

## **Interview guide S2**

### **Weight development from childhood to motherhood: Embodied experiences in women with pre-pregnancy obesity- a qualitative study**

#### **Introduction to the interview:**

*Information on confidentiality applicable to interviews. All data will be anonymized and stored according to approved guidelines.*

*You can decide yourself how much information you want to share. You can interrupt the interview at any time for a break or to terminate it. (Agree on signs for the person to give when she needs a break or wants to end the interview).*

*I may take notes during the interview or take short breaks to find natural follow-up questions. The interview may take about 60-90 minutes. No answers or stories are right or wrong; what is important is that you talk about your own personal experiences. Please give examples.*

- 1) Please tell me a little about yourself
- 2) Childhood and adolescence
- 3) Thinking back to your childhood/adolescence, how would you describe it?
  - How would you describe your family situation during your childhood?
  - Who was there for you and in what way?
  - Many women have adverse experiences in childhood, adolescence and later life. How has it been for you? (emotional, physical or sexual experiences)
- 4) Please describe your weight history from as far back as you can remember.
- 5) Food: For many people, food is more than just food, how is it for you?
- 6) Body awareness and self-image
- 7) We have carried out a study showing that difficult experiences in childhood affect women's weight. How has that been for you?

*Topics that stood out in several interviews and in the first preliminary analysis. These topics should be explored in all new interviews.*

- 1) Body criticism and harassment
- 2) Lifestyle in childhood and today
- 3) The importance and function of food in childhood and later
- 4) Vulnerability, resilience, vulnerable periods for weight gain
- 5) Self-image and self-confidence, functioning and health in the future
- 6) Responsibility and guilt