

Data supplement

Supplementary file 1: Interview TOPIC GUIDE

I want to ask you about your experience thinking about pregnancy and how it might affect your bipolar disorder, or *vice versa*. I'm particularly interested in this subject because I have bipolar myself and I have had 2 children, and I know that many women in our situation think a lot about what might happen when we have children. If it's okay with you, I'd like to hear what your thoughts are on the matter and then afterwards if you want I can give you some information leaflets that you might find useful and we can chat about it more generally.

- Can I ask you a bit about your illness first – when you were first diagnosed and how it affects you? How have your family been about it? What about your partner?
- I understand you are considering having children? If so, what factors are important to you when thinking about it?
 - What is the significance of *your bipolar disorder in your decision-making?*
- What, for you, were the most important considerations?
- Do you think the fact that you have bipolar will make any difference to any children you might have?
- Have you discussed this matter with your partner, family and/or friends?
 - *If no, is there a reason for that? If yes, how did they react?*
 - *[What is the attitude to mental illness in your community?]*
 - *[What is the attitude to having children?]*
- Have you ever discussed this matter with any medical professionals?
 - *If so, how did that go?*
- How much do you know about having a baby as a woman with bipolar?
- Do you feel you know what you need to know?
 - *If no, what do you think would be helpful?*
- When you discussed it with the doctor, how did you feel about the conversation?
 - *Did you make the decision in the way you wanted – with their help for instance?*
 - *[If it hadn't been possible to see a perinatal specialist, what difference would that have made?]*
- How you would like it to be?
 - *How much help would you want from your doctor, for instance? Do you see it as a big responsibility or do you prefer to make the decisions yourself?*
 - *What about over medication?*
- What sort of information do you think you need to know, and how do you think that would be best delivered (in what format?)

Is there anything you think is relevant about these issues which we haven't discussed?

Supplementary file 2: E-forum invitation to participate

Bipolar disorder and pregnancy

Post by **moderator-Richard** » Fri Jul 11, 2014 2:16 pm

Bipolar UK is working in partnership with a research project focusing on what women with bipolar think are the most important factors to consider when contemplating pregnancy.

For example

- To what extent are or were your thoughts on having children influenced by having bipolar?
- Do or did you have any concerns?
- Have you discussed this with your partner, family, friends and, if so, what was their attitude?
- Have you ever discussed this matter with any medical professionals? If so, how did that go? What was their attitude? Did you find it helpful?
- How much do you know about having a baby as a woman with bipolar? Do you feel you know what you need to know?

If we could produce a 'decision aid' of information and advice to help with this decision-making process, what do you think would be the best format: a leaflet, an interactive module on the website, an app for mobile phones - or something else?

Given the importance of this research (it is approved under Study Ethics code:11/LO/1469), we thought women on the eCommunity may wish to participate offering their views on these questions or any other related issues.

Whether you're a mum already, thinking about being one in the future or are the partner or relative of someone, please respond to this post.

Your posts/thoughts would be much appreciated and could be used within the project on an anonymous basis.