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**Chinese American Women’s Experiences with Postpartum Depressive Symptoms and Mental Health Help-Seeking Behaviors**

**Table 1 (Supplemental Digital Content)**

**Semi-Structured Interview Guide**

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| **Interview Questions** | **Follow-up Questions, as relevant** |
| 1. Describe your cultural background in your own words. To what degree do you identify with your culture(s)? |  |
| 1. I understand that you recently had a baby. How did your family react? |  |
| 1. In your culture, are there specific traditions or things that usually happen after a woman gives birth? | *If the participant answers yes, then ask:*  - Can you describe these traditions or things?  - Have you experienced these traditions or things that you have just described?  *If the participant answers NO, then ask:* How important is it for you to have these traditions or things?   * *If the participant answers YES, then ask:* How important is it for you to have experienced these traditions or things to you? |
| 1. Now, I am going to ask some questions about sadness and depression. What do you think causes people to feel sad or depressed? What do you think your family or friends think about sadness or depression? |  |
| 1. I want to ask you questions about how you are feeling. Have you felt sad or depressed lately? What would you like to do about it? | *If participant answers yes, then skip to question 5.* |
| 1. What would you do if you felt sad or depressed? Would you go get some help for it? Would you tell your doctor or nurse about your symptoms? |  |
| 1. What does treatment mean to you? What do your family or friends think about getting treatment? What kind of treatment do you think works best when people feel sad or depressed? |  |
| 1. What would influence you to seek treatment? |  |
| 1. Who are the best people to help treat sadness or depression? If you were feeling depressed or anxious, where would you go to get help? |  |
| 1. What types of treatments do you think are available to you? |  |
| 1. There are many women who feel sad or depressed and don't seek out treatment, why do you think this is so? |  |
| 1. What can mental health clinics or professionals do to make it easier for women who feel sad or depressed to seek out their services? |  |
| 1. What role does your health care insurance play in your decision to seek treatment? | *Refer to the woman’s responses to the Health Services Questionnaire to probe for more information.* |
| 1. Have you ever received professional (e.g. psychologist; therapist) help when you felt sad or depressed in the past? If so, how did you find out about it? Was it helpful? Would you go again? |  |
| 1. Other comments? |  |