

## Appendix K: Distress Protocol

The following protocol should be carried out if a participant becomes distressed during the interview or survey completion phases of the study. Prior to the commencement of the interview, the participant will be advised that some of the topics in the interview may be sensitive and bring up tough feelings. As such, if (s)he is very high levels of stress or emotional distress, (s)he should consider not participating in this survey.

Strategies to assist those distressed during an interview:

The following actions and potential strategies should be executed by the interviewer or research staff to assist those who become visibly uncomfortable or distressed during interviews or survey (for example, crying, shaking, etc):

1. The interviewer will suggest that it is appropriate to terminate the interview or survey completion.
2. If the participant agrees, the interview/survey will be terminated.
3. The interviewer will spend time with the participant and, within the scope of the interviewer's abilities, discuss their concerns and support them.
4. The interviewer will encourage the participant to contact his/her mental health provider. If the participant prefers, offer, with the participant's consent, for a member of the research team to contact his/her mental health provider. If the participant does not have a mental health provider, the participant will be offered a referral to Perinatal Behavioral Health Services (pregnancy-specific psychiatric care and counseling).
5. The interviewer will ask for permission to schedule a follow up phone call the following day. The participant will also be encouraged to call the study team if he/she experiences increased distress following the survey/interview.