



Waiting Room

KC has joined the room.

KC has left the room.

Emily has left the room.

KCullen has joined the room.

KCullen has left the room.

Joining Waiting Room

**Candace:** Form Approved

OMB No. 0920-0990

Exp. Date 09/30/2016

**Candace:** Before the group begins, we want to share a few housekeeping items:

**1. TECHNICAL PROBLEMS.** If you experience technical problems, please call 1-888-525-5026 (select option 2) for technical support.

**2. TRANSCRIPT.** After the focus group, we'll print a transcript of our discussion that will help us summarize the key points that you raise. It will not include anyone's full name or identifying information.

**3. CONFIDENTIALITY / PRIVACY.** Anything you say in today's discussion will remain secure. Your names, addresses, and phone numbers will not be given to anyone. We will conduct follow-up interviews with some participants. Within a week, you may be contacted about participating in a follow-up interview.

**Candace:** The public reporting burden of this collection of information is estimated to average 90 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to - CDC/ATSDR Reports Clearance Officer, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333 ATTN: OMB (0920-0990)

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Main Room

Emily has joined the room.

Joining Main Room

**Emily McClure:** Thanks for joining us today. I'm \_\_\_\_\_, and I'm from RTI International. We're a non-profit research organization based in North Carolina. We are working with the Centers for Disease Control and Prevention (CDC) and March of Dimes to conduct virtual focus groups about medication use during pregnancy.

We brought you here today because you all have something really exciting in common--you've all had a pregnancy in the past year.

Another thing that you all have in common is that you took medication for your depression during your prior pregnancy. I know that it can be difficult for some people to talk about depression and treatments for depression. We're very interested in your experiences of managing this condition during pregnancy.

The purpose of today's group is to learn more about your thoughts about medication use during pregnancy.

The session will last about 90 minutes.

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Main Room

Emily McClure: First, I want to share a few ground rules for today's discussion:

1. **YOUR OPINION.** There are no right or wrong answers in today's discussion. We want to know your honest opinions and experiences, even if they differ from other people's experiences.
2. **ANSWER ALL QUESTIONS.** After we ask a general question, we will frequently ask several follow-up questions. Please answer both the questions and follow-up questions.
3. **BUILDING ON OTHERS' COMMENTS.** When building on another person's comments—for example, when agreeing with them—be sure to reference the name of person who made the original comment. (For example: "@ Ellen – I completely agree!")
4. **MINIMIZE DISTRACTIONS.** Please make sure that you are in a place where you can participate without any distractions. Please turn off your beepers, cell phones, pagers, televisions, radios, and anything else that may make it difficult to concentrate.
5. **RESTROOMS.** Feel free to use the restroom during our discussion if needed. You don't need to tell us you will be away from your computer; please just return to the discussion as quickly as possible.
6. **QUESTIONS.** Does anyone have any questions before we begin?

Emily McClure: Congratulations on your recent baby! Let's start by typing in your first name and something about your baby.

Emily McClure: Did you have a boy or a girl? How old is he/she now? Anyone with twins?

Emily McClure: Like I mentioned before, you all have experience managing depression during pregnancy. I am going to ask you some questions about your experiences, particularly about medication use.

Emily McClure: What are the biggest benefits you get from taking your depression medication, in general?

Emily McClure: Were there different benefits when you were pregnant?

Emily McClure: What are the downsides, if any, to taking your depression medication, in general?

Emily McClure: Were there different downsides when you were pregnant?

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Main Room

**Emily McClure:** Downsides for mom?

**Emily McClure:** Downsides for baby?

**Emily McClure:** At what point did you start taking depression medication, was it before you were pregnant or did you begin medication after you were already pregnant?

**Emily McClure:** During which trimester did you start taking the medication?

**Emily McClure:** While you were pregnant, did you make any changes to your depression medication?

**Emily McClure:** If so, how did your medication use change? Dosage? Frequency?

**Emily McClure:** Did you change medication according to what trimester you were in?

**Emily McClure:** If not, why?

**Emily McClure:** What types of doctors did you talk to? Psychiatrist, OB/GYN, midwife, family doctor?

**Emily McClure:** Did your doctors tell you different information? If you received conflicting information, how did you make a decision about your medication?

**Emily McClure:** What type of doctors did you get the conflicting information from?

**Emily McClure:** Before you changed your medication use, what specific steps did you take?

**Emily McClure:** Did you meet with your doctor? Talk to a pharmacist? Create a treatment plan? Search for information online?

**Emily McClure:** For those of you who made a change to your depression medication during pregnancy, what factors did you consider? For those of you who did not make a change, what factors did you consider?

**Emily McClure:** Did you look for information about the safety of the medication during pregnancy? If so, who did you ask or where did you look for that information?

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Main Room

- Emily McClure: What information were you able to get about the medication's safety? Is there other information you wanted but didn't receive or couldn't find?
- Emily McClure: Do you think your doctor had enough knowledge about your depression medication and pregnancy to address your questions?
- Emily McClure: Which type of doctor had the most information to give you? [OB/GYN, psychiatrist, etc.]
- Emily McClure: If the risk of the depression medication was unknown, how did you make decisions about taking or not taking it?
- Emily McClure: Could you share any other information you have received from your doctors and other providers about depression medication use during pregnancy?
- Emily McClure: If you lacked information on the risk of a depression medication, what did you do? (continued to take medication(s), discontinued medication(s)) How did you make a decision about what to do?
- Emily McClure: If you had a question regarding depression medication use during pregnancy, which doctor(s) did you contact?
- Emily McClure: If you were seeing more than one doctor, how did these providers share information about your treatment plan, if at all?
- Emily McClure: Besides your doctor(s), where else did you look for guidance about medication use during pregnancy?
- Emily McClure: Family/friends, health websites, online health communities, phone apps, TV, and text messaging?
- Emily McClure: Whose specific opinion regarding medication use during pregnancy matters most to you?
- Emily McClure: Whose specific opinion regarding medication use during pregnancy matters most to you?
- Emily McClure: How do you decide what information you can trust?
- Emily McClure: How do you decide which sources are more likely to be trustworthy or are giving you more accurate information than others?
- Emily McClure: How do you handle conflicting information?

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Main Room

- Emily McClure: Do you think your doctor had enough knowledge about your depression medication and pregnancy to address your questions?
- Emily McClure: Which type of doctor had the most information to give you? [OB/GYN, psychiatrist, etc.]
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- Emily McClure: If you lacked information on the risk of a depression medication, what did you do? (continued to take medication(s), discontinued medication(s)) How did you make a decision about what to do?
- Emily McClure: If you had a question regarding depression medication use during pregnancy, which doctor(s) did you contact?
- Emily McClure: If you were seeing more than one doctor, how did these providers share information about your treatment plan, if at all?
- Emily McClure: Besides your doctor(s), where else did you look for guidance about medication use during pregnancy?
- Emily McClure: Family/friends, health websites, online health communities, phone apps, TV, and text messaging?
- Emily McClure: Whose specific opinion regarding medication use during pregnancy matters most to you?
- Emily McClure: Whose specific opinion regarding medication use during pregnancy matters most to you?
- Emily McClure: How do you decide what information you can trust?
- Emily McClure: How do you decide which sources are more likely to be trustworthy or are giving you more accurate information than others?
- Emily McClure: How do you handle conflicting information?
- Emily McClure: Do you share information with other women or family members? If yes, how?

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Main Room

members? If yes, how?

**Emily McClure:** For the next set of questions, we are going to ask your opinion on some messages that you might read on a pregnancy webpage or materials available to you at your doctor's office about medication use during preconception/pregnancy.

**Emily McClure:** What are your initial reactions to this message?

**Emily McClure:** What is the main point of this message?

**Emily McClure:** Is there anything that is confusing or difficult to understand? If so, what?

**Emily McClure:** What does "talk with your doctor" mean to you in this context?

**Emily McClure:** What do "over-the-counter medications" mean to you in this context?

**Emily McClure:** Is there information missing from this message that you think should be included?

**Emily McClure:** How relevant is this message to you?

Message Moderators

Enter Message...

Send

Open In New Window

Talk with your doctor if you are pregnant and you have taken any medicine or are thinking of taking any medicine. This includes prescription and over-the-counter medications, as well as dietary or herbal products.



Main Room

webpage or materials available to you at your doctor's office about medication use during preconception/pregnancy.

Emily McClure: What are your initial reactions to this message?

Emily McClure: What is the main point of this message?

Emily McClure: Is there anything that is confusing or difficult to understand? If so, what?

Emily McClure: What does "talk with your doctor" mean to you in this context?

Emily McClure: What do "over-the-counter medications" mean to you in this context?

Emily McClure: Is there information missing from this message that you think should be included?

Emily McClure: How relevant is this message to you?

Emily McClure: Thinking back to when you were pregnant, how helpful would a message like this have been to you?

Emily McClure: How, if at all, would it have influenced your decision making?

 Message Moderators

Enter Message...

 Send

 Open In New Window

Talk with your doctor if you are pregnant and you have taken any medicine or are thinking of taking any medicine. This includes prescription and over-the-counter medications, as well as dietary or herbal products.





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- Emily McClure: Thinking back to when you were pregnant, how helpful would a message like this have been to you?
- Emily McClure: How, if at all, would it have influenced your decision making?
- Emily McClure: The following message is an addition to the previous message (Message 1a).
- Emily McClure: What are your initial reactions to this additional information?
- Emily McClure: Does this additional information change your reaction to the first part of the message? If so, how?
- Emily McClure: Is there anything that is confusing or difficult to understand? If so, what?
- Emily McClure: What does "100 percent safe" mean to you in this context?
- Emily McClure: Who do you think the statement "100 percent safe" refers to – the mother or the fetus?
- Emily McClure: What does "weigh the risks and benefits" mean to you in this context?

Message Moderators

Enter Message...

Send

Open In New Window

Since no medicine is 100 percent safe for all women, it's a good idea to check with your doctor. The conversation with the doctor will help you weigh the risks and benefits of any medication used during pregnancy.



Main Room

context?

Emily McClure: What are your initial reactions to this message?

Emily McClure: What is the main point of this message?

Emily McClure: Is there anything that is confusing or difficult to understand? If so, what?

Emily McClure: What does "medication that they need" mean to you in this context?

Emily McClure: What does "first talking with your doctor" mean to you in this context?

Emily McClure: What do you expect your doctor to do?

Emily McClure: Is there information missing from this message that you think should be included?

Emily McClure: How relevant is this message to you?

Emily McClure: Thinking back to when you were pregnant, how helpful would a message like this have been to you?

Message Moderators

Enter Message...

Send

Open In New Window

Pregnant women should not stop or start taking any type of medication that they need without first talking with a doctor.



Main Room

- Emily McClure: What are your initial reactions to this message?
- Emily McClure: What is the main point of this message?
- Emily McClure: Is there anything that is confusing or difficult to understand? If so, what?
- Emily McClure: What does "medication that they need" mean to you in this context?
- Emily McClure: What does "first talking with your doctor" mean to you in this context?
- Emily McClure: What do you expect your doctor to do?
- Emily McClure: Is there information missing from this message that you think should be included?
- Emily McClure: How relevant is this message to you?
- Emily McClure: Thinking back to when you were pregnant, how helpful would a message like this have been to you?
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Message Moderators

Enter Message...

Send

Open In New Window

Pregnant women should not stop or start taking any type of medication that they need without first talking with a doctor.



**Main Room**

a message like this have been to you?

**Emily McClure:** How, if at all, would it have influenced your decision making?

**Emily McClure:** The following message is an addition to the previous message (Message 2a).

**Emily McClure:** What are your initial reactions to this additional information?

**Emily McClure:** How does this additional information change your reaction to the first part of the message?

**Emily McClure:** Is there anything that is confusing or difficult to understand? If so, what?

**Emily McClure:** What does "avoid taking anything during your first trimester" mean to you in this context?

**Emily McClure:** What does "when your baby is most vulnerable" mean to you in this context?

**Emily McClure:** What does "when your baby is most vulnerable" mean to you in this context?

**Message Moderators**

Enter Message...

Open In New Window

This is particularly important early in your pregnancy. Pregnant women should avoid taking anything during your first trimester when your developing baby is most vulnerable.



**Main Room**

in this context?

**Emily McClure:** What are your initial reactions to this message?

**Emily McClure:** What is the main point of this message?

**Emily McClure:** Is there anything that is confusing or difficult to understand? If so, what?

**Emily McClure:** What does "planning a pregnancy" mean to you in this context?

**Emily McClure:** What does "which medications are necessary" mean to you in this context?

**Emily McClure:** Is there information missing from this message that you think should be included?

**Emily McClure:** How relevant is this message to you?

**Emily McClure:** Thinking back to when you were pregnant, how helpful would a message like this have been to you?

**Emily McClure:** How, if at all, would it have influenced your decision making?

**Message Moderators**

Enter Message...

Open In New Window

If you are planning a pregnancy and are using any medications, please talk to your doctor about which medications are necessary and should be continued.



Main Room

a message like this have been to you?

- Emily McClure: How, if at all, would it have influenced your decision making?
- Emily McClure: The following message is an addition to the previous message (Message 3a).
- Emily McClure: What are your initial reactions to this additional information?
- Emily McClure: What are your initial reactions to this additional information?
- Emily McClure: What are your initial reactions to this additional information?
- Emily McClure: How does this additional information change your reaction to the first part of the message?
- Emily McClure: Is there anything that is confusing or difficult to understand? If so, what?
- Emily McClure: What does "unnecessary medications" mean to you in this context?
- Emily McClure: What does "early in your pregnancy" mean to you in this context?

Message Moderators

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Open In New Window

If you are planning to have a baby and are using any medications, please talk to your doctor about which medications are necessary and should be continued. Unnecessary medications early in your pregnancy can hurt your baby.



Main Room

- Emily McClure: Thinking back to when you were pregnant, how helpful would a message like this have been to you?
- Emily McClure: How, if at all, would it have influenced your decision making?
- Emily McClure: The following message is an addition to the previous message (Message 3a).
- Emily McClure: What are your initial reactions to this additional information?
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- Emily McClure: How does this additional information change your reaction to the first part of the message?
- Emily McClure: Is there anything that is confusing or difficult to understand? If so, what?
- Emily McClure: What does "unnecessary medications" mean to you in this context?
- Emily McClure: What does "early in your pregnancy" mean to you in this context?
- Emily McClure: Is there anything else you would like to share about how information given to women about medication use during preconception/pregnancy could be improved?
- Emily McClure: Thank you again for participating in today's group. Your experiences and input were extremely valuable in helping us to understand how women make decisions about medication use before and during pregnancy.
- Emily McClure: I'd like to remind you of two phone numbers you can call if you have any questions about the study. If you have any questions about your rights as a study participant, you may call Molly Lynch toll-free at 1-866-RTI-1958 then extension x22709 or you can call RTI's Office of Research Protection at (919) 316-3358 in Durham, NC or 1-866-214-2043 (a toll-free number).
- Emily McClure: As a token of appreciation for your interest, you will receive a check in the amount of \$50 . You should receive it within 5-7 business days. If you do not receive the check, please contact Molly Lynch at 1-800-334-8571 (extension 22709).

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