked but didn't?
- What advice would you give to other new mothers who may be going through similar experiences?

Thank you