

## Material 1. Recruitment flyer

### Research to explore needs and wishes among women with a migration background

Are you at least 18 years old or older, have just given birth to a child and do you have a migration background? Then we are looking for you!

#### What can you expect?

- One-time in-depth interview
- After 4 to 6 weeks postpartum
- Interpreter involved
- Gift card as a thank you

#### Purpose of the research?

To understand the needs and desires during pregnancy and after birth for women with a migration background. This will help to ensure more inclusive care.



#### Contact information researcher

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## Material 2. Interview guide

### Step 1: To be checked before starting interview

- ✓ Introduction of interpreter to participant
- ✓ (Offering something to drink/eat)
- ✓ Taking an interest in the baby (name, how is she doing, how is the feeding going, ... □ putting her at ease)
- ✓ Going over ICF with the participant + indicating that she may stop the interview at any time (completely voluntary)
- ✓ Signing of ICF by both parties
- ✓ Duty of confidentiality signs by interpreter
- ✓ Requesting permission to record this interview
- ✓ Placing themes on the table
- ✓ Timeline placement on the table (Placing smiley faces on the table)
- ✓ Start Interview

### Step 2: Collect socio-demographic data (to be completed by interviewer)

- What is your age?
- What is your country of birth?
- Until what age did you go to school? Did you obtain any particular degree?
- How many children do you have?
- What was your delivery method?

### Step 3: Start interview

**ICE-BREAKER:** What is the most striking difference between your country of origin and Flemish culture?

#### Period 1: Before pregnancy

- What was your rationale for migration?
- How long ago did you move to Belgium?

#### Period 2: During pregnancy

- How was your **follow-up to** the pregnancy?
- How were differences in **language handled**?
  - How was the pregnancy made clear to you?
  - How did you get info?

#### Period 3: Labor & birth

- How did your delivery go?
  - Did the delivery go as expected?

- How was the stay in the hospital?
  - How was language barrier dealt with?
  - Did you feel you understood the info sufficiently? ○ Did you feel you were heard enough?

Period 4: after childbirth

- How is the postpartum period going for you?
- Have you ever felt **dejected** during this period?
  - Have you communicated with health care providers about this?
  - Why or why not?
- What were you in **need** of during this period?
- What **barrier** did you experience during this period?

PROMPTS: General questions by theme

Theme	Possible questions
<b>Mental health - Mental health</b>	<p><b>Do you think there is a taboo around mental health?</b></p> <p><b>What do you think are barriers around mental health care in Flanders?</b></p> <p><b>What are your needs around mental health care during the perinatal period in Flanders?</b></p> <p>What do you think might be <b>tools</b> to, deal with perinatal (mental) difficulties?</p> <p>What do you understand by being mentally healthy?</p> <p>Possible definition if not known: Mental well-being involves aspects such as satisfaction, happiness and quality of life. Psychological complaints include feelings of stress, anxiety or gloom. For mental disorders, a diagnosis is made based on the nature and severity of the psychological symptoms</p>
<b>Social network/support</b>	<p><b>How does your social network affect you?</b></p> <p><b>Who can you turn to when things get a little harder?</b></p> <p>Did you feel like you were adequately supported?</p> <p>What can help you feel physically/mentally supported?</p> <p>With health care providers?</p> <p>What does a neighbor mean to you (ex: family, friends, acquaintances, colleagues)? (possibly - can you talk more about this?)</p>
<b>Language</b>	<p><b>Is language a limiting factor for receiving support in Flanders?</b></p> <p><b>Through what channels do you obtain info?</b></p> <p>When and where do you obtain this info?</p>
<b>Fears - Fear Factor</b>	<p><b>Are you experiencing anxiety right now?</b></p> <p>If so, what gives you anxiety at this time?</p> <p><b>What might help reduce anxiety?</b></p>

	What are fears that you think others experience?
<b>Peer support</b>	<p><b><u>What do you understand by peer support?</u></b>  Possible definition if not known: Peer support is a way of working together and supporting each other. Peers help each other using their own knowledge, insights and experience. 'Peer' means being equal and/or in similar circumstances in many ways.</p> <p><b>How do you stand in relation to peer support?</b>  <b>Would you find peer support helpful in supporting mental health issues in the perinatal period?</b>  <b>Do you have any previous experiences with peer support?</b>  <b>How would you fill out a peer support group?</b>  <b>Would you find peer support helpful in supporting mental health issues in the perinatal period? Why yes/no?</b></p>
<b>Possible in-depth questions</b>	<p>How do you feel about this?  Can you give an example to this?  Can you elaborate on this?  Frequent repetition; if I understand correctly....</p>

**Step 4:** Debrief

- ✓ What was it like for you to have this conversation?
    - o How did this feel to you?
  - ✓ What was this like working with a translator/interpreter?
- May we contact you again for member checks (explain)?

## Material 3. Aftercare references

### **Box. Aftercare references for referral, if needed**

*[This was offered/distributed to the women]*

**Below you can find some organizations we can refer you to:**

#### **CAW Antwerp**

- Center General Welfare. Here you can go for personal problems, financial problems, family problems, difficult relationship and there is a migration component. This assistance is free of charge.
- Contact by phone: 0800 13 500 (9-17h)
- Contact via email: <https://www.caw.be/contacteer-ons/mail/>

#### **Tele-care**

- Can assist you when you are having a difficult time. This conversation is anonymous and free of charge.
- Contact by phone: 106 (available 24/7)
- Chat: <https://www.tele-onthaal.be/>

#### **Helpline 1712**

- This is the place to go if you are a victim of violence. This can be physical, psychological or financial.
- Contact by phone: 1712 (weekdays, between 9 a.m. and 5 p.m.)
- <https://www.1712.be/>

#### **Suicide Line**

- On thoughts surrounding suicide. Free and anonymous conversations.
- Contact by phone: 1813 (available 24/7)
- Chat also possible: <https://www.zelfmoord1813.be/>

#### **'Home of the Child' (walk-in centre)**

- You can visit a House of Child for help and advice on parenting, mental and physical health, practical questions around child care, maternity care or school choice or other services and guidance. House of Child also provides language learning support.
- Contact by phone: 03 338 65 93
- <https://www.huisvanhetkindantwerpen.be/>
- Mail: [huizenvanhetkind@antwerpen.be](mailto:huizenvanhetkind@antwerpen.be)

#### **Integration & Integration Agency**

- <https://www.aqii.be/>
- 02 701 79 00

#### **Federal agency for the reception of asylum seekers**

<https://www.fedasil.be/nl>

**In addition, you can discuss everything with your attending physician, this both general practitioner and gynecologist. He/she is bound by professional secrecy. You can also contact your midwife.**