**Transcript**

26 November 2024, 12:00pm

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**Interviewer** 6:23  
So just getting a bit of background, so can you describe when you were first prescribed an SSRI or an SNRI, antidepressant? Was this before or during your pregnancy?

**Participant** 6:37  
Before.  
Probably.  
been on antidepressants.  
For I don't know, it's difficult to say quite a long time.  
Probably like late teens, probably.

**Interviewer** 6:57  
Thank you. And can you tell me a bit more about which SSRI or SNRI antidepressant you were taking during your pregnancy?

**Participant** 7:09  
During my pregnancy, I was on sertraline.

**Interviewer** 7:18  
OK.  
And can you share any changes that occurred in your medication regime sort of during pregnancy?  
Were there any changes to this antidepressant?

**Participant** 7:31  
No, no.

**Interviewer** 7:36  
So had you been on that one when you prior to pregnancy?

**Participant** 7:40  
Yeah, I've been yeah.

**Interviewer** 7:43  
Could you tell me or describe any other prescribed medications? Herbal medicines over the counter medicines or substances or medicines that other people gave you that you took during your pregnancy?

**Participant** 7:58  
I'm trying to think.  
Can't remember taking any other medication.

**Interviewer** 8:13  
That's that's great.  
And OK.  
And.  
Just having a think about your kind of experience then during pregnancy (are you) can you share your thoughts and feelings about taking antidepressants during pregnancy?

**Participant** 8:37  
I think I think I'd rather not have done, but I knew that I needed to cause.  
It's quite a long term thing. My anxiety and depression, and I knew that there'd be changes in my hormones and things while I was pregnant and.  
So I thought it'd be best to continue with them. And also I'd have conversations with my GP prior to getting pregnant about the safety of sertraline and how it was like one of the safest antidepressants to use while pregnant.

**Interviewer** 9:19  
And can you that sort of leads on to this next question, which is can you tell me about any information or advice you received from health professionals, friends, family, media sources about your medication in pregnancy?

**Participant** 9:40  
I was just very aware of what I was taking honestly during pregnancy 'cause I didn't want it to affect my daughter.  
So I was kind of very aware of.  
What was going into my body and what was taking and stuff?  
But then obviously when I wanted to know about the sertraline because I was already on it and then a sought advice from like the midwife and then also of my GP.

**Interviewer** 10:14  
OK, that's great.  
And how did you?  
Perceive the advice or the information that you received.  
Was it consistent across the sources or did you notice any differences?

**Participant** 10:34  
It's pretty consistent in terms of sertraline. Yeah, it was consistent that it was, it was safe to take.

**Interviewer** 10:47  
OK.  
And.  
Can you describe if you created a birth plan before your baby was born?  
And if so, were there any sort of key details that you think may be worth sharing?

**Participant** 11:06  
It wasn't. It wasn't really a thing that was kind of something that I mentioned rather than was kind of suggested to me.  
It wasn't really probably a few like. Obviously, when you're pregnant and versus when you're actually in labour, things are a lot different. So the things that I wanted were kind of like a water birth and that kind of thing and very chill, but ended up that I had quite high blood pressure.  
During the later stages of my pregnancy and then I ended up being admitted to hospital and then they induced me. So that kind of went out the window after that.

**Interviewer** 11:54  
And what discussions?  
Or if any did you have with your care team to midwives? Are people looking after in your pregnancy about staying in hospital?  
When you were taking antidepressants?  
Were you asked to stay in hospital longer?  
Was there any change?

**Participant** 12:21  
I don't think so, no.

**Interviewer** 12:31  
And were there any extra observations planned for your baby because of any of the medication that you were taking?

**Participant** 12:40  
Er no.

**Interviewer** 12:43  
No, that's fine.  
OK.  
Now one of the things one of the things we're interested in finding out about.  
Is.  
Experience of something called neonatal adaptation syndrome. OK.

**Participant** 13:07  
Yeah.

**Interviewer** 13:08  
We've got a few questions about about that. So what have you heard, if anything? And it's fine if you've you've never heard about terms like neonatal adaptation syndrome, neonatal withdrawal, withdrawal syndrome or withdrawal or discontinuation symptoms in baby?

**Participant** 13:29  
I haven't heard anything.

**Interviewer** 13:37  
OK.  
And.  
That's fine and.  
Had you heard? Have you heard anything since?

**Participant** 14:02  
No, no, not really, no.

**Interviewer** 14:09  
OK.  
And so.  
Can you?  
Share with me.  
Any.  
Your any experiences about feeding your baby?  
At delivery and if you continue antidepressant.

**Participant** 14:38  
Well, originally I was breastfeeding my daughter.  
But it got it got too difficult in terms of the demands on me and feeling like it started to affect my mental health in terms of like it was always me was feeding her and things like that, and I'd always have to be around. So then we switched to formula feeding and I was still on antidepressants when I was breastfeeding.

**Interviewer** 15:13  
And what advice did you receive? Or any discussions or information about breastfeeding?

**Participant** 15:23  
The support from the breastfeeding team.  
And they obviously encourage me to keep going.  
But I think I lasted 3 weeks before I had to stop.  
Also, she was having a lot of my daughter was experiencing a lot of issues in terms of I thought it was like can’t think of name. So she was bringing up a lot of milk.  
To the work trying to find out what that that was. But in the end it turned out it was like an intolerance to dairy food. So she did a switch towards special formula. So there's a lot going on at the time.

**Interviewer** 16:08  
OK. Thank you. And then this I the next couple of questions are just about your observations of your baby.  
So were you aware of any?  
Unusual symptoms.  
Following the delivery of your baby, perhaps in relation to having taken any particular medication.

**Participant** 16:35  
No.

**Interviewer** 16:35  
No, that's.  
That's absolutely fine.  
OK and.  
If.  
If people have.  
Noticed anything that I normally ask about how long they they've sort of stayed in, in hospital and things like that, so I won't ask those questions.

**Participant** 17:04  
OK.

**Interviewer** 17:09  
So in terms of.  
Support systems.  
At the time, what support systems did you have in place.

**Participant** 17:26  
And well, I got referred to the perinatal team. So they helped with my mental health.  
And.  
I still attend.  
A group.  
Which is called XXXXXXX, which is run by XXX.

**Interviewer** 17:50  
Yeah, yeah.

**Participant** 17:51  
Yeah, yeah. And obviously support from my husband.

**Interviewer** 17:56  
Yeah.  
Yeah. So, yeah, in in formal support as well. So you know, family friends.

**Participant** 18:08  
Yeah, yeah.

**Interviewer** 18:10  
And how did these support systems help you?  
At this time.

**Participant** 18:17  
I'm just having someone to talk to and share experiences with and.  
And when, obviously when you had any questions and help you with them?

**Interviewer** 18:37  
Thank you so reflecting on your experience and thinking about what a future advice so looking back, is there anything that you wish you had known or done differently regarding antidepressant use during pregnancy?

**Participant** 18:57  
No, no.

**Interviewer** 19:04  
And how do you feel about the information and support you received from healthcare providers?

**Participant** 19:13  
I thought it was good in terms of the antidepressant.

**Interviewer** 19:27  
And what advice would you give to other women and birthing people who are taking or considering taking an antidepressant during pregnancy?

**Participant** 19:40  
I'll just say just make sure you discuss it with like the GP and work out what the right option for you is.

**Interviewer** 19:56  
And.  
Based on your experience, do you have any recommendations for healthcare providers regarding the management of antidepressant use during pregnancy?

**Participant** 20:12  
Yeah, if you can be referred to like a perinatal team like I was. I thought they were really helpful.

**Interviewer** 20:27  
And yeah, and is there anything else that we haven't covered in these questions that you would like to sort of get across about your experience.  
For anyone else that might have been might be involved in your care, or might be in contact with with women that take antidepressants during pregnancy.

**Participant** 20:53  
I’d say not to be like, worried that you have to take them and.  
If if you need to, you need to and it's. It's no reflection on how you are as a mother.

**Interviewer** 21:10  
OK.  
And that's that's the end of my questions as part of the interview. Participant. OK.

**Participant** 21:20  
OK.

**Interviewer** 21:22  
Just bear with me. I'll just stop the recording. Thank you very much for your time.

**Participant** 21:27  
OK.

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