Semi-structured interviews exploring the attitudes and perceptions toward miscarriage in Western Australian women that have not experienced a pregnancy loss

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A216 Transcription:

Researcher: Wonderful. So just if you will repeat what we discussed.

Participant: I consent to this process of the recording of this.

Researcher: Lovely. So just the first couple of questions are regarding the criteria of the study.

Participant: Mhmm.

Researcher: Ah, so I was wondering if I could ask what was your age on your last birthday?

Participant: Ah, had to think about it. Fifty-four.

Researcher: Fifty-four.

Participant: Yep.

Researcher: Wonderful. Are you fluent in English?

Participant: Yes.

Researcher: Yes. Ah, for the purpose of this study, a female means an individual with female sex characteristics and also a female identity. Would you consider yourself female?

Participant: Yes.

Researcher: Yep. Ah, your cultural background?

Participant: [Reflective pause] Australian.

Researcher: Australian?

Participant: Slash Italian.

Researcher: Pardon?
Participant: Italian heritage.

Researcher: Yeah.

Participant: But born in Australia.

Researcher: Oh, wonderful. Ah, do you permanently reside in Western Australia?

Participant: Yes.

Researcher: And you've been here for most of your life.

Participant: Yes, all of my life. Yep.

Researcher: All of your life. And for the purpose of this study, pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses inclusive of stillbirth, miscarriage, ectopic neonatal death and foetal and um termination due to foetal anomaly. This does not include pregnancy loss by elective termination that is not deemed medically necessary. Have you experienced a pregnancy loss?

Participant: Ah, no.

Researcher: No. So you've met the criteria of the study. Um, do you mind if we move on to a couple more demographic questions?

Participant: Yeah.

Researcher: Yeah. If you don't mind letting me know your sexual orientation?

Participant: Ah, heterosexual.

Researcher: Heterosexual? Wonderful. Ah, do you have any religious or spiritual beliefs?

Participant: Mm, you know, not I don't know. I'm not practising of a religion. Probably more a spiritual sort of um way of looking at life. Yeah.
Researcher: Beautiful. Ah, your ethnicity?

Participant: Ah, what do you mean? What you have to talk…

Researcher: That’s okay. Ah, some people might say Caucasian.


Researcher: Caucasian. Yeah. Ah, your highest level of education completed?

Participant: Ah, just high school. Year Eleven.

Researcher: High school, Year Eleven?

Participant: Yeah.

Researcher: Ah, your occupation?

Participant: Ah, support worker. Or career.

Researcher: [Giggle] Both, both terms. I'm a support worker too.

Participant: Yeah, yeah. So you, yeah.

Researcher: Ah, your social class? It doesn't have to be specific. Just low, mid or high?

Participant: Aw, God, I don't know. Middle.

Researcher: Middle. Yeah. And this one again does not have to be specific. Ah, your household income?

Participant: Agh, as in you want the number?

Researcher: It doesn’t have…

Participant: Eighty-thousand. Yeah.

Researcher: Yeah.
Participant: Eighty-thousand. Yeah.

Researcher: Perfect. Um…

Participant: Yeah.

Researcher: Your members living in your household?

Participant: Ah, just me.

Researcher: Just you?

Participant: Yeah.

Researcher: Wonderful. That's all the demographic questions. Now. I want to get a picture of you as an individual would you maybe be able to give me a sentence describing yourself?

Participant: Ah, describing me. Oh, I don't know. Um, I’m a go with the flow type of person, very um caring I suppose. It's my job but caring, loving um and just yeah, very go with the flow. I don't really. You know you really got to push buttons to get me into any sort of aggro or anything like that. Um. Yeah, I don’t. [Chuckle] I don’t know any other way to just yeah, describing myself, really.

Researcher: A very grounded person.

Participant: Yeah, yeah. Yeah, pretty much.

Researcher: Ah, what would you say are five of your core values?

Participant: Five of my core values. Um, respect um, honesty, um, respect, honesty. Oh, God, I don't know. Um, I don’t know. So I'm coming. That's not really good is it?

Researcher: No, no, that’s, that's completely okay. I'm just getting a sense of you as an individual.
Participant: Yeah, yep, yep. Yeah. I don't know. That's kind of the major things respect and honesty. Um, family obviously is a, I value highly up there. Um, yeah I don't know. That's probably it.

Researcher: I think that the ones that you've said a lovely.

Participant: Aw, thank you. [Laughter]

Researcher: Ah, how would you describe your view of the world? So some people might say their cups half full. Some people might say the cups fully full?


Researcher: Yeah, half full?

Participant: Yeah. Life's what you make it? And what you can, um, you know, it's, it's what you want to make it.

Researcher: Yeah. And would you say your view is unique from others?

Participant: Ah, is unique from others? Aw depending on what the subject is. I think maybe sometimes, but you know, obviously, not everybody's the same and not everybody's got the same look on things. That's you know, what makes the world go round, I suppose. Makes us all a little bit different to have different views on things. So um yeah, it depends on what we're talking about. Maybe? Some of my stuff, my headspace anyway, my thoughts are unique to other people. Maybe?

Researcher: Yeah. And what would you say has shaped your point of view?

Participant: Probably my upbringing and my darling… Aw, aw I will start crying, my Mum really? I think Mum was um… I mean she was like my… Oh, she probably sheltered me a lot Mun as a youngster, ah when I look at all the siblings, probably mostly me, but I think Mum
was my, my guide and my light and um yeah a lot of my, the way I look at life…aw God I’m going to start crying… stems from her. [Teary-eyed] She was the one… She is who I am. Because of her. And her um. [Crying] [Chuckle] It has a bit of a month, a few days really where she's come into… You know I lost her um, she got hit by a car nine months ago.

Researcher: I’m so sorry for your loss.

Participant: So yeah, it's still a bit of a shock really. So when I talk about her, I do tend to still go a little bit. So yeah, Mum was beautiful. She was my light, my guiding light and I believe a lot of who I am. Not all of it, but most of it is because of her.

Researcher: Aw, I’m so sorry for your loss. It sounds like you guys had such a beautiful connection.

Participant: Yeah, we did, we did. [Crying]

Researcher: If you need a moment to go and get a tissue or anything like that. You're more than welcome to.

Participant: I think, I don't even know if I've got tissues [chuckle]. I'm good. Yep. All good.

Researcher: Thank you for sharing that with me because I know it must have been difficult.

Participant: That’s all right.

Researcher: I was wondering maybe if we could consider a little bit what it means for you to be female. What are your thoughts about yourself as a female?

Participant: Oh, gosh, yeah. I'm not very good with wording all this sort of stuff to be perfectly honest. I mean look, there's so much going on in the world with all the change of sex, transgenders. I don't know my sister's a teacher she's thrown out so many words that students use these days. You can't use he. You can't use she. Um, you know a little bit being
old school I suppose, a little bit you try to understand. Um, but you know, I love being, I couldn't imagine not being female. I love being female. I love being able to carry a human life inside me and um watch that grow, you know? Into a beautiful, man woman. I think it's wonderful that we get to experience that being female, being a woman. Um, and I feel sorry, even though we're gonna go through other shitty little things like you know, menopause and bleeding, menstrual cycle, and menopause, as you get older, we have an end really. As beautiful as birth is because it is, it's bloody painful.

Researcher: [Laughter] Yes.

Participant: And I think you know if someone ever said look you've got a choice, do you want to be a guy or a girl. Well again, the things the way are today, but I would probably still be going, woman. I think um it's a beautiful thing to be a woman and what we get to experience that men don't get to experience. I was just reading actually um. [Chuckle] Was it yesterday or whatever it was on Facebook that the guy… I can't remember where he's from… America… Um gave birth.

Researcher: Aww.

Participant: It's a woman. So he was born a woman but he's changed over to, to being a man because that is where he felt best. But he had three children.

Researcher: Oh, wow.

Participant: When you read the comments that women are getting a bit, which is true because he's still a woman really. He's got the women… scientifically he's, he's a woman inside to carry the babies. But if you look at him, because he's had, he looks manly now, but it shows him pregnant, you know, with the man features. So it's a bit odd to visually, to look at it visually. But um yeah, so. But he is a woman really. He was born a woman. He was a woman. But you know what I'm getting at? Yeah…
Researcher: It’s a whole new world…

Participant: Scientifically, men can’t have bloody children. So you know? [Laughter]

Researcher: Mm. Ah, what aspects of yourself would you consider as contributing to your female identity?

Participant: Ah, what do you mean? Like what the fact that I have got a vagina?

Researcher and Participant: [Laughter]

Researcher: Yes, yes. If that's what you contribute to yourself as a female? Yes.

Participant: Be, um? Yeah, it's a weird because nowadays, it's just so weirdly different. You know, I would say all of it the clothes, the, the makeup, the hair, the earrings, the shoes, is all um physically, on the physical side. Obviously, having a vagina and breasts and all the rest of it um contribute, obviously, to me feeling like a um, being a woman.

Researcher: Yep. Awesome. And in general, what do you think contributes to a female identity?

Participant: Um, I would say. Both physically, obviously, again, and I don't know. Are we talking attitude wise? I'm not sure really? A woman's um obviously, we probably women are sort of different on that level to when, when it comes to men. I think we've got that inbuilt um. That's why we're mothers, nurturing. We’re nurturing type people. Caring, not saying that men aren’t but yeah, I think the fact that we just house a baby for nine months gives us something ahead of other, the men. [Chuckle] Um, yeah, I think.

Researcher: Yeah. And what would you say has shaped your view of what it means to be a female?
Participant: Oh, what has shaped my view? A bit. I mean, look if. I don't know that anything does shape your view isn't that you know because I'm born a, well born a female again, again, not looking at the world as it is today. Um, I suppose again, it goes back to my family and my Mother has shaped me as a female as in who I am and what I am. And I am female at that. Um, mostly my Mum, initially coming into this world and bringing me up um the way I am and who I am today.

Researcher: Yeah. And I can hear you're very proud to be female.

Participant: Yes, yeah. Yeah. Like I said, I can't imagine being um…if you'd give me the choice now you can be a man or a woman, what would you want to be? I'd probably still go male, ah female then…

Researcher: Yeah.

Participant: Yeah. [Laughter]

Researcher: Lovely. Um, I was wondering now if it's okay, if we could discuss a little bit about your past and present relationships?

Participant: Yep.

Researcher: Yeah. Have you always been in heterosexual relationships?

Participant: Yes.

Researcher: Yes. And have you, in your relationships have you always wanted to conceive children?

Participant: Yes.

Researcher: And in, um in one of your relationships have you conceived children throughout?

Participant: Yes.
Participant: Yeah, I’ve got two sons from the marriage.

Researcher: And so conceiving children, has some, is something you've always wanted throughout your life?

Participant: Yeah. So I think that's yeah, that’s… Again, I didn't have, looking back now not saying that was a bad or wrong thing. But I was, I was very sheltered in my bringing up. And again, it depends on who you are. If I look at, there's four of us in the siblings. So if I look at my others, we've all been brought up by the same mother but it's the way obviously I've perceived things differently to my siblings. We're all a little bit different but if I look at my youngest, who I'm very close to. Um. Yeah, she's a lot more out there. Whereas I've always been, I don't know why Mum did that. But sheltered me, I was a little bit more you know? A little bit more under her wing, and she kept me there almost like…Whereas my sister had a bit more balls and guts and Mum knew… Mum treated that differently. I forgot your question. I've gone off on a spiel of something else. What did you say? [Chuckle]

Researcher: No I think you have…Um, it's just in terms of have you always wanted to have kids?

Participant: Oh yes, so my, that was, that was where I was going. So I didn't know. So to me, it was just the white picket fence having the happy family and the children, as what I could remember in my teens, twenties, early twenties. Um, was having, obviously, it didn't all pan out that way but yeah, that's yeah. Always wanted kids. Yeah, that was part of the, the picture or the book. The book tells you as well, you know, my kids fight me a little bit about that now. The book, there is no book but the book says, especially then, you know, you get married, then you have the children, you know, you have the house and you have the kids. Whereas now even all that's different. You actually don't even have to get married. You can
have kids whenever you want to have kids. The marriage can come, if it comes at all. So it’s all so different, but ya know, my head space was the white picket fence, the family, obviously children in that yes.

Researcher: Beautiful. I was wondering maybe if we could talk a little bit about your pregnancy history?

Participant: Yeah.

Researcher: Yeah.

Participant: Yep.

Researcher: Would you maybe share with me a story of a time when you were pregnant?

Participant: Ah, when you say a story, I mean, I've had the two boys. My first was at the age of twenty-six. I fell pregnant with him um as in storey… as far as the pregnancy itself fairly easy except for um I really put on the good thirty. I think a lot of that was fluid, the weight gain what have you. There's no real as in thank God messy story… you know, the sense of a story was a sort of a straightforward kind of pregnancy um and yeah, it didn't really I think there was the few odd you know, remembering stomach things or whatever but you know, get things checked out and everything was okay with my first. My second obviously two years later is where I had the…trying to remember the weeks. It must have been about um…God ah maybe eight, nine weeks? I just remember getting up and blood um… I was eight, nine weeks pregnant and just seeing all this blood. I think it was about three in the morning and you know when your half asleep and your trying to think oh have I got my period…I though oh shit no, I’m bloody pregnant whatever and whatever. And then um went to the doctors or the hospital, whatever um. And then I remember my doctor who delivered my first son gave me some tests. I can’t remember what it was called but to, that was some test to work out um whether I was going to lose the baby or something, something to do with this number. I don’t
remember the ins and outs of it all. He just said go and have bed rest and do this test.
Anyway, I ended up doing the test and apparently what he told me later the um because I had a lot of blood, yeah?

Researcher: Yeah.

Participant: The test, the number was bad. Yeah, but he didn't tell me that, he told me the number was more… I don't even know if he's allowed to do that but I don't know how he probably knew me well enough as in being very sensitive as in I'm sure a lot of women would be in that type of predicament but anyway, I went on obviously to keep the baby. The placenta had come away from the wall but it reattached itself so I needed to have bed rest which I did and thankfully I just remember praying a lot. I remember thinking dear God if it's, if you need to take this child, please take him or her now don't make me go into labour. Don't make me you know go through the whole having to birth him… well it ended up as a boy yeah, having to birth him if you're gonna do it, do it now at nine, ten, whatever weeks, where he just will be you know passes through me that way, through the vagina and not have to go through, getting, going into labour um but yeah. Thankfully, I remember my doctor also saying as well look I must admit was always a bit of a bit of a shock because I had another woman come in not long from me or whatever, she just had a bit of spotting and she lost the child whereas I had quite a lot of this bleeding and my baby was always meant to be here I suppose. Well not I suppose, I know he was always meant to be here so. Yeah, that was good in the end. I managed… it was obviously very stressful until he was out because he just you know when that’s happened… I don't even know how, how you get but you do get through it somehow but yeah. Would have been… I know would have been stressful um then just…

Researcher: I'm so sorry for your experience.
Participant: Oh yeah. I mean look, you know, everybody… that ah pff… You know when I look at even my niece who's had a few miscarriages… I managed to keep him though so that's that's a great um thing and then when you hear and so much about it, maybe because of technology because you hear so many stories now, yeah, you know? Of miscarriage.. Obviously, maybe back in the day, we didn't throw it out there so much as we were talking about before when we have a miscarriage and whatever but now it's like every second, I don’t know it that’s something in food or it's statistically we are just having a lot more miscarriages. So I don't know if you know, that answer because I'd love to know, are we having more miscarriages?

Researcher: I’m reluctant to say more, but the frequency is one in every four confirmed pregnancies.

Participant: Yes see, that’s a lot. Was that the same then? Back before or not having more? Because it seems like a lot or was that…

Researcher: I would say we're talking about it more.

Participant: Yeah okay.

Researcher: And I would say with our medical technology, we're able to monitor pregnancy more. And then so yeah, I would say it's a bit of a hard one to determine because different countries um determine whether someone's had a miscarriage differently as well.

Participant: Oh really.

Researcher: Yeah, so there's a little bit of discrepancy between what's considered a miscarriage and what's considered a stillbirth.

Participant: Aw.
Researcher: Um, and there's also discrepancies around um, like the, yeah, there's a lot of discrepancies around technical terms and what is considered a miscarriage.

Participant: Okay, okay. Um. Yeah, that's interesting. I forgot what the question…

Researcher: [Giggle] My next question, if you don't mind me asking is when did you announce your pregnancies?

Participant: [Chuckle] It’s all so different nowadays. Again, I think, I've looked at now, I don't, I think we as soon as I found out. The eight to nine weeks. Where again these days, obviously, they wait three months before they share the news, unless it's your Mother or whatever, you know, to one of my sons. Well, I hope my sons tell me before, um one day, if I do become a grandmother before the three months but yeah, these days, it's really um three months onwards, yeah. Twelve weeks, whereas back then I as soon as I found out, just my initial family anyway. Yeah. And then it's sort of you know and again you didn't have Facebook and all that to say it all out there, so it's just the people that you saw and that you knew. Yeah, you would tell, you would tell them straightaway. Well, I did anyway.

Researcher: Yeah. Okay, lovely. I was wondering then, you had the threatened miscarriage but have you ever received any health advice or accessed health services for a health difficulty, which could impact or impacted your ability to become pregnant?

Participant: Ah, say that again in a bit more straightforward, what are you asking me?

Researcher: Sorry. Um, so did you ever access any health services that could have, that influenced your ability to become pregnant or had influenced your pregnancy?

Participant: No.

Researcher: No.

Participant: No.
Researcher: Do? Do you know of anyone that has?

Participant: ah, no. Nup.

Researcher: No, that's okay. Um, maybe could you tell me a story of a time when you attended an event celebrating pregnancy?

Participant: Ah, you mean somebody I know. That's been pregnant?

Researcher: Yeah, like in events, um like a baby shower or something?

Participant: My niece, my niece, because she's my… Me and my sister are very close. So she's a bit like a, well obviously I didn't have the daughter but my sister had the two boys and the daughter. Um so yeah, my niece has now just had her third little baby. So cute. But ya know, her baby showers. First, she had a little girl. And that was good. That was actually on the back of my father passing but we still managed to pull it off okay, so [chuckle]. It's not funny. I mean at the time it was yeah very stressful, but we managed to um pull, pull it all off and it was, you know, sort of nice and happy-ish. Nah it was happy. It was nice, yeah.

Researcher: Aw. Um, what kind of topics of conversation were had at the baby shower?

Participant: Aw, I don't think it's in the sense of… I-I don't remember that but again I haven't been to a lot because um my niece’s is really the only one that I'm remembering that I've been to, more so maybe because it was on the back of my dad dying… I'm just, I don't think she had a, really a baby shower much. Well, she had little ones for the boys. I think being her first child it was a bit bigger, but it was really more games and fun. I don't remember topics as in sitting down and talking about anything…you know it's all drinking the champagne and the food and having the baby games and um yeah. Doing all the games and stuff but don't remember any particular topics as such. You know, name, what’s, what are you gonna call
your baby? All those sort of pregnancy questions um but yeah, nothing. Nothing else really from memory anyway.

Researcher: That’s okay. Did you notice um if there was any accommodations for an individual that may have struggled to come to the events because of experiencing a miscarriage?

Participant: Ah, gosh, no, nup. The only again, the only person I know is actually my niece. Actually, I'm lying. My oldest sister’s, it’s just coming to me now she had a couple of um but that’s back in the day. No, I don't not at that particular event. I don't remember anybody um having a miscarriage and um struggling which I can only begin to imagine that that would be hard. Yeah. Coming to the baby shower.

Researcher: Yeah. Do you know of what kind of would be an appropriate accommodation to do for someone at a baby shower?

Participant: Ah, what do you mean like if their, if somebody's had a miscarriage and coming to…

Researcher: Yeah. Like what would be a nice accommodation to do for someone that may be struggling to attend?

Participant: Aww. I don't know. I mean, I have never really thought um. As in what they can, what she can do to make it easier for that person. Is that what you mean?

Researcher: Yeah, just um. Just accommodation in general. It's okay to not know.

Participant: No, I don't know. I've got no idea, to be honest.

Researcher: No, that’s no problems at all. Um, you said that you've known a couple of people that have experienced a miscarriage. Have they ever discussed aspects of it with yourself?
Participant: Ah, well my, my oldest sister…actually that’s what I said I forgot. God I feel terrible. I think my sister had a couple but she's another um type of person, she's very um gorgeous soul and heart but very um quiet and doesn’t um and never has not just because of miscarriage, but it's just a diff-special, different, whatever, a beautiful different. Different in her own way and she is a beautiful loving soul but not very talkative. Very um withdrawn in her own um, people would all, would say that she almost comes across like a snob but she's definitely not a snob. She's just very…she can’t hear properly so a lot of the times but even back then she's always even when she had the miscarriages. I don't remember a lot myself again. Um, but yeah, if anyone was going to do it would have been my Mum, again. Because my Mum and her were probably more…as close as we are to my sister to a certain…as in again, she's a lovely soul but she doesn't talk. Doesn’t talk a lot so it’s hard and then my niece is the only other one but again with my niece um. I just get, I don't know, I've spoken little bits to her but it's more via the Mother, my sister, obviously, I'm not my niece’s mother and my sister, I would be my sister’s sort of leaning post when the daughter was dead, whatever um you know, and my sister would sort of come to me but not, not really directly me and my niece. I don't think I've ever had you know, um a real deep, deep sort of …Um, she had a few things happen my niece because then she also had to go on and have the… She had a, well I’d never forget that I had just moved in here and that makes me a bit teary because Mum was here and we were just moving in the furniture and my sister's ringing and she is saying oh my god, they, my sister rang me and she goes oh my god and I said what? Because I could tell she was upset. And she said oh my god the baby's got no legs and then I went what are you talking about? She said my daughter just rang me the babies and I just remember being there and then my Mum we were both…the, the delivery people and me and Mum are just bawling our eyes out. Um, that apparently. Yeah, that pregnancy um the child had no legs and they couldn't work out even if it was a male or a female. She then decided to abort, um abort the
child on the, on the sort of the recommendation…Although the doctors, I think they, what was it? They don't prefer you to do that? Or they do? I'm just trying to remember the jargon behind it all. Um, anyway.

Researcher: Sometimes they refer to it as, they refer to it as. I know what it's called.

Participant: Yeah, I just remember there was a little bit of a…

Researcher: Termination due to foetal anomaly?

Participant: Yeah. Yeah.

Researcher: I'm so sorry for that experience. It sounds like a horrible…

Participant: Yeah it. I mean not that you expect anything like you would know we work with people with intellectual disabilities so you know that things happen I suppose. You just don't, you know something like that… I just wasn't expecting that sort of thing. So that was a bit um that was another thing for my poor niece. Yeah, she went through a bit but thankfully now she's got the three um, healthy, beautiful kids, but yeah she didn't go through a bit of an experience between…I think it was two miscarriages and then the abort-abortion, well the term that you used sounds kind of better, with the baby with the no legs, yeah.

Researcher: Um, do you know if she kind of kept the matter quite private? I know you said with your sister she didn't talk to many people about it. Do you think it was maybe a matter that was kept more private miscarriage?

Participant: Yeah, I’ve never really had that… I-I must ask my sister, I don't know with my niece, you know my niece is so vocal. She's a vocal type of girl and out there. I don't know really deep, deep within, with all that stuff that happened. I'm not even sure…she has got a couple of close girlfriends which I'm sure, I don't know for a fact but I'm sure she probably, but I don't really know. All I know again and she's the only one I'm closest to, ever coming
close to somebody having a miscarriage. So being able to get in that headspace of someone would be again my sister really? More than me and knowing what my niece did I'm not one-hundred percent sure I wouldn't be able to tell you whether she did you know, again, but that would only be assuming that she spoke to a couple of close girlfriends um, that she's known since she was she was a little girl so I'm assuming she did but I don't know for sure.

Researcher: Yeah. Do you think you would feel comfortable if someone was to disclose it to you? Is it a conversation you would feel comfortable having?

Participant: Ah, hypothetically if it were my niece and she wanted to, yeah. I'm more than happy to try and um always I'm here you know? Any of that sort of thing. I um. You know it's I. Oh, hang on. Because we work in this sort of field, any of that sort of thing even miscarriage, or my niece or anybody, any future…Touchwood that it never happens but any of my future daughters-in-laws you know, I'm more than happy to see them just to be that shoulder to cry or the one just to be there to listen to what they're going through, what they've gone through, what they are, have gone through, what they're going through moving forward, anything I'm more than happy to give advice or just shut up say nothing and just listen, whatever it is they need. I've touched very as you know, obviously with a very close friend what she's had to go through with her son with a disability. You know, my son at one and a half got diagnosed with diabetes and that's still…it’s like the mum thing. When it comes up a little bit um. [Teary-eyed] It's just been a real, and actually we were just having the walk today because he's got a…I know it’s a bit of a change of subject but he's gotta…You know, I used to prick him as a one and a half year old, five, six times a day and I said, oh my God, because he's telling you about this new technology and your going to love it for… a new device that they'll stick this thing in his arm, and he can just have his phone and go and it will tell him everything about his bloods, where it's at, his blood sugar's if he's going too high, if he is low. If he's low an alarm will go off, if it's too high and alarm I said oh my
God my son that's a game changer! Wish they had that back when you were a baby because I had to do all your pricking. I did, he couldn't talk to me at one and a half and tell me that um my bloods are low Mum, you need to give me sugar. You know, I either had to look at you and see you look white or you're ready to pass out, I need to check. So yeah, I'm here but I get the yeah, you know, I've been through as in even um, you know the Mum's caring for baby's with additional needs. We kind of I think, we know that sort of feeling so whether it's miscarriage, whether it's a disease, I'm here to try and be any support I can be to any of my people. Anyone that wanted to talk to me about that. Whoever that is, in the future, even if that's gonna happen, I'm more than happy to um talk, as I say nothing and just listen or give my advice.

Researcher: I think you're a very supportive person.

Participant: Aw thanks. No, but I'm sure a lot of people would do the same sort of thing. But yeah.

Researcher: I was, I was wondering on that have you ever heard of anyone saying any comments that you would consider unhelpful um regarding…

Participant: Oh I'm pretty sure they would be black, blue and orange if I did, I [chuckle] and you know, when I need to be I'll speak up but yeah, when I hear shit like that, that gets me a little bit more on the angry side. I always believe you got to walk the walk. Nobody should judge anybody. Nobody should say any of that. You know, especially, especially if you haven’t been in a situation we have all, just yeah. So many examples of things out there and people say shitty thing you know, to me if I hear, if I do, which, thankfully I don't, but if I do, I'll be the first to be slapping them and saying, you know, just shut the F - up. You walk the walk before you open your mouth and judge or anything.
Researcher: Definitely. And in terms of that have you? Ah, what would you consider an appropriate comment to say to someone that's experienced a miscarriage, like a comment to support them?

Participant: Um, aw God if they've had the miscarriage, I just I don't know. I know that's a bit of an air, it's bit like grief when people say you know, just get over it. Um you know, even in a roundabout way people mean well, but they are just so, sometimes I think it's better actually just to say nothing. But um you know, I'm always here for you. If you need me and it's always you know, it's about the hugging and probably I'm thinking of my Mum now running around making sure that you're eating and having the drinks the cups of teas and eating the food and just saying look, I don't know because everybody's so different as what they want to hear and what they're going through. It's their, their journey, but I think as long as they know that you can say look, I'm here for you. If you need to ask me anything. I'm here just to - you don't actually have to say anything. Just to be there around them. It’s presence, making sure they're eating and giving them the hugs, the love. Um but you don't necessarily have to say anything.

Researcher: So it's the unspoken gestures?

Participant: Yeah, yeah. Yeah, I think so because it's everyone's so different on that level, as in to knowing what is to, you know, you don't want to say that the wrong thing, but I think it is better to just be there and say, look, if you need me, I'm here. I'm always here for you anything you want to talk about? Um, I don't know. Because we haven't been through it either. So the ones that haven't been through miscarriage, do you know what I mean, it's not it's a bit like anything illness, death. It's again, you know, people that mean well, even on the back of Mum dying, they say things but they don't know because they haven't lost their Mum. Ah my, my ex-husband actually. I mean, look, we have a good relationship still, but God
didn't come out shitty things. I remember a few times he would say stop the crying and I just wanted to bloody bitch slap him.

Researcher: [Laughter]

Participant: You know, Jesus Christ, I didn't say it. But I used to think you haven't lost your Mum. Don't sit here and tell me what I'm meant to do and not do you know what I mean. Let me cry. You know I would never stop any- cry, cry, It's actually good. Get it all out. Cry, ball, break down. Do it, do it. It's what you need to do. It's good. A good thing to do. In any situation.

Researcher: Yeah. Definitely. Um, thank you for sharing that with me. I was wondering maybe if I could ask have you ever been involved in something that commemorates the loss of the baby due to a miscarriage?

Participant: Ah have I ever been involved in… say that again in a bit more another way for me?

Researcher: Um, so if an individual's lost a baby through miscarriage. Have you ever been involved in something that they chose to do to kind of acknowledge the loss of the baby?

Participant: No.

Researcher: No?

Participant: No.

Researcher: Do you know of something that kind of would be an appropriate way to acknowledge the loss?

Participant: As in the person that hasn't lost the baby?
Researcher: Ah, as in the individual um themselves that has lost the baby, a way to acknowledge their loss, themselves?

Participant: Oh I don’t, again, as. I don't know. I mean. Yeah. I know. I remember reading someone on, oh but that was a stillborn, a still- stillbirth. Um, but she's used to sort of um, like do paintings in the sand and the ocean. And it became um, they named him and then they ended up having three daughters but they had a son. He was the one that was stillbirth. But that was their way of um remembering him, was to I think every so, on the day that he passed. Um, she was some sort of artist or something, she’d do something in the sand and that was sort of um…they’ve go the place here, somewhere. Um, they call it the baby’s name beach. But they…

Researcher: Aw.

Participant: Um, thing that they put together. But I don't know even like with my niece I'm not even sure um. Again, it's probably more personal for her whether they do something on that. I haven't gone too deep to think like that. And again, she's my niece and I love her to death but she’s. You know, and I don't even know if…I must ask my sister these questions, just you know it's not something I've actually sat and… I’ll see my sister on Saturday and it will probably all come up and I’ll say does my niece ever, even though the times that she's lost those babies, I don't know um. Whether she actually you know, lights a candle or anything like that. I'm not quite sure. And I don't know. I don't know. I haven’t, um I shouldn't say. I should be grateful in the sense that I haven’t touchwood. Been that close and I am with my niece but again, she’s got her Mum. I just, yeah but no and my niece yeah would go more to Mum than she would go to me. Um, but I will ask my sister for that one because I'm a bit curious now whether she um does something that she does on the back…

Researcher: Have you ever heard of a certificate of acknowledgement?
Participant: No.

Researcher: So um as of 2021, previous to 2021 you weren't able to receive one. But now as of 2021, If the baby is lost, and it is less than 400 grammes or was lost before 20 weeks you can receive a certificate acknowledging your loss, but it can’t be used for any legal purposes.

Participant: Oh, that’s kind of nice.

Researcher: Yeah, what do you think would be the benefit of a certificate?

Participant: Oh look to me again, I'm kind of, I have to go through it. It's ah. When I say kind of nice, to me you know kind of a certificate. I still think it’s in your, it’s yours. It’s, it's a bit like Mum dying and in actual fact. This is probably a good kind of example on another level. We didn’t, we don't have a plaque for Mum. Actually, this is probably, is a perfect example. We don't have a plaque for Mum um. I’ve got her ashes which we are going to throw in my cupboard at the moment um but you know with Dad he's at a cemetery so but and I brought this up with people but I thought no I don't I don't need. I connect for me, in my own personal way. I'm imagining even if lost the baby. I don't need a bit of paper or certificate…mine and with mom right now to this day. It's putting my music on and looking at the sun and I feel her on me, you know my Mum loved the beach and that's why we are going to scatter her ashes in the ocean. So to me it's that place and even you know, I've never lost a baby but again, I'm probably a bit more like that, to me the um piece of paper, I don’t know for my personal headspace, I don't know whether it would really, I’m not sure really. Look I'm not, I've not experienced the whole miscarriage thing but even on the back of Mum I don’t have a place, I didn’t get a piece of paper. I didn't get a plaque to go to at a cemetery to sit there and look at it. But I don't need any of that, Mum is in my heart and in my head and in my soul as I am assuming a baby would be to, that child. But this is just my headspace, but I wouldn’t necessarily want the certificate. I'm not sure that, that would do it for me.
Researcher: I think that's such a beautiful way that you shared with me that you acknowledge your Mum.

Participant: Yeah, yeah. Yeah, well. I was just like thinking oh my God we don’t have a bloody um, no God Mum wouldn’t even be worried about that. You know, Mum has always, always feel her um around me. I love my music and my singing. I’ve just go to pop my few songs on to take me to that place as well or just take the walk along the beach and look up at the sun and she’s just, I just feel her around me. Um, I don't need to go to a cemetery or the river. My sister is living where my mum was living at one stage near the river. And that’s where we will put Mum’s ashes as well so. It will always be and that’s been in the family now for about fifty odd years by my uncles that built it fifty odd years ago. So that’s yeah always gonna be home away from home and Mum loved it up there so. But yeah, the certificate, the piece of paper. I've not experienced so again, I don’t like to say I, because I haven’t walked the walk, I haven’t, I haven't lost a baby. You know? It could be maybe different had I lost a baby. I think it mean something a bit more to me but it’s hard for me to um knowing who I am. I don’t know whether but yeah, I don't know whether the piece of paper would do it for me.

Researcher: No, thank, thank you for answering that. I think your response was very valid.

Participant: [Chuckle]

Researcher: I was wondering following the experience of a miscarriage, research demonstrates that individuals that experience a miscarriage commonly feel negative emotions of grief, devastation and anger. Are there any factors related to the miscarriage experience that you may think would lessen the amount of negative emotions after the experience of a miscarriage?

Participant: Sorry my cat. [Cat walks in screen]
Researcher and Participant: [Laughter]

Participant: Right I’m sorry tell me that again in a more straightforward.

Researcher: No. No problems. So individuals um after the experience of miscarriage feel really negative emotions.

Participant: So say my niece hypothetically, yeah.

Researcher: Yeah um, with those negative emotions they feel would there be some factors that may lessen that amount of negative emotions? To do with the individual or the situation.

Participant: That’s part of the process, she’s got, you’ve got to go through all that don’t you? All the breaking down, all the anger, It’s a bit like, it is a grief so you have got to allow yourself to go through those emotions. You, you got tot take each step. It’s exactly a grief because you've lost something. You're got allow the anger. I think there's the phases of um, I can’t remember exactly what they are from on to five. Of grief or death and you have got to allow those and go through those. Blocking them. Or trying to stop them or trying to change it by someone saying something or doing something is, each to their own and the journey they go on and for whatever time that it takes and whether that is anger and the whatever I think you've got to allow yourself to go, you’ve got to realise it all otherwise you end up sick.

Researcher: Definitely. Do you think an individual's age of when they had the miscarriage might influence their negative emotions?

Participant: Aw, maybe I suppose if you think of someone that's eighteen, nineteen or something. I don't, yeah. I’m not sure, maybe, but I think even the negative emotions are normal in my headspace. So I just think that's part and parcel. It’s a bit like, I wanted to kill, why I went through. Again a bit like a grief. A part of me died actually that day. So I went through all that and it’s you know, you've got, you've got allow yourself to be pissed off,
shitty, why. Jesus why did I because my ex-husband’s a diabetic, why the hell did I bloody marry my, and I felt so bloody stupid. Eventually, you get to, you talk to yourself and go well that’s stupid because you thought you loved him or which I shouldn’t say but I didn’t know anything about love. But that’s another story. But yeah I thought I loved him but you know and then I used to say to myself well, you know, I could have fallen in love with someone who was riddled in cancer or something. You can’t…But I had to go through that myself and realise myself. And even though I was only um you know, still quite, well twenty-seven I suppose I was. But yeah Think, you got to allow yourself to go through all that the negative stuff. At any age really it is part of the process.

Researcher: I definitely, I think with any miscarriage there is always going to be negative emotions. All I am asking at the moment is just a couple of factors and whether you might think they have any influence on the situation. But I definitely acknowledge there would always be negative emotions.

Participant: Yeah, yeah. Yep, yeah.

Researcher: Do you think maybe the individual’s relationship status would have any influence?

Participant: Ah, do you mean as in what. With a partner?

Researcher: Yea, if they were partnered or single.

Participant: I think always having the support of a partner is gonna make it just a little bit easier, tiny, inche-y-wincey bit having someone there. Again um, obviously women, men
don't one-hundred percent get it but yeah. Um, having a partner is gonna be helpful. A partner, husband, whatever.

Researcher: Do you think whether they were actively trying to become pregnant might have an influence?

Participant: Now that's probably gonna have a big influence, yeah. Yeah if they're trying and it's been a long time, they’re trying and they finally get pregnant and then they loss the baby that’s going to be a shocker in and of itself yeah.

Researcher: Yeah. Um, do think maybe their culture might have an influence?

Participant: Yeah, different religions stuff. Yeah. Definitely.

Researcher: How, um how do you think that culture and religions might have an influence.

Participant; Oh, I’m not very good with all the um but I know some of the Indians, the Indians, um not Indians. Um, some of the different religions out there and the way that they and their beliefs, I’m not even sure if they. Do they abort?

Researcher: I have not heard of the, um I have not read much into the Indian culture.

Participant: Oh right yeah. Yeah, I’m not very um I just yeah. I’m not really sure you probably could tell me more on the different, on the cultural beliefs of um and what happens.

Researcher: Mm. Maybe I was wondering now if I could ask do you know of any services that provide support to individuals that experience a miscarriage?

Participant: Ah, gosh, yeah not really. Obviously being older I suppose it's probably a younger, I don't really because I don’t really know and again I’m not even sure. These are questions I will ask my sister though, about my niece because she is the closet thing as in to me, to me knowing someone in this time and again my sister too long ago. With my sister
your talking about thirty, forty years ago. Um, I'm obviously, I'm sure there are services around but I wouldn’t know what they are. It's got to be services around because there is services to help anybody and everybody for whatever is going in their lives. I’m sure that there are. But I don't know.

Researcher: What kind of services do you think would beam appropriate to be available?

Oh, I think counselling. If you need obviously, if you need. That is probably the biggest one. Counselling of some description. Where, if somebody is on their own. You no there might be people out there that have no family, no partner, they are really on their own. And they probably, yeah really need um some sort of counsellor where they can sit and just throw it all out on the table and let it all go. Somebody to talk to yeah.

Researcher: Yeah, definitely. And one of my last questions is have you heard of any ways to prevent a miscarriage?

Participant: [Reflective pause] Ah, have I? To prevent a miscarriage. Oh God, I don't know but look part of me yet but again, you proved that wrong by saying… but some reason I thought because we hear about it more miscarriage. I guess I would say the food that we eat because there is so much shit and preservatives and crap and that um so many more. And again maybe we just hear about a lot people being sick these days. I’m not saying, I’ve got no idea about miscarriage in all honesty. I just think food is a big factor for a lot of things. What people are eating, putting into their bodies.

Researcher: I will disclose to you that miscarriage is not preventable um I only ask to hear if you may have heard of any old wives tales or any, um what is your knowledge regarding the
prevention of miscarriage because sometimes there is some core misbeliefs regarding miscarriage.

Participant: Yeah no I and even if there was any wives tales I. Again, I haven’t been close enough to the miscarriage stuff, except my older sister but again it was very hush. There wasn’t much said there um as in wives tales, even if there was I don’t remember them. And I haven’t been and these days I obviously and again I'm not around enough. I don’t want to be, I mean look in the sense I don’t know many people, thank God with a miscarriage side of things. So I don’t, I don’t my niece is probably the and, no I haven’t, I haven't really heard. Not that I remember anyway. Back in the day of the wives’ tales, probably because I wasn’t around it much. Miscarriages.

Researcher: No that’s, no problems at all. I just wanted to thank you so much for your contribution today and your vulnerability with me. You are a beautiful human being and I think you’ve shared really deeply.

Participant: Yeah, yeah as best I um can. Yeah, its not a, not a um nice thing. The miscarriage. And again I’ll have to touchwood that my future, hoping I get some grandchildren. That I don’t have to go through watching any of my future daughter-in-laws or my sons go through or any of my, I’ve still got a few nieces and nephews all still to have babies. So hopefully I don’t have to see, see any of that again. On the back of even my niece going through it because I can only imagine it’s not nice and only slightly because I had the threatened miscarriage. But I didn’t lose him so I was lucky.

Researcher: Aw, ah are there any comments that you wish to add or anything you wish to share with me before we conclude?

Participant: No, I think that is all good. Thank you. You opened my eyes to a fews things. I will ask my sister a few of those questions. But I get some people are very hush, hush…
Researcher: Do you have any questions for me?

Participant: Ah no, no. I think we are all good.

Researcher: Well if you're happy to conclude there I will email you our transcription.

Participant: Excellent. All right. Thanks.

Researcher: Lovely speaking with you. Thank you so much.

Participant: See ya.

**A276 Transcription:**

Researcher: So just if you were to repeat what we discussed.

Participant: Yeah.

Researcher: Ah, that you…

Participant: That I consent.

Researcher: Yes. Wonderful. So we're just gonna start off with a couple of questions regarding the criteria. As you are here I do assume that you meet the criteria, but we're just going to go through it a little bit.

Participant: Yeah.

Researcher: My first question is what was your age on your last birthday?

Participant: Forty-eight.

Researcher: Are you fluent in English?

Participant: Yes.
Researcher: For the purpose of this study a female refers to an individual with female sex characteristics and also a female gender identity. Would you consider yourself female?

Participant: Yes.

Researcher: What is your cultural background?

Participant: English.

Researcher: Do you permanently reside in Western Australia?

Participant: Yes. Have you been here for long?

Participant: Fourteen years.

Researcher: Wonderful. Always in WA?

Participant: Yes, yeah.

Researcher: Lovely. And then for the purpose of this study, pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses, inclusive of stillbirth, miscarriage, ectopic, neonatal death and termination due to foetal anomaly it is not inclusive of pregnancy lost by elective termination. Have you experienced a pregnancy loss?

Participant: No.

Researcher: So you meet the criteria of the study.

Participant: Yep.

Researcher: Ah, we'll move on to a couple more demographic questions now.

Participant: Sure.

Researcher: What is your sexual orientation?

Researcher: [Chuckle] Men. You're interested in men?

Participant: I'm married with three children. Yes. [Laughter]

Researcher: [Laughter] Ah, are you religious or spiritual?

Participant: I'm probably a little bit religious. I just…We got married in a church. My children have all been Christened. So yeah.

Researcher: What religion would that be?

Participant: Church of England.

Researcher: Wonderful. Your ethnicity?

Participant: Yeah, British.

Researcher: British. Yeah.

Participant: British. Yeah.

Researcher: Um, highest level of education completed?

Participant: Um, degree, honours degree.

Researcher: What was that in?

Participant: International Business with French.

Researcher: Oh, wow. That's amazing.

Participant: [Laughter]

Researcher: So are you fluent in French?

Participant: Well, I used to be I probably would be if I went and lived there again. But yeah, you lose it when you don't use it.
Researcher: [Chuckle] Use it or lose it. I know that.

Participant: [Chuckle] I like listening to French podcasts to try and remind myself.

Researcher: Oh, wow. Your occupation?

Participant: Is customer service.

Researcher: Yep. Social class? It doesn't have to be specific just low, high or mid?

Participant: Mid.

Researcher: Mid, wonderful. What would you say your household income is? Same thing doesn't have to be specific.

Participant: Um, two hundred.

Researcher: Two hundred?

Participant: Yeah.

Researcher: Your members living in the household with you?

Participant: Yes, my husband and our three children.

Researcher: Yes. Beautiful. So that's all my demographic questions. Now I kind of want to get to know you as an individual. Would you give me a sentence describing yourself?

Participant: Of course. I would say that I'm an outgoing, sociable person that lives life to the full.

Researcher: Aw, I think that's a lovely way to describe yourself.

Participant: [Laughter]

Researcher: What would you say are five of your core values?
Participant: Um, honesty, kindness, respect, empathy, and don’t know that kind of covers most of it, I think just being a good person. [Chuckle]

Researcher: Yeah. How would you describe your view of the world?

Participant: Very positive.

Researcher: Yeah.

Participant: Yeah. I always try to see the good in people.

Researcher: I think that's a lovely quality.

Participant: Yeah.

Researcher: Yeah. Would you say your view is unique from other people's views?

Participant: No, I don't think so. I just think I am probably a lot more positive than most people.

Researcher: Yeah. Lovely. And what would you say has shaped that view?

Participant: My parents… My upbringing. Yeah, my Dad was very similar. My parents, I grew up in a very rural country, Shropshire. My parents are both from farming backgrounds. We got a large, huge, big social life. There was always people at our house. My Mum and Dad always had dinner parties and we were just, it was always incredibly sociable, that was just normal.

Researcher: Aw, wonderful. I was wondering now if we can consider what it means to be a female, so what are your thoughts about yourself as a female?

Participant: Um, what it means to be a female. I suppose in a traditional sense, and I am quite traditional. It would be being a Mum actually, you know, like being in a partnership with a man and having a family.
Researcher: Yeah. And would you… Are they core aspects that you would consider contribute to your female identity?

Participant: Well, I've always been quite happy, like I work part-time and I gave up my full-time career to have children and I was very happy to do that. Even though at the time I was earning double what my husband was but it was more important for me and for my husband that I would be a stay-at-home Mum. So that, I think that to me, is what I consider, for me is the role of a female. What I wanted to do was be a Mum and look after the house. And, you know, that definitely is my priority.

Researcher: Lovely. What would you say is aspects of a female identity in general?

Participant: Um, so what? So, rephrase that question for me? What are you asking, what makes a female a female?

Researcher: Yes, yes.

Participant: Well I’d suppose I’d just say it's their body. That's what makes them a female. You know, when you're born, if you have boobs and a vagina, you're a female and if you have a penis, you're a man. So, you know really that's what makes you a female is the body that you are given.

Researcher: Yeah. Wonderful. What do you think has shaped that view of what it means to be female?

Participant: Just society and the fact that it's females that are able to give birth and have babies, carry babies.

Researcher: Wonderful. I was wondering now, if we can get a little bit of understanding regarding your past and present romantic relationships?

Participant: Yeah.
Researcher: You said you're in a relationship with your husband?

Participant: Yes.

Researcher: Have all your relationships always been heterosexual?

Participant: Yes.

Researcher: And in your relationships, I know you have children now but have you always wanted to conceive children?

Participant: Yes.

Researcher: Yes. Could you tell me a little bit about wanting to conceive children, for you?

Participant: Um, I always knew that I wanted children. So it was that simple. Really, my husband? Actually, my husband is the only person that I've ever said I love you too and we got together. I didn't have a boyfriend till I was nineteen and then I had probably two or three nothing very serious. And then my husband and I got together in our final term at university. So I was twenty-one. Yeah, so I always knew I wanted children. It's not like I would have conceived children with any of my previous boyfriends because they weren't serious boyfriends.

Researcher: Yeah, yeah.

Participant: And I was of the view and I've been brought up to be married before you have children and you know, have a house and you know, do it in stages kind of thing. So it was just for me, it was just a natural progression.

Researcher: Yeah, wonderful. I was wondering if maybe now we can discuss a little bit of your pregnancy history?

Participant: Yeah, of course.
Researcher: Would you share with me a story about your pregnancy?

Participant: About pregnancy over birth or?

Researcher: Ah, just a story regarding your pregnancy experience? So any…

Participant: Okay, so I’ve got three children, and the first two are girls and the third one is a boy. My pregnancies were very cruisey. I was extremely lucky. I had a tiny little bit of morning sickness at the start and then felt absolutely fine all the way through. The births were all quite different because my first one was actually a caesarean and then it was quite unusual then to actually have a natural delivery after that, but the other two were natural, which is VBAC. I don't know if you know that term? So yeah, but my pregnancies, on the whole, we're very, very easy. I was very lucky. The only difference was that with my third pregnancy, which I didn't find out the sex of any of them until they were born. So with my third pregnancy, I had a couple of migraines, which I've not experienced with the other two, and I've never experienced a migraine in my life. So that was quite scary. But yeah, I wonder now on reflection, if that's because he was a boy. I don't know. It's interesting.

Researcher: Yeah. And so what I'm hearing you didn't have any complications for your pregnancies, except for…

Participant: No, none at all. No. I was very lucky.

Researcher: I was wondering with your pregnancies when did you announce them?

Participant: Pretty much straight away. I'm not very good at keeping my mouth shut. So um especially if I'm excited about something. So we didn't really do that whole wait until the twelve weeks thing which is, which was, you know, the recommended timeline when I was pregnant. In case something went wrong because my thought process was, well, if something
goes wrong, I am going to need to talk to my friends about it anyway. So why would you hide that?

Researcher: Yeah, yeah, definitely. Um, so your conception of the twelve-week rule is that it is in place so that individuals… What, why do you think the twelve-week rule is in place?

Participant: Well, my understanding of it, which was basically from my Mum and my husband’s Mum, was that you shouldn’t… I guess there's two sides of it. It's either that you're tempting fate, perhaps that something might go wrong and you've been celebrating too early, or that by the time you get to twelve weeks of being pregnant at the end of the first trimester. The baby is in a pretty safe place. That was my understanding that you know if something was going to go wrong. It's usually in that first twelve weeks, and therefore by the end of the twelve weeks, you should be pretty safe, and the pregnancy should be quite healthy.

Researcher: Yeah. I was wondering on that. Have you ever accessed a health service for a health condition that may affect your ability or affected your ability to become pregnant?

Participant: Yes, because I didn't actually get my first period until I was seventeen. And we saw, my Mum took me to the doctor prior to that because she was concerned. I was really very thin as a teenager. So they ran tests for, a lot of people said, are you anorexic? Or they ran tests for anaemia or would it be iron? Yeah, I wasn't anorexic at all. I have no issues like that. But basically, I was diagnosed with polycystic ovarian syndrome. So I got my first period in like Year 12 equivalent, and then I only got them every six months. So, so we did consult a doctor about that. But my Mum had been fairly similar, and she had not had any problems conceiving. So I think we just decided that it really wasn’t, wasn't anything to worry about and I never did worry about it. I conceived straight away so I was very lucky.

Researcher: Yeah. Do you think that that experience shaped, kind of changed how you view pregnancy?
Participant: Um, no, because well, yeah at the time no because I was young and naive and you know, just didn't really think about it. But now and not because of the polycystic ovarian syndrome, I always feel incredibly grateful that I never had problems conceiving. That I never had a miscarriage. Honestly, because I can't even imagine what it would be like to have a miscarriage, whether it's with your first pregnancy, or whether you've already got a healthy baby and then you miscarry, like you just would not relax and enjoy your pregnancies at all. It'd be awful. And I just think I really, really feel very sorry for people that have to go through IVF because I just think it's terrible the cost of it, and the strain on their relationship and for something that for me was so joyful and so easy. I just think it's incredibly unfair that you know, some people can conceive so easily and you know, and people conceive and have babies that probably shouldn't have babies, you know, that aren't in the right situation to look after a baby or go on to abuse that baby or you know, whatever. So, I just feel extremely grateful for the three pregnancies that I had and for not ever having miscarried.

Researcher: I can hear you're very sensitive to other people's situations.

Participant: Yeah, well, I just think it's very sad because it's something that should just be that everyone should have a right to parent if they want to, and there's a lot of love to give and to not, you know, for that and it's also, you know, it’s, it’s… When you're growing up, it's always seen as such an easy normal thing to do. And actually, for lots of people, it's really not easy or affordable or you know, like it's just shouldn't be that difficult because, you know, there's a lot of love, I think in the world and everyone deserves to be able to have a child and pass that on.

Researcher: Yeah, I was wondering, have you ever been involved in an event that celebrates pregnancy?
Participant: Yes, I have more recently. Not. So like a baby shower? Do you mean something like that? Yeah. So when I was pregnant, though, or whether it was because I was in England, I don't know but nobody had baby showers. But I have been to, um I think only one actually. My, one of my friend's daughters had a baby. She fell pregnant at eighteen and so I went to her baby shower. That's the first time I've been to one.

Researcher: And what kind of topics of conversation happened at the baby show?

Participant: So lots of talk about how she was feeling and what to expect and what was the baby going to be called? You know, lots of games and guessing the weight and yeah, just happy conversations.

Researcher: At what stage of her pregnancy did she hold the event?

Participant: Um, was probably about four weeks before her due date.

Researcher: Yeah, and I was wondering, did you notice any accommodations that were made for an individual that might experience some psychological discomfort in attending because of their pregnancy history?

Participant: Um, I didn't notice that but given that she was in Year 12 when she fell pregnant, everybody that was at that baby shower was either the same age as her and still at school… No would have been finished school. They would have been working or uni. So I'm assuming we're not in a position to want to fall pregnant or have been pregnant and then the other people at that event were people like me, who know them because we've all got children the same age, so Mums and grandparents, so no, I didn't notice that. And I don't think there would have been any consideration to worry about that because, um I don't think there was a need for it.
Researcher: Yeah. Do you… Ah, if there was an event and there was an individual attending that may be experiencing discomfort, what do you think would be an appropriate accommodation to make at a baby shower?

Participant: Um, I don't know that's interesting, I guess. I mean, I guess it would perhaps be to privately have a conversation with that person and just to make sure, well, that they're happy to come along and to let them know that if at any point, you know, they're finding it too much that they can sort of step away or, you know, or leave if they'd rather, but I don't think. I'm not sure that you'd have to make any particular exceptions. I mean, I guess you would, and also you wouldn't want to make attention to that person, because what they've experienced might be very private. So I guess you would have to, perhaps talk more generally about… I don't know, I don't, I guess I haven't been to enough to actually have an understanding of that situation and whether it would be acknowledged or whether you would just think, well, if they were in a very delicate position, or very sensitive, they perhaps wouldn't come.

Researcher: Yeah. Yeah. There's no right or wrong answers.

Researcher and Participant: [Laughter]

Researcher: I was wondering, has anyone ever disclosed to you that they've experienced a miscarriage and discussed aspects of it with yourself?

Participant: Do you know I don't think they have, that which is really quite strange. I'm just trying to think, well, whether I'm just forgetting… No, certainly no one that I am close to has had a miscarriage in a later stage than perhaps six to eight weeks. I mean there is definitely a couple of my friends that tested positive to a pregnancy test but then had I don't know if you call that a miscarriage at that point, or you know, like, a really heavy bleed or something and lose the baby. I guess that is a miscarriage. But thankfully, I don't think I know anybody that's
had to give birth to a baby that’s miscarried. Um, in those later stages, I can't think of anything more horrific than that. So, no, again, I'm extremely fortunate that I've not actually had that experience of having to support someone through it or know anyone, no family members, none of my close friends. And I think I would know if that is that I don't think it's because anyone's kept that from me for any reason. So yeah, that's probably quite unusual, isn't it?

Researcher: There’s no usual there's no unusual.

Participant: It’s really interesting when you start thinking about it, because I think that probably is quite unusual. Because it is, you know, it's quite a common thing, I think, isn't that so? Yeah, I keep saying I'm really lucky but again, I think I'm just really lucky.

[Laughter]

Researcher: Would you feel comfortable if an individual was to disclose it to you?

Participant: Yes, of course. Yes. I would like to try and help them.

Researcher: Yeah and would you consider it more a private or a public matter?

Participant: Very private. Yeah, very private. I mean, it's up to… If I was to have experienced a miscarriage. I'm the sort of person that probably would have told quite a few people because I have a very wide circle of friends and I don’t, like I don't have a bestie but I've got you know, like twelve besties. I've got different best friends for different groups. And I, I would not have, oh, I guess I don't know because it hasn't happened, but I'm the sort of person that tells people when I'm struggling because I actually need that emotional support and I like to talk about stuff. But that doesn't mean it's a public matter and certainly, if someone told me that I would keep that to myself, because that's their private business.
Researcher: Yeah, yeah, definitely. Just on that, so you haven't met anyone before that? Well, you haven't had anyone disclose it to you before? Have you ever heard of miscarriage being mentioned in the workplace?

Participant: No.

Researcher: No, that's okay. That's no problem.

Participant: Yeah. No.

Researcher: Um, have you ever been involved in something that commemorates the loss of a baby due to a miscarriage?

Participant: No.

Researcher: No. If there was to be a commemoration of a baby due to a miscarriage, what do you think would be an appropriate commemoration?

Participant: Um, like, I think… I suppose in a way, a miscarriage is almost like the birthday of that child that died. So, if it was, if you gave birth to a child that then died, say at two weeks or six months or a year, then I think you would acknowledge that. Well, you would acknowledge their birthday and you would acknowledge their day of passing. So I think if you had a miscarriage, I think it's a date that you would always remember and I think it's probably a date that either privately or as a family or whoever your circle is, you would want to acknowledge.

Researcher: Yeah. Have you ever heard of a certificate?

Participant: No, I haven't.
Researcher: So now as of 2021, if you experience a miscarriage, so before 2021, you could not receive a certificate. But now as of 2021, if you are to experience a miscarriage, you can receive a certificate, which recognises your early pregnancy loss.

Participant: So almost like a birth certificate or a death certificate, but it's just a… So acknowledgement of a date. Yeah.

Researcher: It can't be used for any legal purposes. It's just an acknowledgment.

Participant: No, I think that's great.

Researcher: Yeah. What would you think would be great about it?

Participant: Because you, that was a little person that you were carrying, and that's, you know, someone that was going to be part of your family that for whatever reason, has died. You know, it's like a death in the family. Just because you didn't get to meet them like, they are still alive, there's still to me. I think your child is really born, the minute you conceive. You know, like that is a growing live thing inside you. So something has died. So I think it's important to acknowledge that.

Researcher: Yeah, yeah, definitely. And I know you said you haven't supported an individual that has experienced a miscarriage but what do you think would be an appropriate comment to make to an individual to support them if they've experienced a miscarriage?

Participant: Well, I think it's very similar to when someone dies and you know, and it's just that I'm really sorry for your loss and, you know, just checking in with them regularly and, you know, depending on their state of hell, perhaps taking over some food or, you know, even writing a card or taking some flowers. It’s a sad time. Yeah.

Researcher: Yeah. I think those are lovely ideas that you mentioned.

Participant: Yeah.
Researcher: Have you ever heard of anyone say any negative comments regarding a miscarriage?

Participant: I mean, I think when… I mean going back to that whole ‘don't tell people before your twelve weeks’, and I think, you know, I think I've definitely heard comments and it's probably from my parent's generation, that if someone miscarries and it's at that point where it is really just a heavy bleed, that that's not really a miscarriage, because, you know, they weren't really pregnant. And I've always thought that that's a really funny way of thinking because, you know, really the minute you test positive with a pregnancy test, you have a baby inside you. So of course your pregnant so I just always, I remember feeling upset that that was a commentary, that someone's not really pregnant because potentially they haven't got a bump or an evident sign of being pregnant. You know, like, we all know that you're pregnant the minute you can see if you test positive, you know, that's, that's a pregnancy.

Researcher: Yeah. Just on that as well, have you ever heard of any ways to prevent a miscarriage?

Participant: Well, apart from… I mean, we were told when we were pregnant, especially in that first trimester, you know not to drink, not to smoke, not to go on a plane, not to eat, you know, blue cheese and rare meats and things like that, because I think that. Well though now I'm saying it I don't know if that was because that might lead to miscarriage, but it somehow might damage the baby that's developing in those critical early weeks. So I think I would probably say those things you know, don't drink, don't, you're more likely potentially to miscarry, I suppose if you do all of those things to excess. I'm not sure it might be that you're actually more likely to have a baby that's got some kind of dysfunction or irregularity, I'm not sure. But that was always my understanding. I suppose was just to really look after yourself,
throughout your whole pregnancy. I mean, you're not really going to go off a plane or something. Really.

Researcher and Participant: [Laughter]

Participant: So um. Yeah.

Researcher: Yeah. What kind of an individual would you consider likely to experience a miscarriage?

Participant: I would think anybody could experience a miscarriage.

Researcher: Yeah, so I will disclose to anyone can experience a miscarriage.

Participant: Yeah.

Researcher: I only ask that question to hear if there's any beliefs or perceptions regarding the type of individual that may.

Participant: Yeah.

Researcher: Common reason is chromosomal abnormalities, and it happens to one in every four confirmed pregnancies. And I will disclose as well, it is actually not preventable, but like you said, there are certain factors that can contribute to an increased likelihood to experience a miscarriage.

Participant: Yeah.

Researcher: Yeah, I just only ask to hear if you know of any old wives’ tales or anything regarding why a miscarriage can or how a miscarriage, sorry can be prevented?

Participant: Yeah, okay. Yeah.

Researcher: Yeah. I was wondering. So following the experience of a miscarriage research demonstrates that individuals who experience a miscarriage commonly feel negative
emotions of grief, devastation, and anger. Are there any factors related to the miscarriage experience that you have been told or that you believe would lessen the amount of negative emotions experienced?

Participant: But I think that if it's acknowledged and you know, like you said about the certificates, I think that probably is going to demonstrate to the parents of that child, that they've lost that, that child's life was valued. And therefore I think that that would, I think that that would not make it easier, but I think that that would potentially make you less angry. I don't know. I think, I think the more it's acknowledged, I think, the better I would say if it was me, I think that's what I would like. To actually to not have it acknowledged at all and, you know, to say, for example, if you're an employer, and you knew that someone had experienced a miscarriage, I think that really you should allow them time to grieve and not expect them to come back to work immediately. So I think compassion really, it's just about compassion and being empathetic as much as you can, even if you haven't experienced it yourself.

Researcher: Yeah.

Participant: And just perhaps connecting people with a group of you know, like, I'm sure that all those things happen automatically. But yeah, it's the acknowledgement. It's the feeling of belonging to a group of people that might have experienced the same I think that would probably help.

Researcher: Yeah, and just on the workplace acknowledging um, only recently has workplaces accepted miscarriage as, into their bereavement leave and you only receive two days bereavement leave.

Participant: Right? Yeah, there you go.
Researcher: Yeah. Um, I was wondering with the negative emotions. Do you think an individual's age would have any influence on their experience?

Participant: No, I don't. I think it's, you know, it's tragic at any age, and everyone's different, so everyone will cope with it in a different way, no matter what age.

Researcher: Yeah. Do you think an individual's relationship status would have any influence?

Participant: Well? Yes, I do, I think because. So I think if you're in a relationship with the other parent, then I think you should feel more supported than if you weren't in a relationship. I think you should be able to reach out to anybody to support you through that experience, but I think the best person that's going to understand and be able to support you, it would be the other parent.

Researcher: Yeah. I was wondering whether someone was actively trying to become pregnant or not would have an influence?

Participant: Sorry, say that again, would have any influence on?

Researcher: The individual's amount of negative emotions they experience after miscarriage?

Participant: Whether someone who is pregnant or trying to become pregnant?

Researcher: So in the conception of the pregnancy, whether they actively were trying to conceive the pregnancy or whether it just happened by chance and then.

Participant: Oh, I see what you mean, sorry. I guess it depends whether you wanted a child like if you fall pregnant by accident, but you still want to have a family you might think, okay, well this has happened sooner than we planned but you might still celebrate and, you know, be excited and then miscarry and be devastated. If you didn't necessarily want a baby and you fell pregnant and then you miscarried. Then there might be some feeling of well, you know, that was meant to be or, you know, thank goodness for that. So yeah, I think it does. I
think it would have an impact. You know if the baby was planned or not, I think, I still think… I suppose it depends on how long you're pregnant for as well. So, yeah, that's a tricky question. [Laughter] With lots of possible answers. [Laughter]

Researcher: Yes. Yes. Definitely. I was wondering whether an individual's culture do you think may have an influence?

Participant: On how they feel? Look, I… I feel like I don’t know enough about other cultures. I think that in certain cultures you would not be allowed to have an abortion. You, I don't know like I think again, that's a very complex question. And I feel like it's a hard one to answer because there'll be so many different potential situations. But ultimately, what I think you're asking is, are people going to be more or less sad? Or deal with it differently? And I don't think they would like I think, you know, people regardless of whether they've planned for a baby, regardless of their culture, regardless of their age. I think a miscarriage is a miscarriage and it's a sad event.

Researcher: Definitely, I do completely agree with you. I think there is always going to be difficult and strong emotions associated to a miscarriage. We're just discussing certain contextual factors around a miscarriage but we're not negating the fact that miscarriage itself will always be a devastating experience for most individuals.

Participant: Yeah.

Researcher: Yeah. I was wondering, what do you think the Australian culture is like regarding miscarriage and supporting miscarriage?

Participant: I mean, again, it's hard because I don't really have any first hand experience or even second hand experience, but as a developed country, I would hope that there is good support networks there for people that need them. And that the average Australian, you know, and I consider myself an average Australian. It has a good understanding of the difficulties
that you might experience if you have a miscarriage and the respect and the, you know, the support that someone might need. So I would think that Australia's pretty good in supporting people that have miscarriages, well I would like to hope so anyway.

Researcher: Yeah, just on that as well. Do you know of any services that provide support to individuals who experience a miscarriage?

Participant: I don't because I've never had to look, but I'm hopeful that they're out there, but no, I don't know of any.

Researcher: Yeah, what kind of services do you think should be available?

Participant: So the same as when someone passes away or commits suicide, then I think there's those kind of, you know, you potentially might need the services of Lifeline or the Samaritans. But I would hope that there's probably also a group or several groups that specifically deal with miscarriage, and therefore trying to support that parent through future pregnancies or, you know, this immediate situation, perhaps, offer help if they've already got young children or you know, just to support a support group, putting them in touch with other people that have had miscarriages and things like that.

Researcher: Yeah. And my last question is, if an individual was religious and experienced a miscarriage, what kind of influence do you think their religion would have or spiritual beliefs either?

Participant: Um, so it might help them, but I think that whatever religion or group that they're part of, I would hope that those people would be their village and would support them, like a group of friends might or your family might. So I would hope that it would be a positive influence. A support network.
Researcher: Yeah. Wonderful. That's all my questions. I have for you. Do you have any comments for me or anything you would like to share that we may not have addressed?

Participant: No, I just think the questions were really…Um, much more taxing than I was expecting. So I want to congratulate you on going you know, the research is obviously really thorough, and it sounds like it's a very interesting and valuable piece of research. And I think that's great. Well done. You.

Researcher: Aw. Thank you. [Laughter]

Participant: You're welcome.

Researcher: I'm sorry. I'm sorry. They were taxing.

Participant: [Laughter] No, I think it's just that I'm really glad that my children weren't around because I've got to that stage with three teenage children where I have to really watch what I say, because, you know, I'm so apparently politically incorrect in so many conversations that I think I would just be like, oh, what do I say here? But no you know, you made it very obvious early on that I could say whatever I liked, and that there were no right or wrong answers. So that's good. Thank you. [Laughter]

Researcher: No problems at all. Well, I just want to say thank you so much for your contribution today, and I've really appreciated you reaching out and being a part of this study.

Participant: You are welcome.

Researcher: Aw, thank you. I'll be in contact with you regarding the transcription through email. And then I'll also send through a debrief letter to you. Does that sound okay?

Participant: Yeah. Thank you. Thank you so much.

Researcher: Oh, good. Thank you have a lovely evening.
Participant: Yes, and you good luck.

**Participant D166 Transcription:**

Participant: Oo look at that. Got it.

Researcher: [Laughter] So I’ll just get you to repeat that you consent for the process.

Participant: I consent for the process.

Researcher: Lovely. So we are gonna start off with a couple of easier questions, just regarding demographics and the study criteria…

Participant: Mhmm.

Researcher: So my first question is what was your age on your last birthday?

Participant: On my, twenty-three.

Researcher: Twenty-three?

Participant: Yes. That's a confusing question, yes. Twenty-three.

Researcher and Participant: [Chuckle]

Researcher: I should just say what is your age but…

Participant: No, I get it, I get it. Twenty-three.

Researcher: Ahh, are you fluent in English?

Participant: I am.

Researcher: Lovely. Ahh for the purpose of this study a female means an individual with female sex characteristics and a female gender identity.
Participant: Okay.

Researcher: Would you consider yourself a female?

Participant: I would.

Researcher: You would. Ahh, your cultural background?

Participant: Umm, well I'm born in Australia but my Mum’s born in Italy and my Dad’s half Italian, half English. [Laughter]

Researcher: Awesome. Ahh, do you permanently reside in Western Australia?

Participant: I do.

Researcher: You do and have you been here for long?

Participant: Yes, forever. [Laughing] For my whole life, I was born here.

Researcher: [Laughter] And for the purposes of this study a pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses, so that includes stillbirth, miscarriage, ectopic, neonatal death and termination due to foetal anomaly, ahh it is not inclusive of pregnancy loss due to elective termination that was not deemed medically necessary. Have you ever experienced a pregnancy loss?

Participant: No, I haven’t.

Researcher: No. Lovely, so you meet the criteria of the study, ahh are you happy to move on to some other demographic questions?

Participant: Yes, I am.

Researcher: Beautiful. So I was wondering if I could ask your sexual orientation?
Participant: Ahh, my sexual orientation. Sorry, my brain is not working, oh I’m heterosexual. 

[Laughter] I was like [laughter] okay yes. Straight.

Researcher and Participant: [Laughing]

Researcher: It’s a very serious way of asking…

Participant: I know, yeah.

Researcher: What kind of partner…

Participant: I know, you’ve got to. It’s important information, yeah. [Chuckle]

Researcher: Umm, do you have any religious or spiritual beliefs?

Participant: Umm, I’m Catholic.

Researcher: Catholic?

Participant: So yes, yep mhmm.

Researcher: Ahh, your ethnicity?

Participant: Umm, is that the same like Italian? Or is it yeah?

Researcher: Some people would consider, ahh Caucasian would be an answer…

Participant: Ohh, yes I’m Caucasian. [Laughter] Ethnicity, yeah.

Researcher: [Giggle] I get confused with that one too.

Participant: Yeah, I was just like what, how specific do I need to be. I’m just a white girl. [Laughter]

Researcher: [Laughter] Umm, your highest level of education?

Participant: I have a tertiary education, a bachelors degree.
Researcher: And what was that bachelors in?

Participant: Ahh, commerce, so I majored in finance and economics.

Researcher: A lot of maths. [Chuckle]

Participant: Yeah, ugh. I know.

Researcher: Umm, your current occupation, so that would be your new job.

Participant: Yes, I’m a graduate accountant.

Researcher: Ooh very exciting.

Participant: I know, it’s so nice to say that.

Researcher: Ahh, what would you consider your social class? Can be very broad like low, mid or high?

Participant: Ahh, mid.

Researcher: Mid?

Participant: Yeah, I’d say so.

Researcher: And this one again very broad, household income?

Participant: Household, so not just mine like joined?

Researcher: Yeah.

Participant: That's a, I’ve got no idea. My brother is so private with his money, umm. Umm, fifty, forty, ugh, three hundred thousand. I’m not sure exactly but.

Researcher: That’s fine it's just getting a little bit of understanding as to who you are as an individual.
Participant: Okay, cool.

Researcher: Wonderful. Umm, members living in your household?

Participant: So I live at home with my Mum and Dad and my oldest brother.

Researcher: Wonderful and ahh, your relation to them is that they’re your family?

Participant: Yes. [Giggle]

Researcher: And your brother, how much older is he then you?

Participant: He’s twenty-seven, so yeah.

Researcher: Okay.

Participant: Yeah, so he’s the oldest the middle one has moved out. Well, he’s twenty-eight soon, so probably say about four years, three and a half years. [Chuckle]

Researcher: Wonderful. That's all the demographic questions I have. So now I want to learn about you as a person, so would you maybe be able to give me a sentence that defines you?

Participant: A sentence that defines me? Wow. [Chuckle] That’s a lot to put into a sentence.

Researcher: [Laughter]

Participant: Umm, I would say umm. I would say that something that defines me that would be ahh my family is very important to me so. I think I centre a lot of my life around that as well so yeah.

Researcher: Wonderful. Well, that kind of extends on to the next question…

Participant: Oh good.

Researcher: What are five of your core values?
Participant: Ahh, family. [Laughter] Values in way of, what else would you mean? Like loyalty? Would that?

Researcher: Yeah.

Participant: Yeah. Yep. Umm, family, loyalty. I don’t know how to word them. Umm, acceptance, umm, forgiveness and respect. [Giggle]

Researcher: I think they're lovely.

Participant: Aww, good. [Chuckle]

Researcher: Ahh, how would you describe your view of the world? So some people say their cups half empty or cups fully full.

Participant: Umm, I’d probably say, the cups half full so I know it’s not perfect but I’m trying to look at the positive.

Researcher: Yeah. What do you think ahh has kind of shaped that view?

Participant: Umm, probably just knowing that from a young age like if something does go wrong I just like, staying positive you know? It’s just the best way to handle the situation, you know, you know otherwise if your negative, I know it negatively affects other people and then you just go on a spiral so yeah I think whatever happens you gotta just try and see the best in it.

Researcher: Yeah.

Participant: [Chuckle] Try.

Researcher: Would you say that that view is unique from others?
Participant: No, I don’t think it’s unique, I’m sure other people feel the same way. I mean maybe, I don’t know maybe more than like some people around me at the current stage in my life, I can see that in them but yeah I don’t think it’s unique in general. No.

Researcher: Lovely. Ahh, next I’m going to ask you a little bit about your female identity…

Participant: Mhmm.

Researcher: Umm, what are your thoughts about yourself as a female?

Participant: Umm. [Giggle] Umm, my thoughts about myself as a female, well I really like my personality. I have never been a big fan of my physical appearance as you, yeah but that’s just you know. But I like, I do like clothes which I know ties into yeah a lot about being a girl and make-up and things like that. Umm, and yeah, I like having long hair. I think that’s very important to me, I’m always like this is staying forever.

Researcher: [Laughter] I wish mine would grow.

Participant: Yeah I know I’m like if I cut it I know I’ll regret it, so.

Researcher and Participant: [Laughter]

Participant: So yeah. Hmm is that did I say before, yeah.

Researcher: Yeah, yep. Umm, so going on with that what aspects of yourself would you consider as contributing to your female identity?

Participant: Interesting. What contributes to my female identity? Umm, maybe, actually maybe umm being like nurturing would be like you know I always get called the Mum friend a lot, so. Sorry, I was thinking physical, when you said female identity but yeah probably internal would probably be like yeah probably being like nurturing, there is a lot, yeah to do with that. Umm, yeah and yeah I think, yeah. Caring, nurturing things like that. That’s
probably the most I could think of that contributes to that, I don’t know what else. Hmm.

What contributes to my female identity? Yeah, I don’t know, I’ve never even, maybe I’m too much of a tomboy, I’ve never even thought about that before.

Researcher: [Laughter]

Participant: Yeah. Probably those two I’d say yeah and oh you know just crushes on boys, that’s probably a big one [giggle]. What used to bond me and my friends, was just you know sitting together talking about crushes [chuckle].

Researcher: [Laughter] I’ve definitely been through that phase too.

Participant: Yeah, exactly. Yes. I still do sometimes I have a cute boss at work so I’m like aww.

Researcher: [Laughter] Ahh, what do you think are core aspects of a female identity then? Not just your own.

Participant: Mhmm, just in general?

Researcher: Yeah.

Participant: Core aspects of a female identity. Umm, yeah same kind of thing like you know, being nurturing umm caregiving, yeah caregivers. Umm, being strong, I think that’s not really spoken about enough, you know they say women are emotional but most women I know are very strong. Umm and yeah really loving. Yeah. [Chuckle] You feel comfortable is a big one so yeah.

Participant: Yeah and if you were to say kind of what shaped that view, what would you consider?
Participant: Probably just, it’s just me growing up and the people around me. You know my Mum, my Nona, my Granny. It’s just my aunties all you know very strong female characters so, yeah. Just influenced me. [Chuckle]

Researcher: Umm, now I was wondering if I could touch a little bit on your past and present relationships if that’s okay?

Participant: Mhmm, yep. Of course.

Researcher: So you said…

Participant: But there is no past. [Laughing]

Researcher: [Chuckle] Well, present?

Participant: Yeah there is only one. Sorry, you ask. [Chuckle]

Researcher: [Chuckle] Umm so you said previously that your in a heterosexual relationship?

Participant: Mhmm.

Researcher: Umm, have you in this relationship considered having children?

Participant: Ahh yes but not, like we’ve talked about it in the future but not at this point in our lives no. No, it's not on the cards yet. [Chuckle]

Researcher: Are you interested in having children with your partner in the future, do you reckon?

Participant: Yes, yes. Definitely, yep.

Researcher: Yep. Definitely. Awesome and interesting question, do you think your sexuality may influence your ability to have children?

Participant: No, I never would have thought that I don’t think so yeah.
Researcher: No that’s okay, it’s just a thought.

Participant: Yeah, oh well yeah, I mean because I’m in a heterosexual relationship then no but you know obviously yeah but not everyone is going to answer that question the same I guess. [Chuckle]

Researcher: No, that’s okay. Umm, well now I was wondering if I could discuss a little bit about your pregnancy history, have you ever been pregnant?

Participant: No I haven’t.

Researcher: Okay, umm can you possibly give me a little bit of understanding as to why you haven’t been pregnant before?

Participant: Umm, well, firstly I made my poor boyfriend wait a long time.

Researcher and Participant: [Laughing]

Participant: And then umm, yeah we just use protection so yeah, so yeah been using protection since whenever it was, a couple of years ago. So hasn’t happened.

Researcher: Yeah and it’s just not something you would consider at this time in your relationship?

Participant: Yeah, exactly. You know I still live at home. He lives at home. You know I would want to be in a more stable situation before that would be something I would want to be pursuing.

Researcher: Yeah. If you were to fall pregnant who do you think you would tell?

Participant: Like before I tell anyone? Like you mean the first, just in general?

Researcher: Just in general who do you think you would tell?
Participant: Umm, my Mum. I, I would tell my boyfriend and yeah then I think everyone once it gets to the safe stage. I wouldn't have any issues sharing it with everyone but people I’d tell before it was you know public announcement or before I started showing would be like yeah my Mum, my best friend and my boyfriend.

Researcher: Yeah and I noticed you said safe stage, do you know what safe stage means for you?

Participant: Aww is it, I’m not sure exactly but is it the first trimester, usually they say you should wait till because lots of people miscarriage in the first trimester. Yeah, so after that point. Yeah.

Researcher: Okay, wonderful. Ahh just extending upon that have you ever received any health advice or accessed any health services for health difficulties which could or will impact your ability to have kids?

Participant: Yes actually I have. So I recently ahh because my period was kind of not regular so it was scaring me all the time when it was nothing and it was like stress and things but I went to the doctor and they got me to do an ultrasound and I have mild PCOS and I’m still umm and I still haven’t gone to check if I have endometriosis cause I also get really painful periods as well so yeah because I know, I think the irregular periods and high testosterone is PCOS and then pain is endometriosis, so yes. But yeah mild PCOS and I know that can affect having children, yeah.

Researcher: I'm sorry for your experience and what you're going through.

Participant: That's okay, it's only mild. I know other people have it a lot worse so yeah. Mm yes, so not good.
Researcher: Ahh do you think that kind of comes into how you think about pregnancy in the future?

Participant: Yeah. I think it’s definitely want to know as soon as possible like you know if there was anything else going on because then at least I know like I can look into you know maybe there is a certain age I should be looking at having kids by before it gets too difficult or things I’d have to do to help my situation. So yeah I’d rather know sooner rather than later if I had those issues because I have always wanted kids it’s never been a maybe thing it’s been yes just not right now. [Laughter] Yeah, mhmm.

Researcher: I was wondering maybe could you share with me a time that you have celebrated pregnancy, like an event celebrating pregnancy?

Participant: Yeah so my aunty she’s forty this month but when she was thirty-eight when she just sent an ultrasound to our family group chat and she had already had three kids. She just sent this ultrasound and we were all like is that, your youngest child, like is that his ultrasound? And she’s like no I’m pregnant and…

Researcher: Aww…

Participant: And so, and I was ecstatic and I was like oh my God like I wanted a baby in the family for so long so and now she is one and a half and it is the best thing ever. [Chuckle]

Researcher: Aww…

Participant: Aww yeah and my best friend, one of my best friends also got pregnant, er like a few months later so yeah she’s had a baby now too and super hap was super happy about that pregnancy so yeah.

Researcher: That’s amazing. Did you ever attend like a baby shower or anything for them?
Participant: Umm, yeah so umm my friend did a gender reveal, so I went to that umm and then she did have a baby shower as well but my aunty didn’t worry because it was her fourth baby so yeah but she did this little gender reveal at just my uncle’s house one night as well. Just a small one, so yeah, yeah always been celebrating it. [Chuckle]

Researcher: What kind of stage did they have it, so in their pregnancy what kind of stage did they have the events?

Participant: Umm, like how far along were they?

Researcher: Yeah.

Participant: Umm, I think my friend would have been, she was probably four, five months when she did her gender reveal, I think. And then it was like mm, probably she was probably seven months when she had her baby shower and then my aunty umm, God it was 2020 so I’m just trying to umm. She got pregnant, and she probably did the announcement around, the gender reveal around four months, it was a bit later I think, yeah.

Researcher: No, it doesn’t have to be exact.

Participant: Yeah, yeah. Roughly. [Chuckle]

Researcher: What kind of conversations were discussed at the baby showers?

Participant: Umm, they you know do all the umm things like how much is it gonna be? How much is it gonna weigh? How long is it gonna be? When is it gonna be due? What are you gonna name it? All those things, yeah I’d say.

Researcher: Did you…

Participant: Am I gonna be the God Mother.

Researcher and Participant: [Laughter]
Researcher: Did you notice any accommodations for someone that may be attending the event that could be upset due to their pregnancy history?

Participant: Umm, sorry accommodations, did you say?

Researcher: Yeah so, if someone was attending and they had had a miscarriage did you notice any accommodations for them?

Participant: No, which actually was on my mind because another friend of mine had had a miscarriage and I was aware, so I was just thinking the whole time this must be quite awful for her because she’s umm… Sorry, my brother just came in the door. [Brother walks out of the room] Umm she is you know having to be here and celebrate this where it should be her as well, so yeah. But no I don’t think there was any yeah. Anything really done to adjust for her situation.

Researcher: Yep. What, if there was something umm adjusted what do you think is an appropriate adjustment?

Participant: Ohh. It’s tricky because your there to celebrate you know, your this friend of yours baby, so it’s hard to you know of course everyone is gonna want to talk about it and stuff, maybe just like I don’t know maybe what would be most triggering things like names and things might be more hurtful. Like because you know that person might be thinking about what they would have called their baby and things like that but yeah it’s really tricky when you know they are at the baby shower and you know what can you, how can you do it without just being like okay we can’t talk about this baby at all, like yeah. It’s a bit of a, it's definitely difficult. Mhmm.

Researcher: It’s a complicated situation.
Participant: I know. It’s awful but I’m like I’m sure they’re thinking as well I’m happy for them but you know what about, yeah what I have been through, hmm.

Researcher: Yeah, definitely. Umm has anyone ever disclosed to you that they have had a miscarriage and discussed aspects of it with you?

Participant: Yeah, yeah. A friend of mine did umm. She was, yeah she had actually been pregnant. Yeah so she got pregnant but then didn’t realise and I think it was something to do with her levels H-G…some.

Researcher: HCG?

Participant: Yep that’s the one. Those levels I think they were dropping and they weren’t meant to be so she realised what was going on and had to go back to the doctor and… Yeah you just, I mean I went over and was just you know. Bought her chocolate and comforted her but you know it’s a tough thing to go through yeah.

Researcher: It sounds like you were a really good friend.

Participant: I tried to be, you know I, you don’t know how she is feeling but yeah just got to be supportive.

Researcher: Did you feel comfortable in supporting her?

Participant: Mhmm. One-hundred percent, yeah. Yeah, I knew she would do the same for me so, I don’t yeah. I was and as long as, and she shared it with me so it wasn’t like it was a secret I wasn’t meant to know so, yeah.

Researcher: Did she share it with many people?

Participant: Umm, yes. I think she told like our friend group but some of them she didn’t tell till a while after it happened and some of them she told at the time so yeah.
Researcher: Did she tell her workplace?

Participant: No. No, she didn’t. I don’t think she even told her Mum.

Researcher: Okay.

Participant: Sorry, my laptop is on five percent and I just don’t want it to die so I’m just gonna move it over here.

Researcher: Oh no, that’s okay.

Participant: Sorry. Ah, again that’s just me not being organised. I’ll be right back I’ll just get the charger. [Went and got the charger from another room] Sorry about that.

Researcher: No, that’s okay.

Participant: All right sorry you can go on.

Researcher and Participant: [Chuckles]

Researcher: Umm, yeah just so did she take time off from work then?

Participant: Ahh, yes I think she did. Yeah, just a couple of days, just called in sick, yeah.

Researcher: Yeah. Okay, umm when you were supporting your friend did you hear any unhelpful comments regarding the miscarriage said to her?

Participant: No, I don’t think, oh I did actually. Her boyfriend wasn’t very supportive because he wasn’t ready to have a baby so, yeah. So it wasn’t very nice in that regard because yeah he wasn’t really happy about having a baby so when she lost it, I’m sure she was just thinking oh well he doesn’t really care because he didn’t want this baby in the first place.

Researcher: Yeah. Do you have kind of an example of what was a negative comment that was said that you heard?
Participant: Umm, so like not after the miscarriage but before that I think he, she had messaged me said he is saying he doesn’t want to keep it or something like that yeah. So.

Researcher: Aww.

Participant: I know, awful.

Researcher: Yeah, definitely. What do you think is an appropriate comment to say to someone that’s experienced a miscarriage?

Participant: Umm, I don’t know. Like maybe it’s not always the words like. Like I don’t know, just I am so sorry for your loss maybe?

Researcher: Yep.

Participant: Yeah, but yeah it’s probably, there is a fine line between what you can say and what, yeah. Some people think they are being helpful but it probably doesn’t come across that way.

Researcher: Yep. Ah definitely. Umm, just wondering have you ever been involved in something that commemorates the loss of a baby due to miscarriage?

Participant: No actually I haven’t, no.

Researcher: No?

Participant: But that's a nice idea but no I haven’t.

Researcher: What kind of things do you think could be done to commemorate the loss?

Participant: Could be like you know. Like a kind of like a memorial in a sense. Perhaps? Yeah. Or just doing something for the Mum you know? You know, that would make her feel better. You know take her, comfort her, take her mind off it but yeah. Something like that.

Researcher: Have you ever heard of a certificate?
Participant: No.

Researcher: No?

Participant: No.

Researcher: So umm, only recently they have allowed a death certificate to be given…

Participant: Really? Oh, I didn't know that.

Researcher: Yeah so it's only recently umm. It's just an acknowledgement of the loss and it's can't be used for any legal purposes if it’s before twenty weeks the passing but they have developed a certificate now.

Participant: Wow that's really good. I'm glad to hear. I didn't know. That might help with like closure as well yeah. Hmm.

Researcher: With closure?

Participant: Mhmm.

Researcher: Yeah, yeah. Definitely. Umm, who do you think would be appropriate to involve in a ceremony like that?

Participant: Aww, probably just you know whoever's gone through it, the partner if they want to. I think it’s really just up to them whomever they want present.

Researcher: Yeah.

Participant: Hmm. Yeah.

Researcher: Awesome. Umm, can you describe to me what type of a person you would consider to be likely to experience a miscarriage?
Participant: Umm, generally maybe in someone who's older or someone who suffers from like you know issues like you know PCOS, endometriosis and things like that. Umm, yeah. Anyone like that maybe it can be caused by stress, I'm not really too sure exactly but yeah probably. Probably that would be my general ones, yeah.

Researcher: Yeah. Yeah definitely. Umm, miscarriage I will let you know doesn't actually discriminate, umm so it can happen to any individual but like you're saying there are risk factors that can amplify…

Participant: Yeah, maybe increase it but of course, it happens to everyone, yeah.

Researcher: I just, I just disclose that to you…

Participant: Mmm, it’s good to know. Yeah, I, yeah.

Researcher: Ahh, following the experience of a miscarriage research demonstrates the individual's that experience a miscarriage commonly feel negative emotions of grief, devastation and anger. Are there any factors related to the miscarriage experience that you have been told or that you believe would lessen the amount of negative emotions?

Participant: I don't think so. I don't know yeah. I mean, aww unless something was wrong with the baby, maybe? I mean not that you want that but yeah if something was wrong I know sometimes they do the test to check. Is it the harmony prenatal test or something? I can't really remember. But yeah if the baby’s umm so gonna yeah. Either something wrong when they're born where they won't live for very long or anything like that. And I think maybe that would be the only reason I could think why they might be like, you know slightly less upset in a way.

Researcher: Yeah. Do you think maybe their age would have any influence?
Participant: How old the, the Mum is? Ohh no, I. Yeah, that could do yeah. Maybe if their yeah younger and not ready for it maybe in some way it might be a relief? Yeah. Hmm.

Researcher: Yeah. Umm, what about their relationship status?

Participant: That as well because you know if the baby was not brought about you know by their consent as well, could be a reason or yeah. If they're single now and have no one to support them then or single in general, yeah and have no one to support them then yeah maybe it could affect them, yeah.

Researcher: Yeah. Ahh, do you reckon whether they were actively trying to become pregnant would be a factor?

Participant: Definitely but then I think once you know you're pregnant it can still be very tough, yeah to go through, yeah.

Researcher: Aww I definitely think that the experience will always be tough it's just having a look at a couple of factors…

Participant: Yeah…

Researcher: Surrounding the experience.

Participant: Of course yeah. Exactly. Especially I mean if you've been trying. Maybe if I thought about it the other way. If you've been trying for a really long time and then it happens. You get pregnant and that happens then it might be more devastating to you, yeah.

Researcher: Yeah.

Participant: Mhmm.

Researcher: Yeah, definitely. Umm, do you think maybe their culture would have an influence?
Participant: Yeah. Yeah true. Yeah, well your religious beliefs definitely, yeah. Hmm.

Researcher: Could you say more, umm when you say religious beliefs what kind of influence do you think that would have?

Participant: Well, I mean if for example, Catholics say premarital sex is bad so you know if you. I am not a diehard Catholic, but if someone was more into their beliefs umm or someone around them was and then they got in this predicament then yeah, it might be like you know? You know, I don’t know maybe they’d be in some way relieved because no one needs to know that they umm, you know had a baby in the first place. I'm yeah, not one-hundred percent sure but yeah. Or, yeah just anything like that really.

Researcher: That’s okay. Just because I'm uninformed and I don't know much about your religion. Do you know, would you be able to maybe say, ahh is there any beliefs regarding miscarriage in your religion?

Participant: Umm, not that I am aware of. I know it's just yeah. It’s looked at like I mean they are obviously against abortion because that's your by choice, your doing that but yeah there is nothing against miscarriages or anything. I think in a way they just think is an act of God you know, everything happens for a reason and that whole thing that they love to… God works in mysterious ways and all that stuff. Yeah, but no. Nothing negative. No negative connotation towards I don't think, no.

Researcher: Thank you for sharing that.

Participant: That's okay. I'm pretty sure, I haven't done religion since Year 12 so.

Researcher and Participant: [Chuckle]

Researcher: Umm, what services do you know of that provide support to individuals that experience a miscarriage? Could you maybe name a couple or tell me something about them?
Participant: I’m not one-hundred percent sure actually. To be honest, I, I mean maybe an antenatal clinic would? But yeah I’m not sure of specific, specific examples, no.

Researcher: That's okay. Umm, do you know what kind of services would be appropriate?

Participant: Counselling, probably? Just check-ups afterwards to make sure you know Mum’s still healthy. Umm, yeah things like that. But yeah probably I’d think counselling would be the biggest one.

Researcher: Mhmm. Definitely. Umm, have you heard of any ways to prevent a miscarriage and could you share that with me?

Participant: Prevent it? Umm, like things like how your not meant to drink and things like that?

Researcher: Yeah, just any ways that you’ve heard…

Participant: Well I, I mean I know there is plenty of things they say you can’t do while you're pregnant like no soft cheeses, no raw meats, like obviously no alcohol, smoking and things like that but I don’t know which ones specifically connect to miscarriage. Probably all of them in a way, maybe? [Chuckle] Yeah.

Researcher: I will disclose to you miscarriage is not preventable…

Participant: Aw, right.

Researcher: Umm, so the most common reason why miscarriage occurs is chromosomal abnormalities, which is not preventable but like your saying there are certain factors that can amplify a risk of miscarriage. But unfortunately, once a miscarriage occurs, it can’t be prevented.

Participant: Yeah, of course. Okay.
Researcher: Ahh, are there any comments that you would wish to add from today? Because those are my questions that I had for you…

Participant: No, all good. Yeah no, fine. That was really good. It really got me thinking. [Chuckle] It’s good. [Laughter] Amazing. So you said your gonna, that will be transcribed and then…. yeah okay. There will be a lot of giggling in there on my behalf.

Researcher: [Laughter] No that’s all good. I’m giggling too.


Researcher: Yeah, is, is, are you happy to leave it there then?

Participant: Yeah, yeah. All good. As long as you don't have any further questions?

Researcher: I don't have any further questions. Umm, I will be in contact and I will send a debrief letter through to you as well.

Participant: Beautiful. I will make sure to check my emails. I’m so very sorry again for forgetting.

Researcher: There are no apologies necessary at all.

Participant: There is an apology necessary, I’m very sorry but I will be, yes I will be more on top of my emails.

Researcher: There is no apologies necessary at all, I really appreciate you giving up your time.

Participant: Oh, I’m happy too and I can’t wait to read your thesis once it is done.

Researcher and Participant: [Laughter]

Researcher: Have a lovely night.
Participant: You too.

**Participant E156 Transcription:**

Researcher: So if you just were willing to repeat that you consent.

Participant: I consent.

Researcher: Lovely.

Participant: Yeah I consent to this process, I consent to doing this interview.

Researcher: Wonderful. Okay, well we are just gonna start off nice and easy and just umm, a couple of demographic information, regarding the criteria of the study. If that’s okay?

Participant: Yep.

Researcher: Yep. So the first one is what was your age on your last birthday?

Participant: Twenty-nine.

Researcher: Twenty-nine. Ahh, are you fluent in English?

Participant: Yes.

Researcher: Ahh, for this study a female refers to an individual with female sex characteristics and a female gender identity. Ahh, for the purposes of this study would you consider yourself a female?

Participant: Yes.

Researcher: Ahh, please state your cultural background?
Participant: Umm, my parents were both born in England and I was born as an English citizen and then umm we immigrated when I was five to Australia. Umm, we aren't really religious. [Chuckle]

Researcher: [Chuckle] That's okay. Umm, do you, have you resided in Western Australia then since you were five?

Participant: Yeah.

Researcher: Yep. And for the purposes of this research pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses so stillbirth, miscarriage, ectopic neonatal death and termination due to foetal anomaly. Ahh, it does not include, umm pregnancy loss by elective termination that were not deemed medically necessary. Have you ever experienced a pregnancy loss?

Participant: No.

Researcher: So you've met the criteria of the study.

Participant: Mhmm.

Researcher: Umm, so shall we move to some more demographic questions if that's okay?

Participant: Yeah, sure.

Researcher: I was wondering if I may ask what is your sexual orientation?

Participant: Umm, what does that mean? I'm straight. I'm interested in men, yep.

Researcher: Yeah

Researcher and participants: [Chuckle]

Researcher: Ahh, you said before that you don't really have any religious beliefs, do you have any spiritual beliefs?
Participant: Umm, I do have some spiritual beliefs. Umm, they're probably not black-and-white or named out in any particular group or anything.

Researcher: Yeah, that's okay.

Participant: [Chuckle]

Researcher: I'm, I'm getting an understanding of you as an individual.

Participant: Yeah yup. Definitely… Ahh, look this little blue wren keeps landing on my mirror and keeps, that's what I keep looking over at I'll just move the phone if it comes back. It's amazing. [Chuckle]

Researcher: Aww, that's okay. I love blue wrens, if you can see I've actually got a blue wren tattoo. [Shows blue wren tattoo on wrist]

Participant: Aww beautiful!

Researcher: Yeah they're gorgeous…

Participant: Anyway, keep going. [Chuckle]

Researcher: No, no that's okay. [Chuckle] Umm, your ethnicity?

Participant: Umm, so is that, what's the answer to that?

Researcher and Participant: [Chuckle]

Researcher: Ahh so like…

Participant: So like I'm British?

Researcher: Yeah or some people might say they're Caucasian or…

Participant: Oh yeah, Caucasian. That's the one.

Participant: Yep.

Researcher: Ahh, your highest level of education completed?

Participant: Ahh, Year Twelve. I did go to uni but I didn't complete any bachelor's degrees. [Laughter]

Researcher: That's okay. What were you studying at uni?

Participant: Umm, I started a geophysics degree, then changed into nutrition and yeah, didn't really get very far into either of them.

Researcher: Wow a lot of maths.

Participant: Yes. [Laughter]

Researcher: Ahh, your occupation?

Participant: Umm, I work in the country health sector as a coordinator. So yeah basically admin really.

Researcher: Mhmm, a lot of responsibility.

Participant: Umm, yeah. Yep.

Researcher: Yep. Ahh, what would you consider your social class? This doesn't need to be specific high, low or mid?

Participant: Umm, mid?

Researcher: Mid? Yep. Ahh, same thing here it does not have to be specific at all, but umm your household income?

Participant: Umm, I’d say mid.

Researcher: Mid?
Participant: Yep.

Researcher: Ahh, members living in your current household?

Participant: The number of members?

Researcher: Yes.

Participant: Four…

Researcher: Four? And would you be able to tell me your relation to them?

Participant: Yeah, so my de-facto partner and our two sons.

Researcher: Beautiful. Those are all of my demographic questions. Umm, are you happy to move on to a bit more of the longer questions now in the interview?

Participant: Yep, sure.

Researcher: Lovely. So I just want to start off by learning a little bit more about you as a person. Maybe if you could give me a sentence of how you would describe yourself?

Participant: That's always a hard one. Probably, well my. Where do you even start? I am obviously a mum of two boys there seven and five. Umm, we live down in a little town, with a local Steiner school. So I guess we do value a lot of nature and things like that. Umm, yeah my partner is FIFO, umm so I guess that’s not really very naturey, working on the mines [laughing]. Yeah, I ride horses, umm like animals, umm. Yeah work part-time, Mum and that's about me, really.

Researcher: Lovely and just on that you mentioned a couple of values, would you maybe be able to give me five of your core values?

Participant: Core values… Umm. [Reflective pause] I don’t know, honesty [chuckle]. Umm, yeah it’s tricky off the top of my head.
Researcher: It is hard.

Participant: Yeah...honesty, I guess kindness. Umm, yeah like caring for nature, caring for the environment. Umm, loyalty. Umm, I don’t know. [Chuckle] What else, umm, yeah I don’t know that’s all I can think of right now.

Researcher: That’s, that’s completely okay. They are lovely values I think.

Participant: Okay, thanks.

Researcher and Participant: [Chuckle]

Researcher: Ahh, how would you describe your view of the world? So if I was to use the analogy, some people say their cup is half full or you know the cup is all the way to the top. Where would you kind of sit?

Participant: Umm. [Reflective pause] I'd say the cups three-quarters full. [Laughter]

Researcher: [Chuckle]

Participant: Pretty good. [Chuckle]

Researcher: Lovely. Ahh, how would you say your view is unique from others?

Participant: Ummm, I guess I have been brought up in a very open-minded family, umm. So I guess I have quite a balance-minded view on a lot of things. Yeah.

Researcher: So you would say your view is quite open in comparison to others?

Participant: Yeah, yup. Probably less influence by you know religion or anything like that. Umm, so yeah I don't know. Pretty easy kind of going person as well I guess, so I just kind of you know, everyone's individual and what works for someone, I don't think I'm very judgemental.
Researcher: Mhmm. And you mentioned that religious, religion hasn't really informed that view. Do you know what kind of has informed your view of the world?

Participant: Umm, well I guess probably the… uhh the view of the world. I guess my parents. I guess they would've had some sort of impact on it and my schooling but yeah, again I haven't gone through the mainstream school system. Like being a Steiner school kid, umm my Dad's views are probably a little bit, he’s you know jumps on the conspiracy theories and things like that a bit. Mums much more sort of levelheaded. Umm, so yeah I guess my parents probably would've affected my views.

Researcher: Beautiful. Ahh, so now I was wondering if it's okay if I can ask questions regarding what it means to be female? So my first question is what are your thoughts about yourself as a female?

Participant: It's very broad. Can you narrow it down at all? [Laughter]

Researcher: Umm, I-I can it’s more just really how you take the question and how you perceive the question, umm my next one is what aspects of yourself would you consider as contributing to your female identity?

Participant: Yeah okay. My female identity. I suppose obviously looks in a way and how your personal appearance, umm. Definitely like it or not comes into it, umm. I suppose mothering and that sort of nurturing side of yourself I feel like that’s quite a female part of me. Umm, probably like friendships as well as supporting other women, umm. Yeah, really close, you know I got two sisters and, and like my Mum are very close, umm, and I feel like that's a real female thing to just you know be by each other side, really closely sort of you know through thick and thin. Very strong female relationships. Umm, yeah that’s probably about it.
Researcher: Yeah. Beautiful. Umm, what would you describe as core aspects that contribute to a female identity? So if you were to see someone what would you say that makes them a female?

Participant: Well, I would say what they think they are, you know? [Chuckle] like I'm just thinking of kids that seems to be born into the wrong bodies. I fully support those children if they think their male, umm even if their body doesn't say so, then I think go with that so umm. And I guess how would they know that their male rather than female umm. I don't know it's just what, who they connect with I guess. Who they see themselves as, yeah their own view of themselves and what gender they more closely fit into.

Researcher: Mhmm. Yeah no.

Participant: Don't know if that answered the question, what was the question? But yeah [chuckle].

Researcher: That certainly answered the question.

Participant: Okay great.

Researcher: Definitely. Umm, and what do you think has shaped your view of what it means to be a female?

Participant: Hmm, what has shaped it? I guess like things like your Mums, that's usually like a pretty influential person sort of thing. I guess my Mum to a degree and, and probably my parents beliefs like I'm pretty sure both of them would probably have a similar view to me, yeah and I have probably picked that up from them to. Again going back to open-minded, individuals can choose you know what they want to be, so yeah I guess a lot would probably be my parents.
Researcher: Wonderful. Ahh I was wondering maybe now if I could just touch on your past and present romantic relationships?

Participant: Yep.

Researcher: Have all your relationships been heterosexual?

Participant: Yes.

Researcher: And in your relationships have you always umm wanted to conceive children?

Participant: Umm, before I had kids I always wanted to conceive. Well [chuckle] it's a funny question, isn't it? Umm, yeah so I guess I grew up always really wanting kids umm, but I guess there has been relationships where I was not actively trying to conceive children.

Researcher: Yes.

Participant: Obviously, but yeah umm I have always really wanted kids and I did have kids really early. Umm, well you know quite an early age I was twenty-one when I got pregnant with our first and umm, was like desperate to have kids so up until I had had my first kids, yeah very keen to conceive a baby and just be a Mum as soon as I could really.

Researcher: Yeah. Did you ever find your sexuality influenced how you were to conceive children?

Participant: Hmm, what do you mean by that?

Researcher: Ahh so an individual that would be in a female-female relationship may have to have children differently.

Participant: Yeah well I was never in that, yeah never in that situation myself.

Researcher: Yeah, no that’s completely okay. I just, would ask out of curiosity?

Participant: Yeah, yup.
Researcher: Wonderful. Do you mind if we discuss a little bit about your pregnancy history?

Participant: Mhmm, yeah.

Researcher: Can you please tell me about your pregnancy experience or experiences?

Participant: Umm, so as I said I got pregnant quite young. I was twenty-one but had been with my partner for a little, couple of years. Was just, it was fine. My Mum was certainly very shocked when I told her and a bit worried that I was too young and those sorts of things, umm but had a lot of friends. Well I had a couple of friends similar age all having babies as well so umm that definitely made it more I don't know, excepted. I suppose I did feel a little bit of shame around you know maybe I'm too young and what would my school friends all think and things like that but mostly I was just very excited to be pregnant, umm. So with my first I had a really, really straightforward umm pregnancy, umm it was more the birth and after the birth we had a very traumatic time but umm don't need to go into that unless you want to? It all worked fine in the end [chuckle] but basically he umm, suffered a brain injury umm during the birth so was starved oxygen at some point and we were in intensive care for about, well he was for about ten days, umm and they, yeah basically concluded that he had suffered hypoxic-ischaemic encephalopathy. Yeah a lot of his brain had been wiped out umm but we got onto his sort of brain umm stimulating things really early on and you know used nutrition and a lot of things. He's pretty good so he doesn't have any significant disability. So it's all over now. He's pretty well so, it was a little bit traumatic at the time but we're very lucky to be where we are. And then our second pregnancy umm neither of them were actually planned but first one you know I think we were kind of taking risks sort of hoping that we would fall pregnant because both of us wanted to but sort of felt like we shouldn't really be that early. Umm and our second one was unplanned, again. And I was planning on sort of not umm, getting pregnant quite so soon but it was still two years and four months between the
two age gaps so it worked out quite well in the end. Another pretty straightforward pregnancy umm, planned cesarean because of what has happened the first time umm and yeah I suffered a lot of mastitis umm with both them which was really hard to deal with but yeah pretty straightforward really, pregnancy wise.

Researcher: I'm really sorry for your experiences, especially your experience with your first son. I'm really sorry to hear that.

Participant: Yeah thanks. It was, yeah it’s umm I don’t know. There is pros and cons to everything. I think it definitely brought our family like together a lot more and we took nothing for granted after that. You know every time any milestone was like a huge celebration and he's done so well and he's like the most delightful child so it's all good. And he's loving life and having the best life, yeah isn’t, doesn’t have any you know significant disability so we're all good and lucky. [Chuckle]

Researcher: You have a very positive outlook on life and I'm sure he appreciates that.

Participant: [Chuckle] Yeah.

Researcher: Umm, I was wondering when did you announce the pregnancy to your like family members or friends?

Participant: Umm, so I think first time round. I think I waited a little while umm, was probably about twelve weeks, I’d say. Umm, and then didn't post it on like social media or anything till a lot, lot later. I think that might of been the part of me that was a little bit ashamed of do you know what people may think of me still being quite young, umm but yeah. I think we started telling people around twelve weeks but now and the second time umm earlier. Umm, I think basically as soon as we found out we told people and I definitely, I don't know. I don't know I'd probably do things differently, I don't know I don't really agree with holding on and not telling people earlier because if you did lose the baby you would
want all that support and people to know anyway really so but anyway yeah. That's what we did.

Researcher: Have you ever heard of the twelve week rule? I'm wondering whether that's why you were waiting…

Participant: Yeah. Yeah, yup. That was definitely like yep. We should wait till twelve weeks before we tell anyone so I think that's why we waited a bit more for the first time. Yeah.

Researcher: Okay, lovely. Ahh, so those are my questions in regards to your pregnancy history. Umm, I was wondering if I could ask have you ever received health advice or accessed health services for difficulties which could have impacted your ability to become pregnant?

Participant: No.

Researcher: No?

Participant: No, I got pregnant accidentally both times so, yeah fortunate to not need to look into any fertility things really. Yep.

Researcher: Do you know anyone that has had that experience?

Participant: Yeah, yep. I know, yeah one of my best friends she did conceive naturally in the end but she was getting a bit worried because it was taking a while, so I think she spoke to her doctor and things like that. Umm and then my sister-in-law and another good friend actually have both gone down IVF because they’ve yeah, struggled for so long to fall pregnant naturally. Mhmm.

Researcher: And would you be able to maybe say how that has impacted them, having that experience?
Participant: Umm, so yeah my friend that I’m not that close with anymore she umm posted a lot about it on Instagram and stuff. It was really nice for people like me that weren't very educated on, just to have a bit more of an insight into what you go through with IVF. Umm I would say probably pretty traumatic experience for her going through it all and all the needles. I guess something that no one wants to do. [Chuckle] Yeah umm, and then my sister-in-law she has only just, just gone through it and I haven’t really spoken to her, she’s not such an open book about it all, umm but she’s seems to just have taken it in her stride and it’s been expensive though. It’s one of the big things for them, the expense of it, umm but yeah. It's definitely negatively affected them, having to do it that way rather than just, just the easy way that happened to us but umm yeah.

Researcher: Yeah. Okay, umm thank you for sharing that. I was wondering maybe if I could ask you about if you could maybe tell me a story about a time when you attended an event celebrating pregnancy?

Participant: Umm, yeah. Baby showers umm so one of my friends umm, she was heavily pregnant by the time we went and celebrated her pregnancy umm and we all just caught up and ate food and talked and wrote some things down, like advice for during the birth and like advice for like after and we painted like henna on her tummy and things like that. Umm, and that was about it really. [Chuckle] And then more, more probably traditional baby showers where you just get dressed up in pretty dresses and yeah again just go and eat, take gifts and umm yeah that’s it really. I guess I have got a bit of a different, I don't know, going through our traumatic birth with our first one, I think I have a little bit of a different perception to most people. Most people go yay that's so exciting, like great here's all your gifts but I come with like a bit of worry that you know everything isn't necessarily you know, all good.

[Chuckle] Until the baby’s out safely and that sort of thing. Yeah.
Researcher: Yeah. I was wondering as well with that, umm you said you guys obviously talk. What kinds of topics of conversations are discussed?

Participant: Ahh, at the baby showers?

Researcher: Yeah.

Participant: Umm, probably just everything from personal life to, I actually the friend that I said had gone through IVF she was at the baby shower where we painted the henna and we did talk about her experiences and where she was in her IVF journey and those sorts of things, umm but I feel like that’s not the most, you know most people try and keep it quiet but I really admired her for being a lot more open about it.

Researcher: Yeah, definitely. Umm, I also wonder when you were telling me about your perception of a baby shower because of your pregnancy history do you, when you went to those events did you notice any accommodations for someone that may have been struggling to attend that event because of their pregnancy history?

Participant: No. No, I don’t think there has been and umm yeah, there probably should be. [Chuckle]

Researcher: Yeah. What do you think would be an appropriate accommodation that someone might make?

Participant: I don’t know maybe just umm to say something. Like you know just to, at some point just to you know go down that isle of you know of being grateful for being pregnant and you know just acknowledging that it's, that a lot of people go through hardship at various stages of the pregnancy, yeah. Umm, I’m not sure what else off the top of my head you could do. [Laughter]

Researcher: No, I think your idea is lovely. Umm, I think that’s really a lovely idea.
Participant: Yeah, thanks.

Researcher: Umm, I was wondering has anyone ever disclosed to you that they have had a miscarriage and discussed aspects of it with you, with yourself?

Participant: Umm, I have yeah. Umm, friends have said that they have had miscarriages umm. They haven't really gone into it in depth though, umm but yeah just one friend for example she's a nurse so I do bump into her at the hospital, in the hospital but were not really that close but she did tell me that she was pregnant and then the next time she told me that she actually had lost the baby, and I you know just tried to say I’m sorry and yeah. It must be quite full on and I find, well she sort of just blew it off like oh it’s normal and you know lots of people go through it, which I know is the case but I was just trying to acknowledge that you know it can also affect people a lot, like emotionally and physically. [Chuckle]

Researcher: Yes.

Participant: So yeah. It’s always a little bit of a tricky one to find the, if people are comfortable or you know how much you should or shouldn’t say but umm yeah she was one friend that told me that she had had a miscarriage. I haven’t really umm, had anyone really close to me have a miscarriage that have told me so yeah.

Researcher: Did you feel comfortable when that individual umm told you about her experience of miscarriage?

Participant: Umm, I suppose there is all levels of comfortable. Yeah, I wouldn’t say that I felt uncomfortable but at the same time it’s something that your not used to navigating so you know, I guess there’s a bit more like am I saying the right thing, kind of those sorts of things. But I wouldn’t say she made me uncomfortable by telling me no.
Researcher: Have you ever heard of umm anyone saying that you would consider inappropriate?

Participant: Umm, do you mean after a miscarriage?

Researcher: Yeah, to the individual that has experienced a miscarriage.

Participant: Umm. [Reflective pause] I suppose I have heard of it but not first hand no.

Researcher: No that’s okay, I was just yeah, I was curious to if you had heard any inappropriate comments that people have said to someone that has experienced one…

Participant: Yeah, not anyone that I know personally, no. Yeah.

Researcher: What do you think umm is an appropriate comment to say to someone that has experienced a miscarriage?

Participant: Umm, I’m sorry. Mhmm, if you want to talk about it like I’m always here, umm I guess it depends how close you are to the person obviously. If you were close enough maybe ask how they are doing physically and emotionally umm and that sort of thing. If your not so close then maybe, yeah just a bit more of a I’m sorry and I’m here if you want to speak about it and probably not go into those more personal questions unless they approach you. [Giggle]

Researcher: Yes.

Participant: Yep.

Researcher: Ahh, who do you think, because I’m noticing that your saying that it depends on the level of closeness, who do you think is the kind of people you do tell when you have a miscarriage?

Participant: Umm, well I think telling people, umm is one thing and then you know like a, I think if I had a miscarriage I would tell everyone that knew that I was pregnant [laughter] and
I don’t think, like I’m probably an over-sharer if anything so I’d probably, you’d probably tell everyone umm or anyone that asked whenever it came up. But I was more talking, I think it’s fine to tell you know whoever but, I was thinking on the receiving end if I wasn’t close to that person I wouldn’t ask too many questions.

Researcher: Yes.

Participant: Yeah, yup.

Researcher: Have you…

Participant: If I was very close then I would ask all the questions [laughter]. Yeah, yup.

Researcher: Have you heard it come up in the workplace before?

Participant: Umm, mmm. Not really it was in the workplace when umm, my friend recently told me that she had had a miscarriage so that was just in the staff room but I haven’t heard it in like a manager's point of view or anyone trying to umm manage staff that have had a miscarriage or anything like that.

Researcher: Umm, I was wondering then, so move on from that one have you ever been involved in something that commemorates the loss of a baby due to a miscarriage?

Participant: Umm, I think I was as a child. I remember umm we had planted an olive tree for a baby that was lost. I’m not sure if it was a miscarriage or a like stillborn, umm I think it might have been a stillborn baby. But other than that, no. I haven’t been involved in and I mhm, probably yeah would be a nice thing to do, if the mother felt that that was appropriate. Mhmm yeah.

Researcher: What kind of thing and I noticed that you said the planting of a tree, what other things would also be appropriate to kind of do to commemorate it?
Participant: Umm, I think just like a women’s circle kind of a thing might be nice. Umm, yeah, either share food or just come around and umm acknowledge it, let the mother obviously take the lead of what they do and don’t want, it would depend on the person. I definitely have some friends that wouldn’t want that and I have friends that may want that, umm yeah I don’t know. Could write some nice things down and blessings and things like that umm yeah I don’t really know enough umm about it to really make more suggestions than that.

Researcher: That’s okay. Umm, Have you ever heard of a certificate?

Participant: No. Certificate for a miscarriage?

Researcher: Yeah, so like a death certificate.

Participant: Ahh, okay. No, I had never, hadn’t even thought about that no.

Researcher: Do you think a death certificate would be beneficial?

Participant: Umm, again it probably depends on the view of the parents but I can’t say, ah maybe it would depend also on the stage of pregnancy maybe if you had a full born or fully developed baby than possibly. Umm, if I lost a baby early on I couldn’t imagine wanting a death certificate for the baby but umm yeah. Ahh, so I guess it depends if it was later on then I guess a death certificate umm would probably be appropriate and if it was earlier on before you had a sort of formed baby then probably not.

Researcher: Yeah, yep. No, I respect your opinion definitely and it’s interesting because we recently have only just approved that you can get an early pregnancy loss umm certificate.

Participant: Ahh okay.

Researcher: It can’t be used for any legal purposes but if it’s prior to twenty weeks you can now receive a document umm stating the loss.
Participant: Yeah, okay. Yeah and if that was something the Mother wanted I’d be fully umm supporting of that but I guess I was thinking like in my line of work a death certificate is literally just a tool to get things underway for the like funeral and all these other things, so I guess in that way I thought probably not necessary for a umm yeah, for a earlier foetus but if it was just yeah something to acknowledge it than for sure if that was wanted. I think the more acknowledgment the better so yeah, definitely support that.

Researcher: Okay, lovely. Ahh, next one. Sorry I’m, I lost my place on the piece of paper, umm would, umm can you describe to me what type of a person you would consider to be likely to experience a miscarriage?

Participant: Umm, anyone. [Chuckle] I don’t think we could describe the kind of person, it could happen to anyone.

Researcher: Yep. Yeah, you are correct it can happen to anyone, definitely umm. Do you think there may be any like risk factors or anything that may increase the likelihood of experiencing a miscarriage?

Participant: Umm, I guess with stress you may be more at an increased risk, umm physical stress if your maybe an older mother umm, maybe more emotional stress, particularly if your a younger mother. Umm but would depend on what’s going on in your life. I guess to determine the stress factors so I guess if you’ve experienced something traumatic then perhaps you’d be more at risk umm, but yeah I just don’t really know enough about it to answer any more than that, I am sorry.

Researcher: No, no that’s perfectly okay. Ahh, the next question is, so following the experience of a miscarriage research demonstrates that individuals who experience a miscarriage commonly feel negative emotions of grief, devastation and anger. Are there any
factors related to the miscarriage experience that you have been told or that you may believe would lessen the amount of negative emotions an individual might experience?

Participant: Umm, I would think just support.

Researcher: Yep.

Participant: Like any other traumatic event if you’ve got support and you feel heard and you can process things like, just like any other death I guess then that’s, that might help. Umm, I guess just also what, what sort of… Like I think our society’s not very good at dealing with death, if you were you know maybe more of a tribal family that had more of a good process of grieving and that sort of thing and grieving was more accepted in your social circle than that could probably help. Just because I just feel if you're not supported, no one knows and you're trying to bottle it up then that’s always going to be the worst case scenario.

Researcher: Yeah. So do you think that grieving is quite difficult for someone who experiences a miscarriage?

Participant: I’d imagine so, yeah, especially in this society and if they haven’t told many people and haven’t sought out support then I’d say yeah, definitely. Well, regardless it would definitely be difficult but even more so yeah.

Researcher: Yeah. What do you think it is about our current society that makes it more difficult?

Participant: Umm. [Reflective pause] I guess everyone’s just so busy, like if you really slowed down and connected with people umm, it would be easier. [Chuckle] But everyone’s just so busy they don’t really have the time umm or energy for other people's problems so I think that’s part of it. Umm and I guess we’ve just lost a lot of our like cultural background that would have been, you know had a good process of dealing with death.
Researcher: Mhmm.

Participant: Yeah.

Researcher: Yeah. Do you think maybe an individual’s age might influence umm their negative emotions after a miscarriage?

Participant: Mhmm, to a degree I guess. I suppose you know if you're a teenager umm you have a lot of, you have a lot going on and your emotions are all over the place anyway and you probably have less tools just umm, just due to your age to deal with that sort of thing so umm. Then I guess maybe also it would depend if you had other children or you know if you were an older lady trying desperately to conceive and you hadn’t managed to have any other children and then you thought it was your last chance and you lost that, then obviously that would probably be another layer on top which would be extremely traumatic and upsetting. Umm, so yeah I suppose those sort of things not just age but yeah, where you are in your life and the situations you may be, you may be dealing with.

Researcher: Yeah, do you think even like someone's relationship status?

Participant: Umm. [Reflective pause] Umm, I don’t think so. I don’t think a relationship status would have a direct effect on the trauma you’d feel from a miscarriage.

Researcher:Yep. Do you think whether they were actively trying to become pregnant may, may influence it?

Participant: Yeah I guess so, but I don’t know at the same time I feel like even if you weren’t planning or trying to have a baby you could still be devastated by the fact.

Researcher: Definitely…

Participant: Yeah I guess yes. If you were desperately trying to conceive a baby you would probably be more likely to feel more trauma and umm be upset by it, yeah. [Chuckle]
Researcher: These are just factors that I am interested to hear whether you think they may have an influence or not, it doesn’t mean that the miscarriage experience is any easier or any harder for any individual it’s just considering these factors.

Participant: Yeah, yep.

Researcher: I was wondering as well if their culture may have any influence?

Participant: On how they deal with it?

Researcher: Yeah.

Participant: Yeah, I think definitely yes like, yeah as I said some cultures are much better at dealing with death and it would be more of an open thing and grieving would be happening umm and then their would be other cultures which would just shut it down and it would be unspoken about so then you’d be bottling it all up and would probably suffer more I’d say and just feeling alone in it, I guess as well.

Researcher: Yeah. Definitely and on that as well, do you think religions and spiritual beliefs might influence how an individual experiences it?

Participant: Yeah, definitely, yep. I guess umm, in different ways, you know some strict church religions it may be more harsh umm so you wouldn’t, it wouldn’t be as open and spoken about and you might feel more alone but you may have those beliefs that the baby is going to God umm and going to a really good place which could sort of umm in a way positively umm help that [laughter] as well so I, yes I think religion definitely would come into it umm. In both positive and negative ways.

Researcher: Mhmm. Umm, I was wondering now if whether you knew any services that support individuals that experience miscarriage? If you could maybe tell me a name or tell me a little bit about them?
Participant: Umm, I don’t know any of the top of my head that are specifically for miscarriages. Umm, I guess like the usual like Beyond Blue and like if, if you were feeling like depressed or needed like a counselling service or something like that Headspace or something like that umm to go to, to talk through it but no I don’t know of any specifically for miscarriages.

Researcher: No, that’s no problems at all and one of my last questions is have you ever heard of anyways to prevent a miscarriage and would you be able to share them with me?

Participant: Umm. [Giggle] No. I haven’t I guess there is obviously like guidelines to maintain a healthy pregnancy but I don’t think that’s necessarily…your not able to prevent a miscarriage umm all the time or much of the time anyway so just following the basic guidelines of umm you know no like excessive alcohol drinking and those sorts of things umm but yeah nothing that could guarantee the prevention of a miscarriage.

Researcher: Yeah, you are correct a miscarriage can’t be prevented, there are certain risk factors that obviously amplify the risk of experiencing a miscarriage but the most common reason why a miscarriage occurs is chromosomal abnormalities which can’t actually be prevented.

Participant: Yep. Hmm.

Researcher: Umm, are there any comments that you would wish to add or that you think you may not have been addressed that you would love to share with me?

Participant: Umm, I don’t think so, sorry that I’m a bit all over the place but hopefully you got some…

Researcher: You are not at all, you’ve been a pleasure.

Participant: [Laughing] Aww, yeah no nothing else to add I don’t think so, yeah.
Researcher: Yeah. Are you comfortable maybe then to leave it there? Have you been comfortable in this experience?


Researcher: Lovely. Well if you don’t mind shall we leave it there and I will be in contact with you through email just regarding the transcription and I’ll also send a debrief document through as well.

Participant: Great, cool thank you. Good luck with the rest of it.

Researcher: Thank you so much for participating, I really value…

Participant: No worries

Researcher: Your time.


Researcher: Bye.

**Participant F057 Transcription:**

Participant: I consent to this process.

Researcher: Lovely. So we're just gonna start off going through the criteria, as you're here I presume you meet the criteria, but we're just going to go through a couple of questions regarding it. What was your age on your last birthday?

Participant: Good question. Fifty-four. [Laughter]

Researcher: [Chuckle] Fifty-four. Wonderful. Are you fluent in English?

Participant: Yes, I am.
Researcher: And for the purpose of this study, a female refers to an individual with female sex characteristics and also a female gender identity. Would you consider yourself female?

Participant: Female. Yes.

Researcher: Ah, what is your cultural background?

Participant: Born in Australia but of European heritage on both sides of my parents.

Researcher: Aw, lovely. And do you permanently reside in Western Australia?

Participant: I do. Yes.

Researcher: And have you been here for long or?

Participant: I’ve lived here most of my life. I had a period of nine years overseas, but being here for the rest of the, rest of my life. Yeah.

Researcher: Where were you for the period of nine years, may I ask?

Participant: Canada. So my children were born in Canada as well.

Researcher: Amazing. And then for the purpose of this study, pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses, inclusive of stillbirth, miscarriage, ectopic, neonatal death and termination due to foetal anomaly. It is not inclusive of pregnancy loss by elective termination that was not deemed medically necessary. Have you ever experienced a pregnancy loss?

Participant: No, I haven't.

Researcher: So you meet the criteria of the study. So if it's okay, can we move on to a couple more demographic questions?

Participant: Sure.
Researcher: Lovely. What is your sexual orientation?

Participant: Ugh, I’m… [Laughter] I can't even think of the right word.

Researcher and Participant: [Laughter]

Participant: I have a male partner. I can’t think of the right word, sorry.

Researcher: Heterosexual.

Participant: Okay.

Researcher and Participant: [Laughter]

Participant: Sorry. There is too many words now and I can't get a grip on everything.

[Laughter]

Researcher: There is. Um, I was wondering would you consider yourself religious or spiritual?

Participant: I have been brought up Roman Catholic. And I'm not a practising Catholic but I certainly do have yeah, I do have a spiritual side to my approach to life.

Researcher: Yeah. Wonderful. I was wondering what is your ethnicity?

Participant: Born in Australia, with Italian and Croatian parents.

Researcher: Lovely. Your highest level of education completed?

Participant: A master's degree.

Researcher: May I ask what that is in?

Participant: Masters of Business Administration. So MBA.

Researcher: Awesome. And what is your current occupation?
Participant: Consultant, marketing consultant.

Researcher: Lovely. And this one does not have to be specific. So just low middle or high, your social class?

Participant: As an income?

Researcher: Ah, yeah. So your social-economic class?

Participant: Yeah, I'd say high.

Researcher: High. Yeah.

Participant: Yeah.

Researcher: And this one again, doesn't have to be specific, just a rough estimate. Household income?

Participant: Yearly?

Researcher: Yes.

Participant: Sorry, I'm thinking? Between four and five-hundred thousand.

Researcher: Yep. Wonderful, and members living in the household with you?

Participant: My husband and two children.

Researcher: Beautiful, that's all my demographic questions. Now I kind of want to get to know you as an individual. Can I maybe ask for a sentence describing yourself?

Participant: Oh.

Researcher and Participant: [Laughter]
Participant: Oh, that’s hard. [Laughter] Oh, how would I describe myself. I'm, I'm a mother essentially. I enjoy an active lifestyle. I have great social connections with friends and family is probably my priority.

Researcher: Aw, wonderful. What would you consider are five of your core values?

Participant: Oh, that's also very interesting, five of my core values… Integrity, honesty, trust, loyalty, and friendship.

Researcher: Oh, lovely. And so how would you describe your view of the world? We have the analogy the cups half-full or the cups fully full. What would you consider yourself?

Participant: I’m probably more of a half-full person.

Researcher: Yeah. And would you say your view is unique from others?

Participant: Hard to say. I mean, my views probably formed by the fact that I've had some adversity in my life, which is probably made me less of a positive person then I would like to be. [Laughter] So yeah, it's I can't really compare myself to others. It's hard to hard to say.

Researcher: Yeah. And I was wondering when you mentioned the adversity in your life. Would you say that is kind of what has shaped your view of the world?

Participant: As I've got older, yes, I think so. Just through…Yes, through some not great medical situations with family members, etc. And losing family members, sort of at young ages. So yeah, I'd say that probably has. Yeah.

Researcher: I’m really sorry for your experiences.

Participant: Thank you.

Researcher: I was wondering now if we could consider what it means for you to be female. Would you maybe give me your thoughts regarding yourself as a female?
Participant: I find that really hard because I've only ever thought myself to be female. It's just, it's essentially who I am. I've never had any other thoughts or any other orientation. So yeah, being a woman, being a mother. A nurturer. Yeah, that's just. Yeah. It's hard to sort of go outside of that, I think for me.

Researcher: Yeah and what would you say are core aspects of your female identity?

Participant: I don’t really…That's actually a really hard question. I don't know. It's just so intrinsic to who I am. I guess just being as I said, a mother, a nurturer, a carer…I know they’re not necessarily just female characteristics but it’s that’s essentially about who I am.

Researcher: Yeah, I was wondering in general what are core aspects of a female identity, in general, do you think?

Participant: Ah, to be honest, I honestly do not know how to answer that question. Because things have changed so much and yeah, I really find I'd struggled to actually answer that. Sorry.

Researcher: No, no, no apologies at all. I was wondering then what do you think has kind of shaped your view of females?

Participant: I’d say probably my family. You know, I grew up in a family with just basically a Mum and two sisters and my Dad. So that's a predominantly female household. So I say that that would be yeah, that would be what shaped.

Researcher: Oh, wonderful. I was wondering now if we could consider your past and present romantic relationships. You said earlier that you're in a relationship with a man?

Participant: Yep.

Researcher: Have all your relationships always been with men?
Participant: Yeah, all my relationships have been with men. Yes.

Researcher: And I understand you said earlier that you've had children?

Participant: Yes.

Researcher: In your relationships have you always wanted to conceive children?

Participant: Yes. I've always wanted to be a Mother.

Researcher: Yeah. Can you tell me about always wanting to be a Mother? What does that mean for you?

Participant: I guess a lot of it's just it's about wanting to experience family life. And, you know, and I think… I think women, anyone that's had a pregnancy I considered to be a Mother. But for obviously, you know, that's not something that you would consider… You don't consider pregnancy loss when you're talking about wanting to be a mother, you obviously hope that you have living, living children. So yeah, so I guess for me, it's about that experience of family life.

Researcher: Yeah, that's beautiful. And I was wondering if we could maybe discuss your pregnancy history?

Participant: Sure.

Researcher: Could you maybe share with me a story about your pregnancy experience?

Participant: So I had both of my children when we were living away from Perth, so I didn't really have family around. It was probably not the easiest, um wasn't the easiest way to experience a pregnancy when you're in a new country and don't know many people. I found out that I was pregnant with my first child, literally when we got off the plane to arrive in Canada. So it was an interesting, that was an interesting journey that year of not really having
a support network, through my pregnancy. And I'd say after having my first child, I probably had a bit of postnatal depression, just from not having, you know, a support network around and just struggling with being a first time, Mum. So yeah, that's that was the first you know, like I was lucky then to get pregnant again. So second time round was probably a bit easier. I was more established. I had a network of friends by then. So, yeah.

Researcher: Thank you again for sharing that I understand that would have been a very difficult time for you.

Participant: Yeah, was different, wasn't what I expected. That's just…Let’s leave it there. [Laughter]

Researcher: Yeah. I was wondering, did you have any complications throughout your pregnancies?

Participant: Not, not terrible. complications. I did have with my second child. I probably for the last six or seven weeks, I was very limited in my mobility because once my baby had sort of stopped moving, he was pressing on a on a nerve that made it very painful for me to walk so I was just limited in mobility and sort of house bound, those last sort of six weeks, probably where I was kind of having to furniture surf around the house because it was just very painful to walk. So yeah, other than that, I was very lucky. They were they were fairly, I guess, fairly easy compared to what a lot of other people go through.

Researcher: Mm. Yeah. And I was wondering, at what stage of your pregnancies did you announce that you were pregnant?

Participant: We waited to after that twelve weeks and, I think not too close friends, not to close family and friends, but to sort of the wider, wider sort of circle. We didn't tell until after the twelve-week mark.
Researcher: Yeah. And I hear you saying the twelve-week mark, who told you about the twelve weeks?

Participant: You know what, now that you're saying that, I don't even know where that comes from. I think that's something that I just, everyone kind of back then, which is we're talking twenty years ago, was kind of the standard that everybody sort of said, well, once you pass the twelve-week mark, you know, your chances of miscarriage are much less, so you're at that point of everything generally, like usually being okay. When I think about it, though, I honestly feel like if I had gone through a pregnancy loss, I would much rather have had people know… I would rather that my friends knew, I would rather have that support than, you know, trying to keep it quiet. I don't understand why there's that, there was certainly that back then that whole thing of don't tell anybody until you're past the twelve weeks safe mark. I really don’t understand why but it just kind of was back then. And I hope that it's better now because I think obviously if you do go through miscarriage and pregnancy loss, you need that support more than ever, and it'd be much harder to not have told people about it. So yeah, I'm just not sure why that, why that ever became a thing. But it just did.

Researcher: Yeah. No, that's that's completely okay. I. So, I’m… From what I'm hearing, if you were to go through pregnancy now you would prefer to help people earlier than the twelve-week rule?


Researcher: And for you back then do you think it was just that social kind of aspect and what you were told as to why you waited? Or was it?

Participant: I think so, yeah, I think so. I think that was probably, yeah. I think that was just because that's what people did and it was just the socially acceptable way to, to do it. And I guess for us I mean, our friends and family knew in Australia but because we were in
Canada, didn’t really have people to tell anyway. [Laughter] Because didn’t really know anyone. So, anyway. [Laughter]

Researcher: I was wondering have you ever accessed health services for a medical issue that could have influenced your ability to fall pregnant or did influence your ability?

Participant: So we did. We struggled to fall pregnant after we had been trying for quite a while before we eventually fell pregnant and we had, we had had some investigation done here in Australia. And it was around the time that we knew that we would be going to Canada and so we were told that our best chances were to, to try and go through IVF. And so we had been to Canada on a short whirlwind, have a look at the place sort of trip and when I'd actually… We'd actually made a booking with the IVF clinic for when we arrived back in Canada when we were coming back. And turns out I was pregnant before that appointment so we didn't end up having to go down that path. But we did think we were going to.

Researcher: Yeah, and I was wondering, having that experience did that influence your kind of conception of pregnancy?

Participant: It did to an extent. I mean, it certainly made me a lot more fearful of miscarriage, just knowing that it was hard for us to fall pregnant. It was, you know, scary that that could obviously still, still happen early in the earliest stages of the pregnancy. So yes, it definitely did. And I had friends that were going through IVF around the same time. So you know, it was something that I was well aware of, and you know, yeah. And so it was certainly a big part of life and yeah.

Researcher: Yeah. And I was wondering, have you ever been to an event that celebrates pregnancy? Participant: What sort of, are you talking about? About a shower or?

Researcher: Yeah, like a baby shower?
Participant: Yeah, definitely. I mean, I didn't have, I didn't have one for myself. But I've certainly been to many others. Yes.

Researcher: What kind of topics of conversations do you hear at the baby showers?

Participant: Usually it's, usually just talking about people's pregnancies and you know, how they're coping. And yeah, it's, I guess just an exciting time, obviously, for everybody that's there, but obviously, especially for the woman that's pregnant. Yeah, no, I just, I didn't have one. It wasn't sort of something that I, I mean we were away as I said, so I didn't have close friends around. But I don't know that I would have had one even if we were back in Australia. But just maybe not my, not my thing.[Laughter]

Researcher: [Chuckle] Yeah, no. I was wondering at the pregnancy events…At the baby showers that you've attended, what kind of stage are the individuals in their pregnancy when they hold the events?

Participant: They seem to be sort of six months or so I think. Most of them have been on the, in the later stages and some of them probably even later than that. From what I can remember, I've been to one not that long ago, my sister-in-law, and I think she would have been six or seven months. Yeah.

Researcher: And at the events that you've attended, have you noticed any accommodations for an individual that may be struggling to attend because of their pregnancy history?

Participant: Yeah, it’s funny, I was just thinking that when you said that, and no, I don't know. I wonder whether people are aware enough. I don't know maybe, maybe the I don't know if there's been women there that have had it, you know, at the events that I've been at that have struggled with the with pregnancy loss, I don't know. But I can imagine how difficult that would be. And certainly, if it was me, I don't know whether I'd be able to attend an event like that when I had lost a pregnancy. I think that would be very difficult.
Researcher: Yeah. I was wondering what do you think would be an appropriate accommodation to make for an individual that might be attending who would be struggling to attend because of their pregnancy history?

Participant: I find... I'd find that very, it'd be very difficult I think. I mean, apart from obviously a conversation with that person and try and trying to be empathetic, but that's also very hard when you haven't been in that situation yourself. So it's very hard to really understand and to put yourself in their place when you haven't experienced it. I can’t imagine how hard it would be.

Researcher: Yeah. Yeah. I was wondering, has anyone ever disclosed to you that they've experienced a miscarriage and discussed aspects of it with you?

Participant: Not at the time. This is the thing, which I find really interesting because there's only you know, it's only been much, much later on that I have heard of friends of mine that had lost babies that at the time didn't say anything. So that then yeah, and I just find that really, that would just be really, really hard. So it's only been, I'd say, you know when usually it's someone that maybe then went on to have a full-term pregnancy and later on would say oh yes, you know I lost a baby between number two and number three, or I lost my first baby, etc. But at the time I've never had anyone actually disclose to me when it's fresh when it's freshly happened.

Researcher: Yeah. And when people do disclose it to you, do you feel comfortable in those conversations?

Participant: Oh, yes, I do. Because I mean, you know, obviously, it hasn't happened to me, but I could certainly understand how awful it must be and how difficult it must be especially when you're you know, in a situation where people around you are having healthy, you know, full term pregnancies. Yeah, it would just be so, so hard. And I mean, you can only provide...
support and try to be understanding, but it would be… I don't feel uncomfortable. I just feel empathy.

Researcher: Yeah. And I was wondering, what do you think would be a supportive comment to say to an individual that's experienced a miscarriage?

Participant: Ugh, just I think the only real thing that you can say is that you're there to listen and you can be there for anything that they need. I don't think, I’d hate to hear people saying things like, you know, you can try again, I don’t think that's helpful in any way, shape, or form. I think it's more about just being there to listen and being able to provide some support if they need it.

Researcher: Yeah, definitely. And I was wondering, with the unhelpful comment that you said, have you heard many of those comments being said?

Participant: I haven't. I haven't heard that being said. But I can imagine that there are situations where people think they're helping and they're not, you know, just, you know, no one’s, people aren't trying to be, they're not trying to make things worse, but sometimes, you know, don't really, I guess, understand the impact of what they're saying. So.

Researcher: Yeah. And I was wondering, do you consider miscarriage a public or private matter?

Participant: I think it's dependent on the person that's experiencing it. It's completely up to them, if they want to talk about it, then obviously, that's completely fine and if they want to keep it a private matter, then that's completely fine as well. I think it's just purely personal.

Researcher: Yeah. And I was wondering, have you ever heard of miscarriage within the workplace?
Participant: Um, not while I was working with anybody… I know a colleague that did miscarry but it was after I had left that workplace so. I did I think I did get in touch with her. But no, I mean, I wasn't seeing her on a day-to-day basis at that point so.

Researcher: Yeah, no, no, that's okay. I was wondering, have you ever been involved in something that commemorates the loss of a baby due to miscarriage?

Participant: No, I haven't. No, I haven't, but I can understand how important that sort of ritual would be.

Researcher: And do you know of any rituals that are appropriate to do to commemorate the loss of the baby due to miscarriage?

Participant: Well, I mean, I think some people go ahead and have funerals. I know, at a hospital they have got a garden there specifically for lost pregnancies. And I think that's, that's fantastic. And you know, I think whatever, how people want to, to celebrate that child or commemorate or, however it is, even if it's about getting closure for yourself. I think it's completely personal. And I think yeah, I would support anyone in any way they want to do that.

Researcher: Yeah. Have you ever heard of a certificate?

Participant: Of a sorry?

Researcher: A certificate.

Participant: A certificate of birth or?

Researcher: Just a certificate of acknowledgement.
Participant: I haven't heard of it, but I think that would be something I think that would be really useful for, for many women to acknowledge that this actually happened and that it was real.

Researcher: Yeah, so only as of 2021, individuals can receive a certificate if the pregnancy was to be lost before the 20 weeks. Before this, they couldn’t receive this certificate and the certificate now is a certificate, sorry, of early recognition of… A recognition of early pregnancy loss and it can't be used for any legal services. It's just simply to acknowledge the individual's experience.

Participant: Experience, yeah.

Researcher: Yeah, so you haven't heard of that coming in?

Participant: I haven't. I haven't.

Researcher: No, no, that's okay. And as you said, what do you kind of think the purposes of a certificate would have?

Participant: I think it's to acknowledge what somebody's been through, the loss that they've experienced and that it was something that was very real, and that they that they've lost a baby, they've lost a child. And I think that would be something that a lot of women would find very helpful.

Researcher: Yeah, definitely. I was wondering, do you know what type of an individual is likely to experience a miscarriage?

Participant: I wouldn't have thought there was any type. I would have thought it could happen to anyone.

Researcher: Mm and have you ever heard of a way to prevent a miscarriage?
Participant: I mean, the only things I would say is just that, you know, some of the healthy eating advice that you get, and it doesn't necessarily prevent a miscarriage, but it may, I guess, I don't know it may help with the healthy development of the baby. I'm not really sure but I don't know that there's any way you can prevent it, apart from you know, obviously not doing drugs and drinking alcohol, things like that which may have a terrible effect. But yeah, I'm not aware of anything. Anything else.

Researcher: I will disclose to you, you are correct. Miscarriage does not discriminate. It can happen to any individual, it happens to one in every four confirmed pregnancies.

Participant: Yeah.

Researcher: Most common reason why it occurs is chromosomal abnormalities. And unfortunately, it is not preventable, but as you said there are other factors that can increase your likelihood of experiencing miscarriage, but I only ask these questions, questions to hear your knowledge surrounding miscarriage.

Participant: Sure.

Researcher: Yeah. Apologies. I was wondering have you ever heard of any services for individuals that have experienced a miscarriage?

Participant: Well, I know when I was working within a hospital they certainly had outreach services for women post-miscarriage or stillbirth. So I'm pretty sure there's lots of those sorts of services around but I can only go on the fact that I worked at a hospital, so I knew that that was in place. I'm assuming it still is.

Researcher: And what kind of services do you think would be appropriate for an individual that's experienced a miscarriage?
Participant: I’m assuming counselling would be the main thing. Just yeah, I would just, I would think counselling and support through, through mental health programmes etc. Yeah.

Researcher: Yeah. So following the experience of miscarriage research demonstrates that individuals who experience miscarriage commonly feel really negative emotions of grief, devastation, and anger. Are there any factors related to the miscarriage experience that you believe or that you've been told that would lessen the amount of negative emotions an individual may feel?

Participant: Yeah, I mean, it's hard to say I would hope that with you know, with the right counselling, people would realise that they've done nothing… Like it's nothing that they've done that's caused it but because I'm assuming that the guilt must be something very hard to, to come to terms with but obviously there's no fault when someone experiences a miscarriage. So we just hope that there's enough information out there that people get that information to know that there's not, it's nothing that they've done. It's something that, you know, you can't have prevented in most situations. So, yeah. I would hope that though, that information about those sorts of things, I would hope would lessen the awful negative emotions that people would feel.

Researcher: Yeah. I was wondering as well, do you think an individual's age would have an influence on the amount of negative emotions they would feel?

Participant: It's hard to say. I guess if it was a young… If it was an older person that has been struggling to fall pregnant, and then they've unfortunately had to experience a miscarriage. I imagine that probably would be perhaps even harder to accept. I don't know. Maybe for a younger person, they know that they're going to have other opportunities. I know that you don’t, it's not, it's not the same and it's not doesn't lessen the effect of what they've been through. But maybe I'm not really sure.
Researcher: Yeah, and there's no right or wrong answers, we are just considering the influence of some contextual factors surrounding the miscarriage experience. I was wondering do you think an individual's relationship status would have any influence?

Participant: On the negative?

Researcher: Yeah.

Participant: Emotions. You would hope that if someone had a supportive partner, they would be able to help them through that experience, the shared experience, it may make it a little bit easier, I guess then for someone that's going through it on their own. Yeah. Hard to, hard to say?

Researcher: Yeah, I was wondering as well, whether an individual was actively trying to fall pregnant or whether they were not actively trying to fall pregnant when they fell pregnant. Do you think that would have an influence?

Participant: I think maybe, yeah, maybe. Maybe it would for someone that has been trying and trying and trying and, you know, really, really wanted a child or I think maybe it might be harder for them than somebody who wasn't really expecting to fall pregnant. I'm not one-hundred percent sure, though, because maybe, you know, once you are pregnant, a lot of that can change how you feel about the baby. Would change, would change, I guess. So it's hard to say.

Researcher: Yeah, yeah. And I was wondering if an individual's culture would have an influence?

Participant: Possibly, yeah, I don't know. It but it's possible, but I really couldn't say for sure.

Researcher: Yeah. I was wondering maybe if you could speak to the Australian culture regarding miscarriage?
Participant: I, yeah. I mean, I think it would just, as an Australian, I think you just… It's just sadness that you’d feel and for anyone that's been through a miscarriage. I don't think there's yeah, yeah. I mean, that's really all I know, is how an Australian would experience it. And I guess that's sort of what I, the way I’ve been answering the questions.

Researcher: In terms of Australia though, how do you think we are at supporting individuals that have experienced a miscarriage?

Participant: Hard to say. I think we kind of as a culture, we are often come on, just get on with it kind of, a lot of people may have that, that approach. So we do tend to have that, you know, easygoing. Yeah, she'll be right, just get over it and move on sort of approach to a large degree. So that's not helpful. [Laughter] I don't think. So yeah. Maybe we're not as empathetic as we could be as a culture.

Researcher: [Chuckle] Yeah. And this is my last question. What do you think…If an individual is religious or had spiritual beliefs, how do you think that would influence their experience of miscarriage?

Participant: Sorry, I just, you just froze for a second.

Researcher: Sorry, If what, how much did you hear?

Participant: I heard if, if an individual was religious, and then I kind of…

Researcher: So if an individual was religious or had spiritual beliefs, how do you think that would influence their experience of miscarriage?

Participant: Yeah, that's a hard one as well. For some people, some people probably might feel that there's a reason because of their faith, etc. They have. The approach of everything happens for a reason and I've got to trust in God or etc. Other others may feel that it actually turns them against their faith saying why did this happen to me. This is not fair, etc. So I
think it could go both, both ways, really. Some people may feel, may have better understanding and feel much more support because they feel like it's God's will. Other people may turn it the other way around, so and just have anger. So it's yeah, that would be very personal, I think as well.

Researcher: Yeah. Yeah, definitely. That's all my questions I have for you today. Do you have any comments or any questions for myself?

Participant: No, no. I found the questions challenging actually. [Laughter] Harder than I expected.

Researcher: Aw, I’m sorry. [Laughter]

Participant: I felt like I couldn't really answer some of them very well. So hopefully, it's been, been of some use to you.

Researcher: Oh, you have been incredibly helpful, and I sincerely apologise that they were difficult. I hope they weren’t too much or to straining or anything.

Participant: [Laughter] No, no, that's okay. It made me think and reflect a lot so. [Laughter]

Researcher: Well if you're happy to, shall we leave it there for today?

Participant: Sure. Sure.

Researcher: And I just want to again, say thank you so much for contributing your time today and having this interview with me.

Participant: You're welcome.

Researcher: I’ll be in contact through email, and I'll send her a debrief letter and also our transcription.
Participant: Okay, great. Well, good luck. I hope it all goes well, with your project. I'm assuming it's a long, long process. You've got to collect all your data, do all your analysis, or do you write up, ect. So I imagine you're talking a couple of years. [Laughter]

Researcher: It is a very long process. No, I appreciate your well wishes.

Participant: No worries.

Researcher: Have a lovely day.

Participant: See you.

**Participant H037 Transcription:**

Participant: I consent to this process.

Researcher: Lovely. So we're just gonna go through the criteria of the study. As you are here, I assume you meet the criteria, but we're just going to check a couple of the questions if that's okay?

Participant: Sure. Okay.

Researcher: What was your age on your last birthday?

Participant: Forty-nine.

Researcher: Wonderful. Are you fluent in English?

Participant: Yes, I am.

Researcher: For the purpose of this study, a female refers to an individual with female sex characteristics and also a female gender identity. Would you consider yourself female?

Participant: Yes, I do.
Researcher: Yeah. What is your cultural background?

Participant: I’m English. So I grew up in England and then yeah, so that is my cultural background, really? Yeah. I moved to New Zealand when I was twenty-nine, lived there for five years and then moved to Australia and lived in Perth for fifteen years. Parents are both…We’re both English. Yeah, really, very, very much English heritage. Yeah.

Researcher: Beautiful. Do you permanently reside in Western Australia?

Participant: Yes, I do. Yes.

Researcher: And did I hear that correctly, was it fifteen years?

Participant: Oh, yeah. Gosh, I lose track around that we moved when my middle child was two and she's now seventeen, so fifteen years? Yeah, yeah.

Researcher: Wonderful. And then for the purpose of this study, pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses inclusive of stillbirth, miscarriage, ectopic, neonatal death and termination due to foetal anomaly. It’s not inclusive of pregnancy loss by elective termination that is not deemed medically necessary. Have you experienced a pregnancy loss?

Participant: No.

Researcher: So you qualify for the study, you meet the criteria.

Participant: Great.

Researcher: We are just going to move on to a couple more demographic questions now.

Participant: Okay.

Researcher: What is your sexual orientation?

Participant: Straight, heterosexual.
Researcher: Do you have any religious or spiritual beliefs?

Participant: Not really. I was brought up Christian but not in a very kind of strong way. And honestly, I would say now I'm just yeah, I don't have a religious belief. As such.

Researcher: What would you consider your ethnicity?

Participant: Caucasian, European? [Chuckle]

Researcher: Yeah. [Chuckle] Your highest level of education?

Participant: A master’s degree.

Researcher: And as we were discussing it before, it was in the…

Participant: Counselling and psychotherapy masters.

Researcher: Lovely and what is your current occupation?

Participant: I’m a counsellor and support services coordinator for health organisation.

Researcher: Oh, amazing.

Participant: Oh, yeah. Yeah, it’s lovely, it’s a good job.

Researcher: Ah, this one doesn't have to be specific, but your social class just low, mid or high?

Participant: Mid.

Researcher: Same thing here, your household income? Doesn't have to be specific just over a certain number.

Participant: Over, over?

Researcher: Just a number that you would say roughly about?
Participant: Seventy thousand annually. Yeah.

Researcher: Wonderful. And members living in the household with you?

Participant: Me and three daughters.

Researcher: Beautiful. That's all I have for my demographic questions. Are you happy to move on to a bit longer questions now?

Participant: Sure. Yeah, that's fine.

Researcher: So I want to get to know you as an individual. Could you give me a sentence describing yourself?

Participant: [Laughter] Oh that's so hard. Oh, gosh. I find that so hard because there's so much you potentially could say. Okay, well, I'm a Mum. That's a very big part of my identity, I guess. Because my kids do take up a good part of my life. I'm someone who likes a good balance of work and fun and I like keeping fit. It's not really describing myself at all. I just find that question so hard. [Laughter] I'm sorry.

Researcher: [Chuckle] I think you did a wonderful job. What would you consider a five of your core values?

Participant: Um, kindness to others. Oh, wow, gosh, I should have thought about these things. Um, integrity and honesty with what you do and what you say and how you behave with other people. Family is a top priority for me, that's a real value to me. But also you know enjoying life, you know self care boundaries, basically, trying to have a quality of life, not focusing on money and things. Um, open mindedness I guess to other people, because you don't know what they've experienced, what their, what's happened to them. So just trying to be non judgmental of others, I guess. And yeah, not jumping to conclusions about people.
Researcher: Yeah. Yeah, I think that's wonderful. I was wondering, how would you describe your view of the world, so we have the analogy the cups half full or the cups fully full, what would you consider yourself?

Participant: I wouldn't, I would like to say fully full. [Laughter] But I think I'm probably more… Ah, I don't know I think I'm probably half full but I guess I see that you know, sort of happiness is… Things happen in life that are hard and you know, it's how you respond to them, isn't it? So I'm not someone when something happens to me that I've just think oh, that's awful and look on the negative side of it. I try and think okay, what, what can I gain from this situation personally? You know, and, you know, yeah, it's not all bad. If something bad happens. It's not all bad. There's all, there's genuinely something good that comes out of it as well.

Researcher: I think that's a lovely quality.

Participant: Well, I try to you know, I mean, obviously, sometimes bad things happen and for a while, it's you know, but yeah, but I guess yeah, I think I'm definitely more half more full than an empty cup.

Researcher: Would you consider your view unique from others?

Participant: I think it's a real balance, isn't there with people. I think some people you know, when they view the world when bad things happen, kind of blame or say, oh you know, why is this happening to me and kind of look on the negative of it. And then some people are very positive and you talk to people and they've had the most terrible, terrible things happen in their life, and yet, they're still really resilient. And, you know, so I think there's a real mixture of people and I don't know, where I fall on that scale. You know?

Researcher: Yeah. And I was wondering what has shaped your view of the world?
Participant: Well, I suppose the way I was brought up, I went to boarding school, I think that had a massive impact on me. And then you know, but I came from two very you know, loving parents, which is definitely shaped how I am now. I have been very fortunate, I think, in my life, and been given lots of great opportunities to do all sorts of stuff and also travel which I think really does open up your eyes to so much, doesn't it? You know, if you see different cultures, different places, you just see a whole different way of living. So that's definitely shaped my life. And then events that have happened to me have had an impact like my marriage breaking up has definitely shaped how, and where I am now and having children has had a massive impact. I don't think I'd be the same person if I hadn't had children as I am. So I guess it's a combination of how you know the my background how, who, my family, and my childhood and then, you know, events and the way relationships I've had throughout up until now.

Researcher: Thank you for your vulnerability and sharing that with me also, because I know it would have been difficult to share. So I really appreciate you sharing that with me.

Participant: That's okay.

Researcher: I was wondering now if we could discuss a little bit what it means for you to be female. So what would you say are core aspects of yourself as a female?

Participant: I think females…I think females are very supportive of each other on the whole and very willing to you know how, be empathic, talk to each other, support each other in an emotional kind of way. And, as I've said a couple of times being a Mother is a big thing. You know, and I very much I don't you know, the role of the Mother and everything that that brings up for you as a person and the way you behave and the feelings and yeah. I think women are very collaborative in work situations. Not all, I mean, obviously, there's, there's variations, but yeah, I think women when you look at what's going on in the world, now, it's
men just making such terrible decisions about so many things, and you just think, oh my God, I mean, I'm not saying all men are bad, either. There are some amazing men, but you know, yeah. So right now in the world, I think women could be doing a much better job of things than men and because I think that's because they are just more empathic maybe or just, I don't know less aggressive or less violent. Yeah.

Researcher: Yeah. I can hear that you're saying that females have a lot more like emotional connecting qualities. What else would you consider are core aspects of your own female identity?

Participant: Well, also, I mean, yeah, the emotional side, but then also, I think women are very intelligent and funny, and, you know, can be very strategic and, but just in a less destructive way, I suppose. So it's a really hard question. I don't know. I mean, I guess I just have always felt so female. But when you actually, I've never really thought what you know, when you ask it straightforwardly like that. I don't. Yeah. What is it? That's yeah, the most emotional side of things but also just awesome.

Researcher and Participant: [Laughter]

Participant: Females are just, yeah, I don't know. I don't know what else to say, really?

Researcher: That’s okay. In general, what is like what is a female in general, how would you define a female?

Participant: Well, are you talking biology?

Researcher: Just in terms of if you were to see an individual, what qualities about them would make them female?

Participant: Well, again, that's really difficult, isn't it? Because I mean, a female really, but then you've got people who identify as female who biologically are not female. And then you
could say, well, being female is that sort of feminine, sort of feminine, sort of appearance and way of moving things like that. But then you've got males who are also like that, so and then everything I've said, that's good about being female, like empathic, collaborative, you know, all those things. Men can also be so and then you can have females who are again completely contradicting from what I said before who are extremely aggressive and bitchy towards each other and, you know, so I don't think you can really define it so clearly anymore. I think maybe it used to be more you know, but now, I think, because people are so much more open you know, in terms of letting all parts of themselves, be a bit more visible. Perhaps, you know, people who have you know, women would never have been, you know, you'd be criticised years ago for being ambitious or you know, if you argumentative that as a female trait you know, that's all very, very negative. And I think now women are more able to show them more masculine traditionally, aspects of themselves. So I don't know other than how you feel yourself, I suppose. I mean, you've got men who feel female and identify as female and females who, you know, vice versa. So I don't think you can really define it very easily.

Researcher: Yeah, I think you did a lovely job just then. I think what you said was wonderful in terms of whatever an individual feels like, that is what they are.

Participant: Yeah.

Researcher: I was wondering what has shaped your view of a female identity?

Participant: Um. Well, yeah, I suppose even in my lifetime so when I was a child, it was you know, you didn't have you know, transgender just wasn't a thing. So, you know, it was very much more female. You know, sort of more, but then even sort of in the 80s you had celebrities starting to experiment a bit more with their looks to look more feminine. So I suppose what shapes everything, isn't it? It's like your family's background, how you're brought up, the people you come into contact with, what social media is, you know, showing,
it’s just sort of information all the time, but it's constantly changing. And now you know, it's so much more varied and fluid and just, everyone's so much more accepting of people and how they want, choose to live their lives and how they choose to look, feel, identify, you know, so yeah.

Researcher: Yeah, wonderful.

Participant: I suppose what's going on in the world is constantly shaping. Yeah, my view as well and how things change. Hmm.

Researcher: Yeah, I was wondering now if we could consider your past and present romantic relationships. Have you always been in heterosexual relationships?

Participant: Yes.

Researcher: And in your relationships, I understand now that you've had children, but have you always kind of wanted to conceive children?

Participant: Yes. Always.

Researcher: Yeah. Can you tell me a little bit about what conceiving children meant for you?

Participant: Um, I always, I just never would have…There was never a time in my life when I thought I wouldn't want to have children. I don't know. I guess I always wanted to be a Mum and have a family and have that family life but then I can also now, as now I've had children see the advantages for women who choose not to have children. My sisters chosen not to have children. And you know, I can can see how then you know you have a lot more freedom, more money, less ties, but then I think personally for me it would feel a bit empty. And then having had a marriage break up. I think, you know, if you're an adult with no children, your relationship with your partner probably is, you know, the key relationship and then if that breaks up, your left…Whereas for me, you know, my children are just such a
strong part of my life. You know, I just can't imagine not having children, really for me, but I
can see why people would choose not to, you know, I can see the appeal of that as well.

Researcher: Yeah, just in discussing your children, could you maybe share with me a story of
your pregnancies?

Participant: Yeah, okay. So my first… [Chuckle] Well, this is the thing, see I always just
wanted too, so when I got… So we were living in New Zealand, we’d just gone to New
Zealand when I first got pregnant and we backpacked around for a bit and then we sort of
settled in a city, but it probably wasn't an ideal time to have a baby in that. At the time.
Neither my partner I think, had even sort of permanent jobs and I think we was quite
transient. But we both knew that, you know, we made the decision to stop trying not to have a
baby, so you know, knew it might happen. And then yeah, I was really thrilled when I was
pregnant and then we decided we're settling in this city And just I remember feeling really
scared about the responsibility of it. And you know, I was like, wow, gosh, you know, but at
the same time, I was really pleased and excited to be pregnant. And I love being pregnant
actually, with all three. You know, I just, I think it's such a magical time for you know to be
pregnant and to the fact that our bodies can do that and grow a baby. You know, and I just
think it's incredible. Really, and to feel the baby moving inside is amazing. And yeah, I've
honestly I really loved being pregnant. I wouldn't want it to go on any longer than the nine
months.

Researcher and Participant: [Laughter]

Participant: It was a very magical time.

Researcher: Yeah. I was wondering did you have any complications throughout your
pregnancies?
Participant: Morning sickness a little bit but not really severe or anything like that. With my third one, I had a really puffy ankle. Where I did wind… I had to go I went and had an x-ray. I did go have it looked at by a doctor because it was really puffy foot and puffy ankle, just towards the end. But no, not really. I think I was really lucky, honestly and had very felt pretty well, tired but you know, pretty well throughout all pregnancies and nothing that severe at all. Yeah.

Researcher: And I was wondering, when did you announce your pregnancies, with each pregnancy?

Participant: Quite early because people would say, oh don't tell anyone till you're twelve or thirteen weeks because if you're going to lose the baby, you know. And then, but then I think well, I mean, I didn't tell everybody but I told people close to me like close friends. I probably told my parents, you know, maybe eight weeks you know, when I when it was definite, I told them and then I tell close friends definitely before that sort of twelve week safety thing because I think if you're going to then lose the baby, then at least people can be sympathetic about the loss rather than just secret you know? Don't tell anyone and then you lose the baby and yeah, nobody knows what you're going through kind of thing. So. Yeah.

Researcher: Yeah. And so for you, I'm understanding that the twelve week rule was, was that medical advice or who told you that?

Participant: I don't think it was officially told me it was just what… It must have just been what I'd heard or what was said, you know, yeah. So this is, my eldest is now eighteen going on nineteen. So this is you know, a while ago, I don't know what people will be told now whether they'd still be told that but I mean, if anyone ever said, I guess if someone said to me, oh, you know, that I would say, well, you know, tell people when you want to tell people because if you are going… If something's gonna go wrong, as long as it's people who would
be sympathetic towards you if you were to you know, so I guess you probably wouldn't tell your work, your boss or you know, because unless you had a really good relationship, friendship relationship with your boss, you know, things like that. Yeah.

Researcher: Yeah. And I was wondering, have you ever accessed any health services for medical condition that could have influenced your ability to fall pregnant or did influence your ability to fall pregnant?

Participant: Well, I did have a termination. I had an abortion when I was twenty, early twenties. I, you know, and so I guess that that did kind of it was sort of in my mind, gosh, I hope that doesn't have any impact on my ability to get pregnant. You know, when the time is right sort of thing. But other than that, no, nothing else.

Researcher: Thank you for sharing that with me. I was wondering, did that experience kind of change your conception of what pregnancy meant to you?

Participant: What having a termination?

Researcher: Yeah.

Participant: I don't know. I mean, I - I just knew at the time, because I again, you see it was because I always wanted to have children and so even then, honestly, though, at that time in my life, you know, I just come back from travelling around Australia back to England. I was living with my parents. I didn't have a job. I was just about to move to London to move in with a group of friends and go and live and work in London. It was just there was no way for me personally, I could have had a baby… Well, I mean, obviously I could have but you know if I had had the baby, I would, that would have been from my point of view my future in terms of work and living. Totally, not what I had wanted for myself or for a baby. So you know, so I guess in terms of changed my views, maybe just consolidated the fact for me how, that I knew I definitely did want to have children and the experience of being pregnant is just
I felt very powerful. And it wasn't an easy decision at all, you know? Well, it was a kind of easy decision, as in I know, this is the right decision, but the emotional impact it had on me was obviously, you know, was considerable at the time. Yeah. But I told my parents and they were very supportive and I told my close friends and they were very supportive. So I felt like I had, you know, support through that time.

Researcher: I’m really glad that you had a good social network with you at that time. It sounds like it was a very difficult experience and again, I'm really appreciative for you being so vulnerable and sharing that with me. I was wondering, have you ever been to an event that celebrates pregnancy?

Participant: Um, I don't think I have… Not really. No.

Researcher: Like a baby shower or?

Participant: Oh, no, no, because…No, I never had a baby shower and I don't think I've ever been to anyone else's baby, either. No, I don't think I have… I don't know if it just wasn't what we did. So I, two of my pregnancies were in New Zealand and one was in Australia. No, I mean, I went to a antenatal classes. That's not really the same. It's not really celebrating pregnancy. No.

Researcher: No, no, that’s okay. I was wondering if you have you heard of baby showers and stuff. Participant: Oh, yeah. Do you know probably the reason why because so my first pregnancy we'd just gone to, we’d just moved to a New Zealand city and I didn't really have a circle of friends as such. Whereas I think if I had been in England and it'd been, maybe my friends in England, like old friends would have had baby showers and things like that. Because I guess in the city in New Zealand that was sort of the, I didn't know anyone else who was falling pregnant. Yeah, and then second time round. So then most of my friends were the Mums from the Mums group from my first baby and the second time around, they
were all sort of gradually having second babies but we're all kind of doing… I don't think anyone had a baby shower. But yeah, I'm very familiar with the yeah, yeah. It wasn't just maybe that's not done so much in New Zealand. I don't know.

Researcher: I don't know. [Chuckle]

Participant: And then in Australia, then with my third, you know, I had a group of friends at the time but just didn't even occur to me to have a baby shower. Mm.

Researcher: Yeah. I was wondering, with a baby shower, have you ever heard of an individual making an accommodation for a person who may be participating, that might be like struggling psychologically to attend because they've experienced a miscarriage?

Participant: I don't know. Honestly, I guess …I mean, if it was…I would like to think that if it was a baby shower of close friends and some of those close friends were aware that one of the ladies there had experienced miscarriage that they would have some sensitivity towards that person, but I can't say from experience honestly, like, you'd hope so. I hope that people would be sensitive to it. Yeah.

Researcher: Yeah. And I was wondering on that, what do you think would be an appropriate accommodation to make or that an individual could make?

Participant: Depends so much on the person I mean, I guess the person having the baby shower, inviting the person could acknowledge the fact that it could be very difficult for them to come and they do understand the loss and yeah. Acknowledge that and then say if you know, if you're not comfortable coming I understand completely, and how would… You ask them how would you like, you know, how they would like it handled in some ways because you wouldn't, it depends on that person doesn't it? If the person who's experienced miscarriages a very private person and would hate to be the centre of attention, you know, then you wouldn't want them come into the shower and everyone then turned them and say
oh, but of course, you know, or even mentioning it. So I think, I guess it's, I don't know I suppose the person who having a baby shower could have that conversation with the person and say, look, you know, what, what would you feel comfortable with and acknowledge that it could be, you know, bring up things for them and is there anything they can do to help with that or? Yeah.

Researcher: Yeah. I think what you're saying is very thoughtful. Definitely. I was wondering has an individual ever disclosed to you that they've experienced a miscarriage and discuss aspects of it with yourself?

Participant: Yes. So my... Years ago, my husband at the time, brother's wife had I think a couple of miscarriages, I think she had one before she then had her eldest boy and then I think she had another one in between. But I wasn't very close to her. So I was aware of it but didn't really talk to her about it particularly. But then more recently a colleague at work did confide in me that she had she well, she confided in me that she was pregnant and she was very excited about it and then she confided in me that she had lost the baby and yeah, yeah, so.

Researcher: Did you feel comfortable in having those conversations?

Participant: I did. I felt really sad for her because I, you know, I was genuinely felt excited for when she said she was pregnant, it’s her second child. And so and she's lovely, and I knew you know how excited she was. So I knew what a big loss and disappointment it must have been for her to then lose it the baby, you know, have a miscarriage. So yeah. Yeah, so I felt comfortable but very, very sad for her.

Researcher: Have you heard it come up in the workplace quite a bit, or was that the one occurrence that it came up in the workplace?

Participant: As in her it’s, her situation?
Researcher: As in miscarriage?

Participant: Um, not really but I haven't been as… Oh, so in previous times in the workplace, so throughout my her, all my workplaces, do you mean? No, not really. No. I think through the work, I can't remember… I've worked in a few different jobs obviously for the last how many years and I can't really think of any particular other time when it was, no.

Researcher: Do you know if individuals… Like so when an individual loses a person they can receive bereavement leave, how many days do you think would be appropriate for an individual that's experienced a miscarriage to receive of bereavement leave?

Participant: I didn't even know… So can someone who has a miscarriage? Well, I guess they can get it… See I didn't know that it would be classed as bereavement leave even, I would have thought it would be sick leave, you know. So that's interesting. Yeah, I don't know. I think I suppose I would have thought it makes a bit of difference depending on how far along you are. Because, okay, you know, well, from my experience, you know, the minute you find out you're pregnant, you're really… I was really excited about it and you start planning in thinking about this baby growing inside you so even at, you know, to have a loss early on is still a loss, but then as time goes on, I imagine you know, it would be more of a loss emotionally and physically. I don't know how you would put a number of days on it. Honestly, I guess it depends on so many things. It depends on how the person is handling the loss themselves. It depends on how the physical aspect of it, you know, how physically tough it is. Yeah, so I think there must be some variation.

Researcher: I will disclose to you, as you said, there is a consideration of weeks and only recently have we included if it was before twenty weeks the pregnancy loss you can receive two bereavement days.
Participant: Really? What even if, it's so passed… If you lost a baby at say eight months or still then you get two days?

Researcher: So if it's past twenty weeks you it’s different but before twenty weeks, it's two days.

Participant: So up to twenty weeks it’s two days.

Researcher: Yes.

Participant: Yeah. See, that doesn't sound like enough to me at all, you know, because if you were eighteen weeks, nineteen weeks pregnant, two days that's just crazy.

Researcher: Yeah, yeah.

Participant: Wow, yeah.

Researcher: I was wondering, you mentioned before, that public and private…Would you consider miscarriage kind of a private or a public matter?

Participant: I don't know. I think it really depends on the person because some people are very willing to share and be open about all sorts of things going on in their personal life. Whether it's relationships or medical, you know, and depending on the workplace and friends, I don't know. I mean, it's it's I don't know how you define public or private I think it depends on the person. Like it’s. Yeah.

Researcher: Yeah. I was wondering, have you ever been involved in a ceremony to commemorate the loss of a baby due to miscarriage?

Participant: No.

Researcher: No. If there was a ceremony such as that what do you think would be an appropriate way of commemorating the loss of a baby due to miscarriage?
Participant: I think again, it really depends because if someone was really religious, they might want to bring that into it. For someone who's not religious, they might want… I honestly, I think that's so individual. You know, I think it's, it's great. That it would be a good thing to do if you want to and to have people who love you and support you, you know, around you, however many that might be, whether it was just could be just you and your partner doing something or just close family or their family and friends and honestly, I think that's so individual. Really.

Researcher: Have you ever heard of a certificate?

Participant: No.

Researcher: So as of 2021… So previous to 2021, you weren't allowed to receive a certificate if it was before twenty weeks, now if you lose the pregnancy before 20 weeks, you can receive a certificate of early pregnancy loss recognition. It can't be used for any legal purposes. It's just a certificate of acknowledgement.

Participant: Right.

Researcher: What do you think the purposes of a certificate would be for an individual?

Participant: I suppose it well, on one hand, it marks it as something significant, doesn't it? You know, it's recognised. This has happened to you, you know, this has happened and this… For others, I guess. I don't know whether if you had an unsupportive workplace, whether you'd need that as evidence for leave or something like that, but then you probably have gotten, you'd have a doctor's note, so. Yeah, so probably wouldn't be needed for that. So I think probably just to really, for an acknowledgement that it is significant, I guess.

Researcher: Yeah. And I was wondering, have you ever heard any unhelpful comments said to an individual that's experienced a miscarriage?
Participant: I’m not sure I’ve heard them directly, but I can imagine sorts of things like oh, you know, don’t worry you’re young, you’ve got time to try for another one or oh well, you’ve got one already. So you know, comments like that, but I haven’t personally heard that said. No.

Researcher: And on the flip side of that, what do you think would be a supportive comment to say to an individual that’s experienced a miscarriage?

Participant: It always sounds really inadequate, but just, you know, acknowledging I’m really sorry for your loss. You know, how are you? Just acknowledging that it is a loss, and giving them the opportunity to express how they’re feeling without assuming how they’re feeling. I guess.

Researcher: Yeah. And have you ever heard of any services for an individual that experiences a miscarriage?

Participant: Not really, no, I mean are there counselling services and things in place?

Researcher: There are some but I ask to understand kind of like what's your kind of knowledge.

Participant: Well, I don't know of any but, I would have thought there would be if you looked for it. So, I would hope so anyway, in Australia, I don't obviously, perhaps not other countries. But yeah, I would hope that you could access support if you needed to, following a miscarriage.

Researcher: Yeah. And what kind of services do you think should be available?

Participant: Well, I suppose I think counselling, you know? Yeah. For both partners, the both the mother and the partner, because I think often the partner might get a bit overlooked in the
case of a miscarriage and, you know, it obviously could be desperately disappointing for them as well. So you know, so, yeah.

Researcher: Yeah. What type of an individual do you think would be likely to experience a miscarriage?

Participant: I don't know. I mean, it could be anybody, couldn’t it really? I mean, I'm sure there are. I don't know enough, honestly. I mean, you'd think someone who's sort of physically fit and healthy. Oh, I don't know. I don't honestly I feel very ignorant. I don't know enough about no. Yeah, but I guess any, anyone who’s got predisposed gynaecological, kind of, I don't know if there's any thing they didn't know about whether. Yeah.

Researcher: Yeah. And have you heard of any ways to prevent a miscarriage?

Participant: No.

Researcher: No, that's okay.

Participant: Gosh, I'm really ignorant on this topic.

Researcher: No, no.

Participant: What ways are there to prevent a miscarriage? Like as in what kind of thing?

Researcher: I will disclose to you that miscarriage doesn't discriminate. It can happen to any individual. It actually happens to one in every four confirmed pregnancy. Most common reason is chromosomal abnormalities and unfortunately, it is actually not preventable, but like you're saying there are factors of an individual that can amplify the risk of miscarriage, you know, like risk factors such as drinking and smoking and previous gynaecological conditions, but unfortunately, miscarriage doesn't discriminate. It can happen to anyone and it is not preventable.
Participant: No, and it's as high as one in four?

Researcher: One in four, yeah.

Participant: Wow. That's I never would have thought it'd be that much.

Researcher: Yeah. I was wondering, oh, sorry, I lost my page. So following the experience of miscarriage research demonstrates that individuals who experience miscarriage commonly feel really negative emotions of anger, devastation, and grief. Are there any factors related to the miscarriage experience that you've been told or that you believe would lessen the amount of negative emotions?

Participant: I guess the treatment that they have from people around them and professionals and the… I guess the whole experience of it would impact how they feel after it. So if it was, oh, that's there's so many factors aren't there? You know, like if it was really traumatic, painful if they were treated poorly by the hospital or wherever. If they didn't have support around them from family or friends, if they couldn't tell anybody if they had to keep it secret. I imagine there's so many factors that would impact how they cope with it and kind of how they feel about it afterwards.

Researcher: Yeah. Do you think an individual's age would have any influence?

Participant: Maybe, yeah, maybe.

Researcher: How do you think that that would have an influence?

Participant: I guess… Well maybe because if they were younger, and they were just try, starting, you know, if it was early, they might feel oh, well, I've got time. You know, I have got years ahead of me where I could get pregnant. But I guess if you're trying and you know, your forty say and it's your first baby, you might think, oh, you know, I'm really running out of time. And also, if you have more than one miscarriage, I imagine that would be, you know,
then every time you think, oh, you know, this has happened again, I'm never gonna get you
know, so, the fear of then every time you get pregnant thinking it could be a miscarriage, you
might miscarry again. So maybe age, but I think, again, it just probably varies so much and I
wouldn't I don't know.

Researcher: Yeah, definitely. Do you think an individual's relationship status would have any
influence?

Participant: What as in if they're single or?

Researcher: Yeah, so if they were single or partnered?

Participant: I suppose it depends on the partner. So if you had a very supportive partner who,
you know, understood, then you could kind of grieve together then that might help. But
again, I mean, if you were single, you might just feel very alone in the loss. But then if you
were single, but had a good support network, then you might get that support or you could be
with a partner who is really dismissive and brushed it off. So I don't know. I think there's too
many elements that come into that to say, oh, you know, single or partnered. Yeah.

Researcher: Yeah. And I, there is no correct answers in these were just considering factors. I
was also wondering, do you think whether someone was actively trying to fall pregnant or
fell pregnant accidentally would have an influence?

Participant: I think that might. Yes, because I think if you were really, you know, if you were
trying, knew you wanted a baby and then you know, it was really, really what you wanted
and then you got pregnant and you were thrilled you're pregnant, and there you go, and then
that happens. Devastating. But you know, if you accidentally got pregnant, it depends on the
person because you might accidentally get pregnant and have all those same feelings of being
thrilled. You know, you might not have meant it but wow, I'm pregnant and then the same,
you know, so I think it just depends so much on the person, but I probably but maybe if you
were really trying and had been trying for a while then the loss would be you know, not worse, but you know, yeah. Yeah, felt very much.

Researcher: I was wondering, do you think an individual's culture would have an influence?

Participant: Yes, that probably would, but I don't know enough about other cultures to really say. I mean, it probably there are different ways that different cultures respond. So yes, but I don't feel I know enough to really elaborate on that.

Researcher: Could you maybe speak to the Australian culture, how do you think we are regarding miscarriage?

Participant: I would like to think that in 2022 people would have enough sensitivity to realise that a miscarriage is a significant thing for someone to go through and being really, you know, try and be sympathetic and understanding and supportive of that person. I think there probably are some people in Australia who would be quite dismissive of it still. And again, that just depends so much, doesn't it on people's backgrounds and age and attitudes to all sorts of things. Really.

Researcher: Yeah. Yeah, definitely. And this is my last question. If an individual was religious or had spiritual beliefs, do you think that would have any influence on their experience of miscarriage?

Participant: Um, I think sometimes I've heard you know, people who do have really strong religious beliefs do find that a comfort to them in that. You know, that it's they look to God, and do believe you know, for strength and so, look, again, I think that varies so much on the person but you know, I guess sometimes people have…Do find religion a real comfort when there's a loss.

Researcher: Yeah.
Participant: Maybe. [Chuckle]

Researcher: [Chuckle] No, thank you so much for answering all of my questions. I was wondering, do you have any comments, questions or anything that we haven't touched on that you would love to share with me?

Participant: No, not really. I think it's really interesting research that you're doing. I'd love to. I'd love to read the finished. Yeah, because yeah, I mean, like, some of the questions you've asked me are not things I've really thought about that much. So yeah, it'd be really interesting. I think with any thing, there's just such a variety of attitudes aren't there?

Researcher: Yeah.

Participant: So you know. Yeah.

Researcher: Well, you definitely will be able to read the research once it's completed. You are more then welcome to.

Participant: Great. Yeah, fantastic. Oh, no, but I think it's amazing. Yeah.

Researcher: No, it has been an absolute pleasure. Are you sure there's no other questions or anything that I can?

Participant: I don't think so. No, very interesting. Thank you. Thank you for including me in your research.

Researcher: I truly appreciate you giving up your time. I will be in contact with you and send through a debrief letter and again I will also send through a transcription for you to have a read through and just let me know whether it is accurate or not.

Participant: Okay. Sure.

Researcher: Wonderful.

Researcher: Have a…

Participant: Enjoy writing it all up.

Researcher and Participant: [Laughter]

Researcher: Have a wonderful evening.


Participant J057 Transcription:

Participant: Okay, I consent to the process.

Researcher: Amazing. So we're just gonna go through a couple of questions now regarding the criteria. As you are here I assume you meet the criteria, but we're just gonna go through them a little bit.

Participant: Yeah.

Researcher: What was your age on your last birthday?

Participant: Forty-eight.

Researcher: Wonderful. Are you fluent in English?

Participant: Yes.

Researcher: And for the purpose of this study, a female refers to an individual with female sex characteristics and also a female gender identity. Would you consider yourself female?

Participant: Yes.
Researcher: What is your cultural background?

Participant: English. Oh, Irish and Scottish.

Researcher: Lovely and do you permanently reside in Western Australia?

Participant: Yes.

Researcher: Have you been here for long or?

Participant: Ah, thirteen years.

Researcher: Yep and you were born over in?


Researcher: Wonderful. And then for the purpose of this study, pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses inclusive of stillbirth, miscarriage, ectopic, neonatal death and termination due to foetal anomaly. It is not inclusive of elective termination of pregnancy that is not deemed medically necessary.

Participant: Okay.

Researcher: Have you ever experienced a pregnancy loss?

Participant: No.

Researcher: No, so you meet the criteria of the study.

Researcher and Participant: [Laughter]

Researcher: We're just gonna move on to a couple more demographic questions if that's okay?

Participant: Yeah.

Researcher: Wonderful. What is your sexual orientation?
Participant: I don’t know what to call it, um just straight.

Researcher: Straight?

Participant: Yeah, there's so many words around it now. I was like… [Laughter]

Researcher: [Laughter] There is, isn’t there?

Participant: I know.

Researcher: Are you religious or do you have any spiritual beliefs?

Participant: Um, not particularly religious. I was raised Catholic. Not like… A little bit spiritual in regards to like universe and energy and whatnot, not sort of, you know, God in the sky type thing.

Researcher: Yeah, no, no problems. What's your ethnicity?

Participant: Well, what would ethnicity be like? White, European? Is that an ethnicity?

Researcher: Yeah, yeah. Some people say like Caucasian or…


Researcher: [Laughter] Your highest level of education completed?

Participant: A bachelor’s degree.

Researcher: And was it in education?

Participant: Education, yeah.

Researcher: Amazing. And what is your current occupation?

Participant: I am an assessment officer for a government department that inspects early childhood education.
Researcher: Wow, sounds like a lot of responsibility.

Participant: [Laughter] Yeah. A lot of office work.

Researcher: [Laughter] And this one doesn't have to be specific, just low middle or high, your social-economic class?

Participant: Um, I'd probably say middle. We're not poor, but we're not rich. So middle of the road.

Researcher: And this one again, I do apologise. It's a bit personal. Doesn't have to be specific, your household income?

Participant: All right, so I probably say, hang on… I'd say up towards the two-hundred thousand mark.

Researcher: Yeah. Yeah. Wonderful. And the members living in your household?

Participant: I have myself, my husband, my grown-up daughter and my Mum.

Researcher: Beautiful. That's all my demographic questions. Now we're gonna move on to a bit longer questions and I want to get to know you as an individual. Could you maybe give me a sentence describing yourself?

Participant: Oo, um introvert, a reader, um, but pretty a-type, organised, like everything to be in its place. [Chuckle]

Researcher: Wonderful. And what would you say are five of your core values?

Participant: Pfft. Um, probably honesty. Um, I don't know I need a list to pick from. I don't know, what kind of values are there? Yeah, just kind of doing the right thing, but also challenging if it's necessary. And yeah, telling the truth. And I can't think of another one. Being nice.
Researcher: Lovely.

Participant: I don’t know whether they are actual values or not but…[Laughter]

Researcher: [Laughter] No, no. I was wondering, how would you describe your view of the world? So we have the analogy the cups half-full or the cups fully full, what would you consider yourself?

Participant: I’d say I am about two-thirds full.

Researcher: Yeah.

Participant: In that, I think we've got lots of issues that are brewing and stuff, but when you look historically, it's still the best time to be alive.

Researcher: Wonderful. And would you say your view is unique from others?

Participant: Um, not massively. I mean it will differ from others because we're across the whole of the spectrum. But I read a lot of sort of politics and current affairs and history and sociology and stuff like that. And there's a lot of people out there that acknowledge that, as much as we have lots of problems at the minute. You know, you could be a thirty-year-old cave woman and your life would be a lot worse. [Laughter]

Researcher: [Laughter] Yes, yes. What would you say has shaped your view of the world?

Participant: I’m probably a fairly positive person, anyway. I'm a bit more of a silver lining type person, you know no matter what happens to you try and either be proactive and do something about it or look at the silver lining of the situation, and there's always somebody more worse off than you. You know there but for the grace of God go I. You know, that type of thing even though I'm not religious, but yeah, I do. I do read a lot. Read a lot of like I said history and sociology, you know, whatever and, and that that sort of I'm quite, sort of sounds
awful, but like knowledgeable about the greater scheme of things, as opposed to just my little bubble. So that probably does.

Researcher: Lovely. Now, I wonder if we can consider what it means to be female? What are your thoughts about yourself as a female?

Participant: I don’t know, I’m quite…I'm probably going to use some quite stereotypical words, but I'm quite a tomboy. I was always quite a tomboy growing up, you know, sort of out on BMX bike and climbing on roofs and doing all sort of good old-fashioned play. And I always had lots of sort of friends who were boys, even I still had some friends who were girls. I'm not a girly girl. So…

Researcher: Yeah and what would…

Participant: Probably…

Researcher: Oh, sorry.

Participant: No, go on. Go on. I'm just prattling.

Researcher: What would you say are core aspects of your female identity?

Participant: Female identity I would say is sort of having the children and raising the children. And obviously, I work in education so I'm very much that sort of caregiver, that sort of teacher role. I do like teaching people things and therefore I like learning things in order to know stuff, which is not necessarily female. So probably the more stereotypical female is the caring side of it.

Researcher: Yeah. But for your own female identity, would you… What would you say contributes to yourself as a female?
Participant: Maybe being married and a mother? Would that be it or? I don't know. I don't think much about my female identity. [Laughter] I just kind of be who I am and, and that's it really, but yeah, I suppose the most female bit of me is you know, being that stereotypical female of being a wife and a mother.

Researcher: Yeah. Lovely. And what would you say has shaped your view of what it means to be female?

Participant: I mean you'd assume society and I mean, I suppose as well, like my Mum obviously was married and had children, but she still did stuff. She wasn't sort of the stay-at-home housewife and that kind of stuff. So they do say that that you know, a lot of women who are Mothers who go out to work, say that they're doing it so that their daughters realise that you don't have to just be you know, a stay-at-home housewife and be subservient to the man and so on. So, maybe that? Look, like I said I don't really sort of contemplate it very much, but maybe that idea that both myself and my sister, you got on and you did what you wanted to do in life and tried to sort of fit everything around that I suppose really. And then you've got society where it's the idea that you don't really question, should I get married and have children, it's just meant to be like a natural progression. So and then sometimes people sort of think later, maybe I shouldn't have just naturally followed that path. Maybe I should have questioned whether I wanted to or not, but I don't feel that I'm happy I did it. But I'm happy I did other stuff as well.

Researcher: Wonderful. I was wondering a bit on that. So in your past and present romantic relationships, have they always been heterosexual?

Participant: Yeah,

Researcher: Yeah. So you've had children now?

Participant: Yeah.
Researcher: Have you always wanted to conceive children?

Participant: Yeah, I’d probably say, I mean like I said I’m early childhood so it was always that idea that you know, you have your own children so yeah, I always wanted them.

Researcher: Yeah. And can you tell me a little bit about what wanting children meant to you?

Participant: I don’t know because I didn’t, I never went into this sort of great big you know, these this is my sort of genetic you know, legacy that I leave behind. I just enjoy children and I, I like children, which is why I’m in early childhood. So, you know, to just have the little babies and the little children and play with them and dressed them up. [Laughter]All that kind of stuff. They're just, they're just great, they’re the hardest thing but the best thing as well.

Researcher; Lovely. I was wondering if we could discuss a little bit about your pregnancy history if that's okay?

Participant: Yeah.

Researcher: Could you maybe share a story of your pregnancy?

Participant: Well, I just had the two pregnancies, two children, two pregnancies, and they were both fairly normal, run-of-the-mill pregnancies. Long birth with the first one, um that was not traumatic, but I suppose because again, I don't really focus on trauma in that way, but it was quite convoluted. And then the second one just popped out really quickly. So that was nice and easy. And so yeah, and I sort of fell pregnant really, reasonably easily. I think six months trying with the first one, three months trying with the second one. So just fairly normal.

Researcher: Yeah. And I was wondering, did you have any complications throughout your pregnancies?
Participant: No, no, don't think so. No, just yeah, very easy pregnancies. No sort of abnormal morning sickness, no sort of medical complications, no sort of placenta previa. No, nothing like that.

Researcher: Have you ever accessed health services regarding a medical condition that could have influenced your ability to fall pregnant or did?

Participant: No, not really. The only thing probably that would have impacted it is after the first one because I'm rhesus negative, they wanted to give me the injection to stop the antibodies forming. So you were able to fall pregnant with the next one. But my husband's rhesus negative as well. So I didn't need it. But the midwife very nicely and politely tried to let me know that I might want it just in case the baby's not my husband’s.

Researcher: Oh, wow.

Participant: So I very politely, which you know, is true, because of course, my husband was stood right there. And I'm saying no, I don't need it and she says, well, you know, just in case and I knew what she was getting at. And I said no, it's actually my husband’s baby. It's fine. And so because if he, if the father had been positive, then I would have generated the antibodies potentially. So she was trying to do right by me, but I knew the science so I was like, no, it's fine. You're alright. Don't worry. I don’t, I don't want the injection. But yeah, apart from that, no, I never had to sort of get any help from anywhere.

Researcher: Yeah. Do you know individuals that have had that experience?

Participant: Probably, let me think so this is getting pregnant? Oh, my sister. My sister had, um now what would you call it? I'm gonna be very blunt here. She had a sperm donor baby. Because I can't remember because it was, so it wasn't IVF it was just the whole you know, sort of syringe and sort of DIY kind of job but it was done through a clinic. Um, so yeah, I suppose she had to have that because she was getting so old and she hadn't had a, she didn't
have a partner yet and she wanted a baby. So yeah, I do know of somebody that had to go through the whole IVF. I mean, probably quite a few people if I put my mind to it, but yeah, one in particular and yeah, she never ended up with a baby at the end of it.

Researcher: Aw.

Participant: I know.

Researcher: And could you maybe speak to how that impacted her emotionally?

Participant: Um, I didn't know her massively well, we were just friends for a few years and then as it became apparent that it wasn't going to pan out for her. She kind of pulled back from the friendship group because we all had little children and so on. So yeah, I mean, you would imagine at the time I kind of, I didn't talk to her an awful lot about it because she wasn't my close friend, but you knew from what others were discussing that obviously, as with most women who were spending thousands of dollars and doing everything in their power to get pregnant, it's very upsetting and she had a little nursery room all ready because you assume it's gonna work. And then it doesn't but she's, I mean, like I said, I'm not in touch with her now, but we're still Facebook friends. So I know she's developed a whole different life. So maybe she's found a way to make the best of it, I suppose.

Researcher: Sounds like it would have been a very difficult experience for her.

Participant: Yeah, horrible thing to go through if that's truly what you want, and you can't have it.

Researcher: Yeah. I was wondering coming back to your pregnancies when did you announced your pregnancies and to who?
Participant: Um, I think probably, I remember sort of doing the whole, you know, twelve week, you know, sort of make sure you don't have a miscarriage type thing and it will have just been to close family, friends and so on. So and that kind of filters out eventually.

Researcher: Who did you hear about the twelve-week kind of rule from?

Participant: Um, suppose it's just one of these… I mean, it's not an old wives tale because the risk is greater in those first few months. So I suppose, it's just one of those things that maybe and maybe like I said, you know, working in early childhood and my training was back in the day, in the UK, you called nursery nurses. So it was very much, it's not done the way is done over here where you're just meant to be working in a daycare centre with a two year old. You could have worked in special care baby unit, you worked in hospitals, you worked with, you know, little tots… You were very much deemed as, as close to a nurse as you could get being an Early Childhood Professional. So we had health classes and all that kind of stuff. So I may well have sort of picked up on it in that as well. But I think it's one of those things that maybe a lot of people just to know.

Researcher: Yeah and I know that that knowledge of the twelve weeks was there, but for you personally, why would it be something that you would wait for?

Participant: Well, just because I know there is a greater risk in those early weeks when things are all you know, doubling and quadrupling and the cells are getting themselves organised and things well, I must say that I forgot this bit. When I was about seven weeks pregnant I did have a bleed and obviously went to the sonographer person and had a scan and I think the heartbeat… What, what, what week does the heartbeat? Is it around six weeks the heart sounds to beat, so I think the heart had obviously sort of not long started beating so they detected a heartbeat. So they knew that everything was fine. And it was just a light bleed and I got told to just take it easy, and it carried on as normal. So I've just remembered that. But
yeah, I just know that either through… It must be sort of partly sort of old wives tales and maybe the health classes that I did in my training about like you know the cells all getting themselves organised and that is the greatest risk where your body… Because I know like the essence that I know of it is that sort of spontaneous abortion is where the body knows that the collection and the organisation of the cells is not going to make a viable live child and so the body sort of does what the body is meant to do in evolution, and says nope, we're not doing this one, try again.

Researcher: Yeah, and have you ever heard of a way to prevent miscarriage?

Participant: Um, just in the sense of if there's other reasons, maybe I mean, obviously, if the cells are all rearranged awkwardly, then there's probably not a lot you can do about that. But you know if you've got maybe, I don't know the correct medical term, maybe your cervix you know, is sort of loose and things like that they can put stitches in and things to sort of hold everything in there long enough until it becomes a viable, a viable live birth. And then obviously, you know, your whole bed rest and things like that. But I think that is later on in the process where the baby might be born too early, as opposed to the miscarriage that happens early on, where it's the, you know, it just hasn't fixed properly or it hasn't organised itself properly. So there's sort of different aspects to it, I suppose.

Researcher: Yeah. And I was wondering on that, do you think there's a type of individual that is likely to experience a miscarriage?

Participant: No, no, I would say it's just the luck of the draw sometimes. Sometimes it's like I said the things that are particular to your body for one reason or another like a loose cervix and things that you know, the way that the baby has grown or like I said, with placenta previa and things like that the way the way it's kind of situated in there and then sometimes it's just
sort of bad luck in a way but I suppose evolutionary wise, it's good luck, because that's not what it's meant to be. So.

Researcher: Yeah. I will disclose to you that miscarriage does not discriminate. It does happen to one in every four confirmed pregnancies.

Participant: Yeah.

Researcher: As you're saying the most likely reason that miscarriage occurs is chromosomal abnormalities and unfortunately, chromosomal abnormalities aren't preventable. But I only ask those questions to hear your knowledge regarding miscarriage. So I thank you for answering that.

Participant: That's okay. Sorry I talk a lot. [Laughter]

Researcher: [Laughter] No. You are correct. There are certain factors as well that can contribute to the likelihood of miscarriage but unfortunately, there is nothing that can prevent a miscarriage.

Participant: No.

Researcher: And I was wondering, have you ever attended an event celebrating pregnancy?

Participant: Like a baby shower type thing or another type?

Researcher: Yeah.

Participant: I don't think I've actually ever been to a baby shower. Like, no, I don't think so. I've been to like lots of christenings and naming ceremonies and things like that. But no, I don't think, uh maybe I can't remember if my sister had one. I don't know. If she had one, I will have gone to that, but I think it was fairly sort of chilled out in a park somewhere,
maybe. But yeah, not the whole, you know, American style, you know, sex reveal type thing. Not done that.

Researcher: Yeah. And what is your kind of understanding of that kind of American-style baby shower?

Participant: I think it's just people wanting to have a party and it's just another reason, I suppose. I suppose if you had had lots of complications and miscarriages and stuff, then there is a greater need for the family or the individual to celebrate but then sometimes if you've had a horrible history with miscarriage, your celebration is when that baby comes out alive and you don't want to count your chickens. And so maybe they would shy away from that more so. Yeah.

Researcher: Have you ever heard of an individual making an accommodation for someone who might attend an event such as that, that has had a complicated pregnancy history?

Participant: Yeah, I suppose. Some. Yeah, I don't particularly know. I know we were very mindful that the friend that went through all the IVF and things like that. I know we were very mindful and we tried to have sort of adult discussions instead of constantly talking about your children, and not make the focus all about, oh we're all mothers and we have children and that's all we talk about. But again, there was no sort of baby showers and things. Yeah. It's hard because you get so caught up in your own situation. But you would hope that somebody would be mindful but then it's what do you do? Do you not have your celebration? Or do you have your celebration and allow them to come if they feel like they can and not come if they don't feel like they can, but I don't know anybody that had maybe a particular conversation, to say, look, I'm having this baby shower and I realise...Because that's the bit about miscarriage and IVF and stuff that is presumably why you're doing this is you know, the awkwardness. It's kind of like you want to mention it, but you don't want to mention it. So
no, I don't know if anybody in particular, but I know there's a lot of people out there that feel worried. I suppose it's like, you know, it's the same as any death isn't it? You know, do right for doing wrong. Should I mention it? Should I not mention it?

Researcher: Yeah. And I was wondering, what do you think would be an appropriate accommodation to make for an individual attending a baby shower that's had a previous miscarriage?

Participant: I suppose asking them, you'd have to get into a dialogue. I mean, that's sort of, you know, what we talk about, you know, in training with any sort of accommodation, like I've just done the disability training at work, and that's what they talk about. Don't presume, don't assume, just ask. Say, you know, this is what I'm going to do. You know, would you like to come? You know, would you rather not come? If you come, is there anything that you'd rather I did or didn't do, you know, to make you feel more comfortable? But, like I said, it's, it's having that conversation and some people rather than have the hard conversation will just not have the conversation at all.

Researcher: Yeah, I was wondering, has anyone disclosed to you that they've experienced a miscarriage and discussed aspects of it with yourself?

Participant: I don't think so. No. Again, it's one of those awkward things where you'd hope people would be able to talk to you but somehow they don't really.

Researcher: Yeah.

Participant: So no, I've not particularly had a discussion with anybody, no.

Researcher: Would you feel comfortable if someone was to have that discussion with you?

Participant: I would, yeah, yeah. It wouldn't bother me. I'm quite a sort of a factual person. And so, I don't sort of get upset at things like that. I just you know, would sort of appreciate
that they were able to because I know, the psychological healing benefits for them. And like we talk about, you know, when children have died, that, you know, you mentioned them, and you say, oh it's, you know, it would have been such a person's birthday today and things like that, you know so. I would like to think if I knew a close friend that we could have conversations like that. That I would be able to get passed sort of my own awkwardness to say, oh you know the baby would have been due about now, because you know that that's what they'll be thinking. They'll be thinking the baby would be born now, the baby would be one years old now, the baby would be three, the baby would be going to school, you know that that's what they're thinking of. So you'd like to think that you wouldn't feel awkward enough to say that. And again, it's that worry that you know in your head because that's what you've read, that they would appreciate it but you worry that they wouldn't or that you would somehow be reminding them and make them upset when you know that that's not the truth because you know that they're thinking about it anyway. I'm just going to stick a light…

Researcher: That’s okay.

Participant: Oh, there you go. So yeah, it's like what you know in your head versus what you worry about.

Researcher: Yeah, very difficult to navigate. I was wondering have you ever attended an event that commemorates… Ah, commemorates a baby…A loss of a baby sorry, my words tonight. Loss of a baby due to miscarriage?

Participant: No.

Researcher: No. Have you ever heard of an event to commemorate the loss of a baby due to miscarriage?

Participant: No, not particularly not an event, you know, obviously private people and doing it, you know themselves. But yeah, not an event. No.
Researcher: Yeah, what do you think would be an appropriate way of commemorating?

Participant: Ooff. I don't know because like you can't obviously buy them, you know, baby and child stuff. But then you want... Ah, it's hard because I mean, your flowers and all that kind of stuff. But then you don't want to be so. I don't know. Because you know that they're sad. So I suppose it's just been there with them maybe, I don't know, if I would necessarily take anything like you know. I mean, you might take some flowers in the same way that people take flowers when people have died because they think it makes them feel better. I suppose just being there and maybe, you know, I'm thinking about that sort of my girlfriends where you just have somebody come over and you'd have some wine and some cheese and some talk and it's a way to kind of not distract you from it because that's not the way it is. And you're not going to sit around talking about it all night, but it's just that sort of fellowship. To just be together and to show support, even though nothing that you're doing is actually physically supportive. You're just showing support.

Researcher: Yeah. What do you think would be a helpful comment, like a supportive comment to say to an individual that's experienced a miscarriage?

Participant: I suppose one of the sort of phrases that I would use is just like I'm so sorry for your loss really because I know some people you know, they do that whole thing of oh, it's probably better you know, and all that and that oh you'll try again, and those are, you know, you read the articles and your like oh Jesus don't say that. So yeah, just really saying, I'm sorry this happened to you. I'm sorry for your loss. You know, do you want to talk to me about it? You know, and that's the same with again, with any sort of bad, bad news, you know, cancer, diagnosis, death and things like that. It's just the idea that hopefully, we're coming around to the idea that you know, you don't shy away from it but you can't fix it. You just have to say, I'm here if you need me for anything, you know, and then is there anything
practical I can do? Because if they're maybe having to physically recover from it, you know, if they've got older children, take them out, make them meals. Things like that.

Researcher: No, I think what you're saying is lovely. I was wondering, coming back to the comments that you said you've read?

Participant: Uh-huh.

Researcher: Could you tell me some of the comments that you've heard that are unhelpful surrounding miscarriage?

Participant: Oh, so yeah, things, things like, oh it was probably for the best. That's a big one. And don't worry, you can try again. You know, as if that baby that sort of was created can just be replaced, and that's you know, people say that even when children die as well, you know, you can have another one. You know, like they're somehow replaceable. So, yeah, probably things like that, as in sort of saying that the miscarriage was for the best, especially when you do know that the why the body may have spontaneously you know aborted that baby and then yeah, especially when it's, you know, I don't know yeah, you can sort of replace it. I suppose those are the two main ones unless you want to get really horrible, you know, and people are like, well you're obviously not meant to have a baby or you know, all those horrible things. So, yeah, those are probably the two main ones, sort of being a bit more dismissive and replacing of the baby.

Researcher: Yeah. I was wondering have you ever heard of a certificate?

Participant: As in?

Researcher: So a certificate for an individual after they've experienced a miscarriage?

Participant: Like maybe for work or something to get leave? Or is it part of the acknowledgement that there was a baby?
Researcher: Yeah, so, as of 2021, you can receive a certificate if the pregnancy loss was prior to twenty weeks, and it’s an early pregnancy loss certificate.

Participant: Right.

Researcher: It can’t be used for any legal purposes but the person can choose to have the certificate or not.

Participant: Oh, that's nice because it's an acknowledgement because like you said post… I didn't know it was twenty weeks I presume that's the whole miscarriage versus stillborn is that that right? I didn't know it was twenty weeks. I thought it was still around the twenty-four week mark, but I know they've been slowly bringing it younger.

Researcher: It deviates, depending on which country.

Participant: Right okay. Yeah, that's nice, because if it's born post twenty weeks, it's deemed as a stillbirth. And presumably, I presume that means it's a child and you get a birth certificate the way you ordinarily would, but before twenty weeks, it's like you didn't actually have a baby which is a bit horrible. So yeah, that's nice that they have that recognition that it was a child. So yeah, but never heard of it.

Researcher: No, that's okay. I was wondering, you brought up the work and the leave, do you think an individual should receive bereavement leave or sick leave or?

Participant: Yeah, I think they should. I mean, I presume if there isn't anything at the minute, they would just use their ordinary sick leave. But I think like you've got adoption leave. You've got lots of different leaves that cater for different scenarios and you do have to physically recover, let alone emotionally recover. So I think there should be some kind of pregnancy you know, stillbirth, miscarriage kind of something built in there that acknowledges that you might need because, I mean, I've worked government, I mean, they
have all sorts of different leave, you know, carers leave and so on. So, I mean, they are even talking about menopause leave now you know, so why not? Yeah, it is needed. And of course, there would be not many people will access it in the sense of only half the workforce. Well, depending on what industry or sector you're in. You've only got half the workforce that can have a miscarriage in the first place and you said one out of four, so that's only twenty-five percent of that half. So you're talking about an eighth of the workforce that may need it.

Researcher: Yeah. And have you ever heard the topic of miscarriage come up in the workplace?

Participant: No, no, only as in being an early childhood, I work with a lot of women. So you know, it is, we talk about women things. So yeah, things, things like that get talked about.

Researcher: Yeah. Have you ever heard of any services to support an individual that's experienced a miscarriage?

Participant: I haven't in the sense of like, I wouldn't know their names particularly. I remember seeing a little logo and I'm sure it was a WA one and it's like a little purple logo with a pregnant belly with some sort of a hand wrapped around it, but I don't know what the name is and I know Ngala is quite an all encompassing service so they might have something on there. I think that little logo actually might be King Edward's logo maybe and again, you know you've got I think Princess Margaret's gone now but so you've got King Edwards, which is the main maternity hospital. So but no, I don't know like, particularly names. If it was you know if it had to happen to me or I needed to source it for somebody else. I'd probably just start doing an internet search and following them up you know, Relationships Australia's probably quite a good one, that would have maybe lots of things on their websites. And things like that.
Researcher: Yeah. And what kind of services do you think an individual should have access to after the experience of miscarriage?

Participant: Well, aside from sort of the medical side of things then probably your counselling, you know, things like that, your therapist, just to talk it out, and you know, come to terms with it and do what needs to be done, put it in a little box and move on and you open it up every so often and then put it back away again. You know so.

Researcher: Yeah. And would you consider miscarriage, like a public or private matter in terms of like who you tell?

Participant: I suppose it depends on the individual. Some people are more private. I'm a very private person, so I wouldn't be telling hardly anybody. But some people do like to share a lot. So I suppose it's your miscarriage. You deal with it however you want to deal with it.

Researcher: Yeah, definitely. I'm sorry, just flipping my page. [Laughter]

Participant: [Laughter] That’s okay.

Researcher: Following the experience of miscarriage research demonstrates that individuals who experience miscarriage commonly feel negative emotions of grief, devastation and anger. Are there any factors related to the miscarriage, miscarriage experience that you've been told or that you believe impacts the amount of negative emotions an individual experiences following a miscarriage?

Participant: Um, I suppose they would sort of feel that it was their fault because it was their body that didn't hold on to the baby. So I suppose that's where a lot of the negativity would come from. It seems you know, you kind, I don’t know, again society, you know, sort of, you're the one that's responsible for growing the baby, so, therefore, you're the one that's responsible if the baby doesn't grow. You'd imagine that that's probably the sort of
encompassing feeling is it's my fault because I lost the baby and yet like you say that phrase and that's what they say, I lost the baby, not the baby didn't go to full term, it’s I lost it as if you've got that blame. And then you've got sort of, you know, the whole seven stages of grief that, you know, it doesn't matter whether it was a four-week-old foetus or a ninety-year-old Mother, you know, you're gonna go through those same phases regardless.

Researcher: Yeah, definitely. I was wondering, do you think an individual's age would have any influence on the amount of negative emotions they would experience following a miscarriage?

Participant: Um, only in the sense of as you get older, the desperation, the knowledge of the clock ticking. So and yeah, I'd probably say that would impact maybe the, maybe more the anger side of things. I'm gonna run out of time. But I don't think young or old, you would probably still grieve the same way and so on. So yeah.

Researcher: Yeah. Oh, we're definitely not negating the fact that a miscarriage will always come with negative emotions.

Participant: Yeah.

Researcher: We’re just discussing some contextual factors and factors related to the individual and what influence they might have.

Participant: Yeah, I suppose if you've got a very young woman. If it's an early miscarriage, they might be quite thankful that a problem was taken away from them. If they viewed the baby as a problem. You've got obviously teenage pregnancies, you've got rape, you've got domestic abuse, they might as much as they probably, they've probably be in two minds. On the one hand, they would be grieving because I think just as a person who was pregnant, I think you just would naturally think about what was, but then if you're in a bad situation, and that would have tied you to that bad situation you might, you know, in some small part of
your mind be grateful, which could make the feelings worse because then you feel bad that you are grateful.

Researcher: Catch twenty-two.

Participant: It’s a quandary.

Researcher and Participant: [Laughter]

Researcher: I was wondering, do you think an individual's relationship status would have any influence?

Participant: Probably in the way, you know, linked to what we were saying really, again, you know, if they're in a relationship, that's not a relationship that they want to stay in, then they might feel that that was kind of a blessing for them. If, I don't know either, I mean, I suppose even if they're not in a relationship, like my, my sister sort of, wasn't able to kind of maintain the relationships and I suppose if you accidentally got pregnant and then you had a miscarriage you might have felt that that was your one shot gone, you know, so, I suppose there is different sides to it. And you know, maybe if you are in a long-term relationship and you're desperate to settle down and have children, then, you know, the fact that it may be does happen or keeps happening, you know, makes you sort of feel that you're a failure at this sort of society's view of a woman's role as a wife and a Mother.

Researcher: Yeah, yeah. And I was wondering, you said that actively trying to become pregnant versus accidentally falling pregnant. Do you think that would have an influence?

Participant: Um, only in the sense that with an accidental pregnancy there is a chance that for an early miscarriage, you might be okay that the problem has been resolved. Because some, you know, obviously some accidental pregnancies end up being the best thing for you. You know, my Mum's ex-business partner, she was with her boyfriend for all of about eight weeks
and got accidentally pregnant, and they're still together. It's been like, oh gosh, it must be about thirty years, and they're all they're still together. They had all the children and so on. And, you know, and I remember…Do you remember the episode on Friends where Rachel found out that she was pregnant? And Phoebe first said it's negative, and she was upset because she thought that she was pregnant and then Phoebe said it wasn't. So sometimes you don't know what you want until it's possibly there, and then it's gone. So lots of different scenarios.

Researcher: Yeah, I was also wondering, do you think an individual's culture would have an influence?

Participant: Yeah, more than likely in the sense of and I was going to bring that up with you because I read a lot of um sort of anthropological type things about…Um, one of the things, one of the books I read a few books ago, um was about a lot of the psychology that we understand today were done by white, western people in white, western countries. And even when I think they said even as sort of understanding progressed, and they tried to include other cultural and other you know, heritage people they, those people were still westernised people as in, they maybe went to Oxford, or they went to an American university. So even though they were technically Chinese, they were westernised, and even when they went to the countries like say China, these were still within that country, quite westernised people because they were sort of upper-middle class had gone to university, they were speaking English. So the understanding we have from a psychological perspective is very much based on western people. But when you obviously look into culture, you know, you've got Indian culture and Asian culture and there's still a lot of the, what we in western culture would say is like old fashioned traditional views. Sometimes that can be good in that they understand the processes of the body without necessarily having the sort of advanced science that we know behind them and they understand that sometimes these things happen and sometimes it can be
a lot more forgiving and accommodating of the women and things that happen and then
sometimes you've got a lot of the cultures that are very sort of shame-based that can you
know, blame like I mean, you know, you think of, you know, maybe the cultures that value
boys and things like that, you know, and they blame the woman for not providing the heir to
the family and so on. So, I suppose depending on the culture and depending on the people
within that culture, but yeah, there definitely would be a cultural element to it.

Researcher: Yeah. And I was wondering, what do you think of the Australian culture in
regards to miscarriage?

Participant: Um, I don't know much about the Aboriginal view of miscarriage. White
Australia, I would say is probably similar to most like England and America and things like
that, because it's predominantly sort of white, so and, you know, predominantly sort of
Christian-ish based. And so you've probably got a lot of what we consider to be the
understanding now, which is we kind of feel bad for them, but we're too awkward to address
it, so we don't. That kind of thing. So I'd say we're quite typical of those sort of like white,
western cultures really. But then we do have quite a multicultural makeup and but they will
bring presumably their views from their home countries and their culture into that and if not,
then they'll probably do what we do and just be too awkward to talk about it.

Researcher and Participant: [Laughter]

Researcher: Yes. [Laughter] I was wondering as well, whether if an individual was religious
or had spiritual views, do you think that will influence their experience of miscarriage?

Participant: Um, yeah, I don't know enough about sort of miscarriage within…Well, I
suppose, within religion, they would probably say it's God's will. I mean, that's a very sort of
Catholic and probably Islam. You know, they do the god willing type thing a lot of the time
and I'd say Judaism is similar and probably most of the main religions because they believe
that you know, the deity has control so if they decide the baby should be born, I mean, you've got the whole abortion debate in America now. And a lot of the anti-abortion people are because the babies rights because it's God's will, if God made a baby, then God wants the baby to be born and if God doesn't want the baby to be born, then that's up to God, not up to the doctor. So I suppose you've got that idea in that it may be it's a little bit more forgiving because God decided it. And spiritual wise, even though they don't believe sort of the God in the sky. I'd say spiritual wise they do believe you know, the universe, the energy and things like that. So I suppose they may well think, well, you know if it wasn't to be, if it wasn't meant to be then you know, the soul or whoever you know, whatever it is about that person decided not to be here. So maybe they would feel that way a bit more so than people who are I suppose stuck between religion and science. Science, you would kind of say oh that's the reason why and it's not your fault. And religion would say, well, it's God's reason. So that's not your fault. And maybe the people who are stuck in the middle blame themselves.

Researcher: Yeah, I think that's very insightful.

Participant: [Laughter] That’s what reading gets you.

Researcher: [Laughter] That is actually the end of all my questions that I had for you. Do you have any comments or anything that you would love to share with me or any questions?

Participant: No, probably apart from what we just kind of talked about with the culture, it would be quite, quite interesting to see the other cultures without getting into that, into the trouble of they may belong to another culture, but they're still westernised so the answers are still gonna be the same. I don't know. It would be interesting maybe to go to Aboriginal people and see how they differ from us because that's probably one of your best chances at getting a non-white, westernised take on culture as opposed to actually going into India or China or Indonesia or somewhere like that. It would just be interesting.
Researcher: Yeah. Did you have any other comments or questions for me that I can?

Participant: No, all good.

Researcher: Wonderful. Well, I sincerely appreciate you giving up your time today, and participating in the study.

Participant: Right. All right. Well, good luck.

Researcher: I’ll be in contact then by email.

Participant: Wonderful. Thanks, so much.

**Participant J226 Transcription:**

Researcher: Wonderful. So if you could just repeat that.

Participant: Yeah, I consent to participate in this research study.

Researcher: Lovely.

Participant: Is that okay? Yeah, good.

Researcher: Yeah, yeah of course.

Researcher and Participant: [Laughter]

Researcher: Ah, so the first couple of questions we're just gonna go through the criteria of the study, if that's okay?

Participant: Yep, that's fine.

Researcher: My first question is what was your age on your last birthday?

Participant: Ah, forty-three.
Researcher: Wonderful. Are you fluent in English?

Participant: Yes.

Researcher: Ah for the purpose of this study a female means an individual with female sex characteristics and also a female gender identity. Would you consider yourself female?

Participant: Yes.

Researcher: Beautiful. Ah, what is your cultural background?

Participant: Um, Caucasian. British.

Researcher: British?

Participant: Yeah. [Chuckle]

Researcher: Ah, do you permanently reside in Western Australia?

Participant: Yes.

Researcher: Have you been here for long or?

Participant: Ah, yeah aw. Yeah, about thirty years?

Researcher: Thirty years?

Participant: I can’t do maths.

Researcher and Participant: [Laughter]

Researcher: Thats okay. So you were born um?

Participant: Thirty-five. There you go. I have done maths. Thirty-five years. [Laughter]

Researcher: So you were born here?

Participant: Ah, born in the UK.
Researcher: Born in the UK and then came across.

Participant: Yeah.

Researcher: Okay. Wonderful. And then for the purpose of this study, pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses. This is inclusive of stillbirth, miscarriage, ectopic, neonatal death and termination due to foetal anomaly, it does not include a loss of a pregnancy by elective termination that is not deemed medically necessary.

Participant: Mhmm.

Researcher: Ah, have you ever experienced a pregnancy loss?

Participant: No.

Researcher: So you meet the criteria of the study.

Participant: That's good. [Chuckle]

Researcher: Wonderful. Ah, are you comfortable to move on to a couple more demographic questions?

Participant: Yeah. Sure.

Researcher: Lovely. Ah, just your sexual orientation?

Participant: Ah, heterosexual.

Researcher: Heterosexual, wonderful. Ah, do you have any religious or spiritual beliefs?

Participant: No.

Researcher: No. Ah, your ethnicity?

Participant: Caucasian. Sorry. [Chuckle]

Researcher: No that’s okay. I get a mix. [Chuckle]
Participant: Yep. [Laughter]

Researcher: Ah, highest level of education?


Researcher: What was that in may ask?

Participant: Um, Master of Public Health.

Researcher: Wow, that's amazing.

Participant: [Laughter]

Researcher: Ah your occupation? You were saying before that you're doing research could you tell...

Participant: Research and Ethics Manager. Yep.

Researcher: And that's for a hospital board?

Participant: For a hospital.

Researcher: Wonderful. Ah, your social class? It doesn't have to be specific...

Participant: I was gonna say can you...

Researcher: Low, mid, high.

Participant: [Laughter]

Researcher: [Chuckle]

Participant: What-what are the choices? Sorry.

Researcher: Oh, sorry. Low, mid, high.

Participant: Is there income brackets around it? I don't know.
Researcher: There’s no income brackets around it.

Participant: [Laughter]

Researcher: I do apologise.

Participant: No, that's okay. Um, high, maybe? I don't know.

Researcher: Yeah, no, that's fine.

Participant: [Laughter]

Researcher: And same thing here. Doesn't have to be specific. Ah, your household income?

Participant: Aw, okay, um. About two-hundred thousand a year.

Researcher: Yep. Beautiful. Ah, members living in the household with you?

Participant: Ah, myself. My husband um. Do you need any more information about him?

Researcher: No. no.

Participant: [Laughter] Just he’s there.

Researcher: [Laughter]

Participant: Um, and I have got three children, a, almost female she's fourteen, she's almost fifteen-year-old girl. A twelve-year-old boy and a nine-year-old boy. I was trying to remember how old they all were.

Researcher and Participant: [Laughter]

Researcher: Wonderful. So that’s all my demographic questions. I was wondering now if we can move into a bit of the longer questions and I want to get to know you as a person if that's okay?

Participant: Yeah, sure.
Researcher: Would you maybe be able to give me a sentence describing yourself?

Participant: [Laughter] Ah, today. Today, it's tired actually. It's a single word actually. [Laughter] I was just logging on and I was like I hope I, I just had a meeting with the… I promise I won't rattle on too much.

Researcher: No, no.

Participant: I just had a meeting with, like I've been working all day. I've been working from home today. And then I just had a meeting with the, one of my kid's teachers. And I just, I just couldn’t, I think because I was reading such a really complicated document for work and I just can't get my words out um.

Researcher: [Laughter]

Participant: So the poor teacher must have thought I was really stupid. [Laughter] Um, a sentence. Um, I don’t know. Can I give you some words rather than a sentence?

Researcher: You can give me whatever you would like.

Researcher and Participant: [Laughter]

Participant: Um, I'm easygoing, take it as it comes kind of person. Um. Yeah.

Researcher: That’s wonderful.

Participant: That’s probably about as good as I can manage today. [Laughter]

Researcher: That’s okay. Ah, what would you consider are five of your core values?

Participant: Oo, um. Oh, my gosh, these are hard questions. [Laughter] Very introspective, isn't it? Um, core values, core values? Integrity. Um, Honesty. Um. [Reflective pause] Okay, um. [Laughter] This is hard. Um. Achievement. Um. I'm sorry, my dog. Um. [Reflective pause] I don’t know I just, compassion um… and love I guess.
Researcher: Aw.

Participant: I’m just thinking about my kids. [Laughter]

Researcher: Aw, I think they are lovely.

Participant: Yep. [Laughter] Sorry It was hard to, hard to get the words out though. Sorry. [Laughter]

Researcher: No. There is no right or wrong. Or anything.

Participant: [Laughter]

Researcher: Um, how would you describe your view of the world? So people say the analogy, the cups half all or the cups fully full. What would you consider for yourself?

Participant: Aw, I think I'm generally an optimistic. Generally, a, well not even a half full, a full full.

Researcher: Full full. [Chuckle]

Participant: Yeah. [Laughter]

Researcher: Would you consider your view unique from other individuals?

Participant: With regards to optimism, or just in, in. Yeah um. I don’t know. [Reflective pause] Possibly, I mean, a lot of the people I work with are quite optimistic and yeah, I don't know. I don't know. I possibly tend to self-associate with those who are more like me anyway, do you know what I mean? So [Laughter]. Um. Yeah, I don't know. All my friends and associates tend to be quite positive people. Um, yeah. [Laughter]

Researcher: [Chuckle] It's good to have positive people around you.

Participant: Yep. Yeah. [Laughter]
Researcher: Ah, what would you say has shaped your view of the world?

Participant: Um. Aw, that’s a tricky one. Shaped my view of the world…I mean, the generic I guess life experiences. I'm just trying to draw on any specific. I don't know. Just I, just, just. Sorry, my dogs distracting me.

Researcher: That’s okay.

Participant: [Laughter] Um. [Dog bark’s in the background] Yeah, sorry. Um, what has shaped my view of the world. Well, um. I don’t, I guess, I guess probably a bit of resilience, you know, just life knocks you down. You need to get back up again and you know? Now not that life's knock me down in any severe kind of sense, in any way. But just, you know, you take, you roll with the punches kind of thing. So, yeah, yeah.

Researcher: Lovely. I was wondering now maybe if we could consider ah what are your thoughts about yourself as a female?

Participant: Um, oh, I don't know if I have. Arg. I mean, it's all, it's all you all you've ever known, isn't it? I guess. Um. I don't know. That's a really hard question. I don’t know, um. So I've got three kids, I guess looking at from that perspective, it’s, it's lovely being a mother.

Researcher: Yep.

Participant: And I don’t. You know, I mean, it is different I guess and I've obviously never been a Father. [Laughter] Or a male.

Researcher: [Laughter]

Participant: But just, just, just, you know, the, the ability to nurture. And I think I do have, two of my children are boys, my youngest two are both boys. And… just in terms of gender roles, looking at that as a parent and how boys in particular. And I know the question was about females…
Researcher: That’s okay.

Participant: [Laughter] We are going off on a tangent.

Researcher: [Laughter]

Participant: But, just, just how women and females are allowed that ability to express emotions more freely than boys. And I've got one boy, my middle boy, he's very, he's the twelve-year-old. He's very and he's always been like this and he's more so now that he is approaching adolescence. He's always been very stoic and very willing to hide his emotions. My youngest, he is also a boy, he's just like arrr! [Laughter] You know? When, if he's crossed the world knows it. But, but I think in particular for the middle boy who is reflecting a true sort of… a more acceptable masculine profile um, the ability, the repression of emotions. So I think that's one thing that's probably, good. Good, as a female and I obviously, never been a male so [laughter] um, is the ability, it’s more acceptable to express yourself emotionally, then it would be for men.

Researcher: Yeah.

Participant: I think there's a lot more, thinking about gender roles as well as a lot more possibilities for… more to a certain extent for females. It generally, particularly, I'm just again thinking about my children. Girls, there's that more acceptance for girls to do. More boy, activity, more boy activities, or to go the opposite way boys often perceived as a ‘sissy’ or you know, effeminate and those kinds of things. I think there's a bit more scope for women to push the boundaries a little bit, their gender roles. So. Sorry, does that answer your question? What was the question again? [Laughter]

Researcher: No. I think you answered it very well.

Participant: [Laughter] I think I went off on a bit wild tangent, but anyway. [Laughter] Sorry.
Researcher: No, it was very important.

Participant: [Giggle]

Researcher: I was wondering maybe what aspects of yourself would you say contribute to your own female identity?

Participant: [Reflective pause] Um, oh. I was actually reading something last night about you know, do you know the female swimming controversy, about how they're going to allow transgender athletes…

Researcher: Oh, yes.

Participant: And I was, I went down a rabbit hole and it's a bit of a thing at work, you know we were talking about it and, and just, you know, how the conflation between sex and gender and, and, how you know, we actually had. I'll try not to say anything, but we've we've had a few projects at work. Um, just, just with regards to gender and it’s, it's a whole new navigational mindful, minefield, and no one. Okay, maybe it's just, we're all a little bit older amongst my work colleagues. We're just a little bit confused as to how to navigate it and just, just the confusion between gender and sex. And yeah, just managing it and if someone…Sorry, what was the question again? [Laughter]

Researcher: [Laughter] That’s okay. Um, what would you consider as aspects of your own female identity? What would be the core aspects?

Participant: Um, yeah, I don't think I answered the question did I? [Laughter] I…I'm not really sure um, I guess… back when I was. When I was a kid and I don’t mean to start a sentence with back in my day.

Researcher and Participant: [Laughter]
Participant: But it was, it was less acceptable the trans, the pushing of gender boundaries and that… Fully supportive of transgender people and what have you, but back, when I was a child. I was born in the seventies and grew up in the eighties. It was, it wasn’t and maybe it was probably my background. My parents weren’t super conservative, but it just was always your born a girl. You know, do you know what I mean, and you dressed as a girl as a child and you wear dresses and you just, you know that’s, that's what, that's what happens. 


Researcher: Yep.

Participant: Yeah, so yeah, yeah. Did that answer the question? I don’t know if I still, I don’t think that answered the question.

Researcher and Participant: [Laughter]

Researcher: I think that answered the question. I think it definitely. You told me with your view and your conceptualisation of gender and came, kind of came from your upbringing.

Participant: Yep.

Researcher: Would that be correct? Did I hear that correctly?

Participant: Yeah. I just, I just think that it was something that I never questioned and I. And I think adolescents and children today are questioning it more and rightly so. But, but it has never really occurred to me to question it in any way. I've just always accepted that’s what it is and you know and that's what it is and you know and that’s what was, I guess that was what society and family imposes upon someone. Back in, back in when I was growing up your born a female, you look like a female, you dress like a female, you're gonna be female. And that's what you just sort of become in a way I guess. I don't know.
Researcher: Yeah. The female identity in general, what do you would say a core aspects of a female identity?

Participant: Um…goodness. [Laughter] Um do you mean, gender, I guess.

Researcher: Yeah of the female gender. So if you were to see an individual, that was female what would you say it is about them in general that makes them female?

Participant: Mm. Okay. I guess typically, their sex which I know is different to gender so wouldn't you know, the biology and all that kind of stuff. Um, what makes someone female? [Giggle] Beyond that um. [Reflective pause] That is a really hard question.

Researcher and Participant: [Laughter]

Participant: I guess. For someone and I'm not trying to…I’m trying to think of a way to word it sensitively because I don't want to come across as…For someone that looks female and I guess is biologically a female. You, well I personally ascribe a female gender identity to them, so you know. Do you know what I mean? I just sort of, you know, I guess, are we gonna go into the transgender stuff as well or? Or?

Researcher: You can do…yeah um.

Participant: [Laughter] Sorry I feel like because I was reading about it last night. But, but I, yeah, I guess it's probably whatever they identify as? Or what, what, what image they're projecting to the world is how I would regard someone as a female.

Researcher: Yep.

Participant: Um. Does that answer the question? [Laughter]

Researcher: It definitely does.

Participant: Tell me if you want more information I don’t know. [Laughter]
Researcher: No, no, I think that answers it beautifully. I think it’s a very well thought out answer. Definitely, yeah. I was wondering if I could maybe ask about your past and present romantic relationships? If that’s okay?

Participant: Um, sure. Um so would, ah err. So been married for…Hang on maths. [Laughter]

Researcher: That’s okay.

Participant: Eighteen years this year.

Researcher: Wow.

Participant: That is right, yeah. Eighteen. [Laughter] Ah, been together for…hang on maths again. What year are we? 2022. Twenty-six years. [Laughter] There you go. Um. Yeah, so. I dated very, I was quite young when we got together. I dated very casually before that, but we’ve been together since, since then so.

Researcher: Beautiful. Have all your relationships been heterosexual?


Researcher: And would you say in your relationships, have you always wanted to conceive children?

Participant: Yes, I even when I was, from when I was quite young. I wanted to, you know like? I wanted to have children someday.

Researcher: Wonderful. I was wondering maybe if we could discuss a little bit about your pregnancy history?

Participant: Um, yeah so well we got married in 2004, um we knew we wanted kids. We weren’t sure how many I wanted three and he wanted two and I won.

Researcher and Participant: [Laughter]
Participant: I-I think if we’d had two girls or two boys then it would have been you know? A bit more straightforward but for him, I managed to talk him around. Um, yeah so we I guess I can’t remember the specific, but we tried to fall pregnant, didn’t fall pregnant for a while. So my two boys, the two youngest were both IVF pregnancies and the oldest, the daughter was a, an IUI like an assisted form of um conception but not full IVF.

Researcher: Yeah and I guess you received health services, ah for going through IVF and pregnancy that way? Did you access any health services?

Participant: Ah, yes, yep.

Researcher: Ah would you say maybe how that impacted you, having to go pregnancy. Have a pregnancy, sorry through, through IVF?

Participant: I guess it takes away the spontaneity of it all. It sort of medicalises things. Well, it does medicalise things, I shouldn’t say it sort of does. And then it becomes very um dehumanising in a way. Um, you become a lot and like I’m a super organised, well I used to be an organised person.

Researcher and Participant: [Laughter]

Participant: So it become very much about turn up on this day, have this blood test, do this injection, do this, do that, you know like? Do, do, do and it just became something to slot into my and you know it just became a procedure rather than, you know, anything else. It didn’t take too long, I know some people struggle and struggle and struggle with infertility. It didn’t at any stage take too long. There is three years between my three kids. Three years between each of the gaps. Three year gap. Yes, and I’m glad it didn’t take to long. But it is hard. It's expensive, hard um, you know? And particularly when you’ve got a young toddler to drag around appointments and to slot in and I was working part-time at one stage. Had to give it away because it got a bit crazy. [Laughter] But, um. Yeah, so.
Researcher: Would you say um that that experience has kind of changed your perception of how you think of pregnancy in general?

Participant: Um, I remember at the time and when I, so because I had my first child, the daughter. How old was I? Twenty-eight. Late Twenties. And, and your peer group starts to they all get married, well they all get married at the same time, they all. You know you have one year where your going to the twenty-firsts and then you have one year where you are going to the engagement parties, and then you have one year when you're going to the weddings and then you have one year where you're going to baby showers. You know so, your peer cohort is all sort of falling pregnant and, and I mean you never know what, unless your really close to them what someone’s going through but it feels that it, you know? Jealous I guess. What other people, how easy it seems to come to some people um, you know? There’s, there's perhaps not the understanding and you know infertility is quite common as well. Like a third of babies, I think it’s actually I don’t know. I don’t know the statistics but I think it’s a lot more common than you know? I think it’s one in thirty babies.

Researcher: One in thirty babies are…

Participant: Yeah, I think. Conceived by IVF. Yeah so.

Researcher: I’m not sure of the statistics around IVF.

Participant: Yeah, it’s a lot more common than is expected. Um, yeah maybe check those statistics.

Researcher and Participant: [Laughter]

Participant: From a reputable source. But um, yeah you know it’s just. Yeah so. It, it was hard and it worked out in the end for us and for some people it doesn't you know and you read
about those cases in the media where they do years and years and cycles and money and time and effort and you know so.

Researcher: Did you have any complications throughout your pregnancies?

Participant: No after a hard road to get there the pregnancies were all easy. [Laughter] Oh, with a few you know the usual minor niggles and aches and pains but yeah.

Researcher: Yeah.

Participant: Yeah, fine.

Researcher: I was wondering with your pregnancies as well at what stage did you announce to other individuals that you were pregnant?

Participant: Um, I think I did the, the excepted thing and waited till twelve weeks the first ultrasound. Actually because they were IVF so you have ultrasound a lot earlier. You have and I can't remember which baby it was. I get my kids mixed up. [Laughter] In terms of whose pregnancy and stuff. Um, you know you have them at six weeks at some stage, just to check the, the foetal heart um and, and there is no guarantee that even a baby of thirty-nine weeks is going to be viable, you know stuff happens but once you see the foetal heart the risk of miscarriage drops and then once you see it go past twelve weeks and then it incremented…I'm sure you know much more about these things than I do, but you know each, each week you get a little bit more reassured. The risk of miscarriage doesn’t go to zero but it decreases.

Researcher: Yeah.

Participant: Yep.

Researcher: So what I am hearing is that you waited for the twelve weeks because of the medical statistics?
Participant: Um, uh, I partially just because it was the done thing. Do you know what I mean like, everyone said oh wait to twelve weeks. I was like oh there has got to be a good reason why everyone else is waiting till twelve weeks so.

Researcher and Participant: [Laughter]

Participant: Peer group pressure and all that. [Laughter]

Researcher: No, no that’s no problems at….

Participant: I think that it, it, is based. The peer pressure is based on medical. Some aspects of medical evidence. You know that it is, you know? The risk of miscarriage declines significantly after the first trimester so.

Researcher: Mmm. I was wondering you mentioned earlier about baby showers, ah so at the event that you have attended can you tell me a little bit about the baby showers?

Participant: Oh gosh I went to lots of them. Trying to ah, eh, in eh, what did you want to know about them just?

Researcher: Um, maybe the topics of conversations that are had at baby showers?

Participant: Oh, I had one friend who was very into games which I was [Laughter] I’m not a games person. You know like the, the kind of guess the celebrity baby and I can’t even remember what I can’t remember what they were, anyway. Um topics at baby showers I guess is it going to be a boy or a girl, you know just like talking about the baby to be, the you know the impending baby. Impending baby. [Laughter] The impending birth. That's what I mean. Um. What else? There's the you know the unwrapping of presents and then everyone goes and gaas, over the baby clothes and how teeny tiny they are and how cute they are. Um, what else do we talk about? Um, just I guess, just baby stuff. I mean, general chitchat but a lot of baby stuff.
Researcher: Yeah.

Participant: You know?

Researcher: At what stage of the pregnancies do you notice a lot of individuals having the baby showers?

Participant: Probably in the, in the thirties. In the weeks between thirty, probably about between thirty and thirty-six. I guess. They don’t have it too late in case baby decides to come early.

Researcher: [Chuckle]

Participant: But, yeah, not too early.

Researcher: Yeah. And I was wondering, for an individual that may be experiencing um a little bit of psychological discomfort in attending a event celebrating pregnancy due to their own pregnancy history, have you ever noticed any accommodations made for them?

Participant: No, I can't say and I know this is gonna sound really insensitive. But I can't say I've ever thought about it or just even thought to notice it.

Researcher: Mmm.

Participant: Until you know, until you mentioned it just then. I was like oh, yeah. Well, you know, I mean, and I guess if it was a close friend, I would know. But the general people that I, you know if it like if it was, you know, a cousin of mine or something and it was a cousin of theirs, there you go. [Laughter] But um. But I wouldn't know, so I wouldn’t notice anything like that but if it was my good friends and it was another good friend with that experience, you know with any sort of issue I would know about that. You know, but that never happened at that same time, like friends have had miscarriages but not coinciding with any sort of baby celebration.
Researcher: Yes. Um, what do you think would be an appropriate accommodation to make?

Participant: Um, goodness. Um, I guess okay, if I'm putting myself in the person, in the shoes of the person that's had a miscarriage. You'd have to wonder whether they might not even want to attend if it was still a bit raw. Um, so if I was the person holding the shower the, I'd like to think if I could go back in time because I'm not having any more children. [Laughter] I would have sort of said look, I understand you're going through a really tough time. It's okay if you don't want to attend we might catch up and have a non baby related, non baby talk cup of coffee, you know, or something else at a different time or, but also reassure that woman that she's still welcome. It's not to exclude but just to, you know, accommodate and be considerate, so.

Researcher: Yeah, no, I think that's a wonderful idea. I was just wondering has anyone ever disclosed to you that they have experienced a miscarriage and discussed aspects of it with you?

Participant: Yeah, so I had a, one of my really best friends ah who has fortunately gone on to have two wonderful daughters, um was also actually going through IVF and she had disclosed to me that she had an early miscarriage. I think I can't remember. Anyway, it doesn't matter now, I can’t remember if she had had a baby at that stage. I don't know if it was between the two girls or preceding. Yeah, I think it might have been after her first.

Researcher: Yeah.

Participant: But before the second, yeah.

Researcher: Ah how did you? Did you feel comfortable when she discussed aspects of it with yourself?
Participant: Um, it’s, it’s hard to know how to deal with it and when…I mean it was a while ago so I can’t really remember how I dealt with it and I’m just gonna speak sort of broadly here but I guess as well if it was…Well, actually I was just thinking of a more recent example, der. [Laughter] Um, my sister recently had a very, very early miscarriage as in only a couple of months ago really she hadn’t really announced it. Um, and there’s. I mean there is guilt on my perspective because I’ve got three healthy, happy children who are running around outside so you know and there’s and this how this would. You know she’s not had any children, so she you know I. I’m just gonna make I don't know how to say it, it might be a slightly less. I mean, any loss is painful but I guess if it’s the first it might, I imagine it’s different than if it's your, that you've already got a child at home. Yep. Yeah, I don't know, losing any child will be hard so. [Laughter] But you know it might be slightly easier to bear if you already have a child. So yeah, sorry what was the question again?

Researcher: It was just regarding, in terms of… I've actually lost my place I'm sorry.

Researcher and Participant: [Laughter]

Researcher: Um, we were discussing… we were discussing that your sister had disclosed regarding the miscarriage and if you felt comfortable in the disclosure, it was around your friend and also your sister.

Participant: Yeah, actually, it's was aw slightly different because the friend who disclosed did it on a telephone, like as in a chat, whereas times moved on and my sister sent me I think, I can’t remember if it was an email or text message it was, it was a written message so it was and obviously, you know, even just communication styles is much less confronting to deal with a text message and I did ring her you know, as soon as I was able to and just try and but there was that like the shock, you know, I mean, the shock had gone a little bit. I was able to marshal my thoughts a little bit better. Whereas the friend that rang me was a long time ago
around ten years ago, but there was tears and there was that immediate sort of need to reassure and be there and, you know, respond to her needs and to, to you know, to just to listen to her and to you know, try and be there for her as much as I could.

Researcher: Yeah.

Participant: But, but also feeling that I couldn’t fully appreciate what she's gone through because I hadn't gone through it myself. Um, you know, I mean, I've had loss in my life, but fortunately not any children either during pregnancy or post-birth, like the, you know. Um you know everyone has experienced different losses. So you draw on that. But, you know, it's not the same. So, yeah.

Researcher: Just on that. What would you say is an appropriate comment to say to someone that has experienced a miscarriage to support them? A comment?

Participant: Um, uh [Chuckle] I was about to say I could tell you what’s probably not an appropriate. Not that. Not that, I didn't say that. But you know, oh you'll be fine. It's, uh, you know, it wasn't meant to be and all those platitudes that people give.

Researcher: Yeah, have you heard a lot of that? A lot of the inappropriate comments?

Participant: I just, I guess, I guess I've heard them and I've never I don't think I've said them. I hope I haven’t. I'm fairly sure I haven't said them. But just the general sort of comments from people, women that have experienced miscarriages or, or problems with infertility. You know, oh, if it was meant to be. Don't worry, you can try again. You know, those kinds of things. They're not helpful. [Laughter] Um. But I guess in terms of the good things to say would be um or you know, I guess I guess there's similar to any losses. I'm really sorry. And I guess just to draw upon my own pregnancies, is that the minute you fall pregnant, you project into the future, or maybe it's just me, but you project into the future and suddenly it's not just a positive pregnancy, like a line on a positive pregnancy test. It is a little baby in your hand
and then as a toddler and then as they’re going to primary school in the uniform and then it's them graduating high school and then it's them getting married and then it’s you with your first grandchild. And before you know you've planned out the whole life for them or perhaps it's just me, um so there's all this expectation built into a positive pregnancy test that it's not just about a baby because of course you don't know that baby. It’s just literally and I don't mean to trivialise it but it is at that stage a bunch of cells. It doesn't have a personality, but you as a human project all that emotions and perspective and expectation onto that bunch of cells, and you've planned out the whole life for them and you know, and, and obviously, as you grow, you have teenagers, you realise that they have their own personalities.

Researcher and Participant: [Laughter]

Participant: They will deviate from that path, but you know, when, when they're little newborns as well you imagine what their life is gonna be. So it's not just about the positive pregnancy test. It's about um. It's about your expectations of what your life has now become because you're not just a woman anymore. You are even when you get the pregnancy test. You are a mother. You know, whether you're regarded as one or not, whether or not you, you have you know, you have that potential to and that expectation that you are now a mother. So, it's you know, it's about recognising that I think so.

Researcher: Yeah. The underlying meaning.

Participant: Yeah, yeah, yeah, yeah.

Researcher: I was just wondering coming back to your sister and your friend did you know if they told many people about their experience of miscarriage or?

Participant: I think, oh about the miscarriage? Um...the, my sister so that was quite recent. Sorry I got the hiccups. My sister told a few people she was pregnant. So then she had to, untell and she was quite early as well. She was only four or five weeks, but I think she just
was super excited and we had a few things going on in our life with you know, and it was just a loss in our life. I don't know. Yeah. So it was a, it was a you know, it was a positive thing in a dark time, but then, then the miscarriage happened. So yeah. And my other friend, my friend. I don't know if she told many people. I don't think she did. Obviously, she would have told her Mum, I’m sure because they're very close. But I don’t think she would have told many people beyond that so.

Researcher: Yeah, do you know if either of them let their workplace know?

Participant: I don’t think so. It was, it was early in both circumstances. Yeah, I think I'm just I think, actually, you know what I don't know, but I told my workplace at twelve weeks.

Researcher: Yep.

Participant: Um, and I think that's the general among my group anyway. I don’t [laughter]. But it's generally the thing is to tell the workplace at around twelve weeks.

Researcher: Okay.

Participant: Or at least, actually I should, I should say at least twelve weeks you don't tend to tell early unless and I was very lucky because of my pregnancies but easy but unless you're running to the toilet and vomiting from morning sickness and it becomes obvious, then you try and generally hold out to twelve weeks. So, yes.

Researcher: Yes. Um, I was wondering, have you ever been involved in a ceremony to commemorate the loss of a baby due to a miscarriage?

Participant: No, but I um, no I haven't actually.

Researcher: No. If you were to be involved or know of a ceremony, what do you kind of think would be appropriate to commemorate the loss?
Participant: Um, what do I think would be appropriate? I don’t know, I know I'm in and I've done some work in tertiary maternity hospital and I know they have and probably at metropolitan secondary hospital with maternity services as well. Probably should look it up. But I know they have a neonatal remembrance garden facility at tertiary maternity hospital and obviously they have a lot of neonatal loss there. Um, I guess it should be dictated by the wishes of the parents as to what they want to do. Some parents and I've got a friend on Facebook and obviously not close to her and we used to go to school together but we haven't seen each other since we left school but we just, I think she just reached out we just touched base on Facebook. So I don't know much beyond that. But I know, I've seen you know she's she had a miscarriage. I think it was quite a late miscarriage actually from reading what was posted and she's you know, she's done things like, ah what did she do, things like writing the name in the sand, you know, the beach and there was photos of that. And then she got a tattoo with the baby's name and date of birth, you know just commemorating. So I think I mean, I guess it’s up to what the parents want to do.

Researcher: Yeah.

Participant: And some people would want to do it in that way. Would you know that, that's what they need to do to commemorate it in the public sort of, you know, having the tattoo or the writing on the sand and some people will be very private in their grief and just want to just, you know, reel it in a bit and just deal with it in their own way. Basically, whatever is required by the parents. I mean, it's like any grief you need to go and in any loss, you need to do what you need to do to help you understand and manage, you know, the process of the grief so.

Researcher: Yeah.

Participant: Yep.
Researcher: I was wondering have you ever heard of a certificate?

Participant: A certificate?

Researcher: A certificate, yeah.

Participant: Um, as in, I'm not sure what it, like as in a death. I mean, I like a death certificate.

Researcher: So as of 2021, they have now allowed, so before that you weren't allowed to. But now, if you lose a pregnancy before twenty weeks, you can receive a certificate acknowledging the loss of the pregnancy. So it's like an acknowledgement certificate and it just acknowledges the loss of the pregnancy. It can't be used for any legal purposes, but only came in about 2021. So I was wondering if you'd maybe heard of it or?

Participant: I hadn't heard that the new, the pre twenty weeks was coming in but I did know it was only able to, you were only able to get a death certificate issued if the pregnancy passes a certain gestation. I wasn't quite certain what that gestation was but I…

Researcher: Yeah.

Participant: I didn't realise it was ability to…yeah.

Researcher: Yeah.

Participant: Get one before that date.

Researcher: What would you think the purposes of a certificate would be?

Participant: Um, I think, I guess just thinking about a birth certificate which is I known not what you're asking, but I think I think it validates, well, I guess any, you know, it proves existence. Birth certificates and death certificates because you can't have one without the
Researcher: It is an early pregnancy loss, early pregnancy loss recognition certificate?

Participant: Oh, okay. Yeah, yeah, I mean, I guess it sort of validates the existence. Um, sort of proves that there was a presence, you know, in their, in the parent's lives and sort of, I guess it would give them some closure. I mean, I can't say but I guess you'd have that certificate and proof because, you know, babies as in ones that go to term and then you know, they're tangible and they're real and they're there and they're screaming or they're, you know, you can't deny that they exist, but the ones that don't make it to term and die in utero, you know or stillborn or something that you know, and because you never got to know them, as in the grandparents and the wider society and the aunts and uncles never got to know them, that it is perhaps easier to forget them, you know, so I guess having that recognition, whether it's the certificate or the tattoo or the lovely trees or some flowers and notes, or a memorial garden at a hospital, you know, it gives, it gives, you know, it sort of recognises that that person and they were a person, you know, recognised that they were a person so, yeah.

Researcher: Yeah. I think what you're saying is wonderful. I think it's saying the acknowledgments.

Participant: Mm yeah.

Researcher: I was wondering, you brought up the hospital again, do you know any services specifically for miscarriage?

Participant: There's a…Oh gosh, I suspect a lot of the tertiary maternity hospitals do it pretty well. And probably I shouldn't disparage anyone else, but I suspect metropolitan secondary hospital with maternity services does it quite well, as well. [Laughter] Yeah, as I said, I don't often go to that part of the hospital. Um, I know that there's a stillbirth foundation hotline and
I can't remember the name of it. And I'm sure there's a lot of stillbirth foundations that you know, that you know the hotline you can ring up? I can’t remember the name of it. Um, yeah.

Researcher: No, no, that's okay. Um and so…

Participant: And I know that some hospitals, I know that if you have a later, as in if you have the baby in a hospital it's a bit of a later gestation there is the encouragement to spend time with the baby that's passed. To take lots of photos. To take little footprints and handprints and memories and all the things that you need to do and that there's no rush to release the body you know for, for burial and stuff like that. I know that there is and this isn’t me drawing on any professional workplaces in particular. This is just what I'm sort of saying in general. I'm sure it's probably a universal kind of thing. But it's encouragement for the parents to spend time with the baby that has passed and to make memories and take lots of photos and invite siblings in if siblings need to be there and family members if you know grandparents if they need to be there and then you know, just there's no rush put on the need to remove the body so, yep.

Researcher: Yeah. Um, I was wondering if you could maybe tell me what kind of a person would be likely to experience a miscarriage.

Participant: Someone very unlucky. Just I'd say it's random. There's, you know, there's no rhyme or reason. Well, you know, there is rhyme or reason there’s, there's the genetic and the biological causes and that's probably about it. You know, it's just it's unlucky, and it's more common than people think. So, yeah.

Researcher: Yes, I will disclose to you um, as you said miscarriage does not discriminate. It can occur to any individual and the most likely reason is chromosomal abnormalities, but I do just ask that question um to know if there's any, you know, beliefs regarding what type of an individual may experience a miscarriage.
Participant: Yeah, it doesn't discriminate, as you said.

Researcher and Participant: [Laughter]

Researcher: I just was wondering, is there any ways that you've heard of to prevent miscarriage?

Participant: Um, there’s ways to, not to prevent but to reduce risk and there's all the general pregnancy advice, you know, don't drink, don't smoke, have good genes, you know, as if you can manage that but you know I mean those kinds of things, you know, the general pregnancy advice. Um, but you can do, I know that you can do absolutely everything right, you could just become a monk almost and live in a you know, this transcendental state and, and do everything right and, you know, eat all your vegetables and fruit and you can still be unlucky and there's no reason, you know, no, no and a lot of them they don't ever find out, you know, sometimes they will, they can determine the biological reason, as you say, like often chromosomal anomalies are detected and those kinds of things but, you know, sometimes they can just say no, the baby looks perfectly fine. There's no detectable or discernible reason as to why it failed to grow. So, yeah.

Researcher: And like you said, miscarriage actually can't be prevented, and I do disclose that to you. I only asked to hear, if you've heard of any old wives’ tales regarding why miscarriage occurs.

Participant: Okay, um, no, I don't think I have heard of… I think I've worked in the medical profession too long to [laughter] to know if I've had heard any other old wives’ tales.

Researcher: No, no, that's no problems at all.

Participant: [Laughter]
Researcher: Following the experience of a miscarriage research demonstrate that individuals who experience a miscarriage commonly feel negative emotions of grief, devastation and anger. Are there any factors related to the miscarriage experience that you have been told or that you believe would lessen the amount of negative emotions an individual may experience?

Participant: Um, so what was all the emotions again, grief? Sorry. [Laughter]

Researcher: No sorry, I know it's a long question. So grief, devastation, and anger, are common negative emotions. We discussed it a little bit earlier when you said an individual that may already have a kid at home might feel slightly less negative emotions. It's not negating the negative emotion. It's just considering the factors around…

Participant: I guess it, and, and, you know, grief and anger and I think emotions are healthy. So and what you feel is what you feel and some people might be very. [Chuckle] Maybe they won't, I suppose. You know a ‘that’s fine’, and then move on and know for various reasons and some people will be absolutely devastating and that's fine. Whatever, whatever your reality is, that's your reality. In terms of factors, and I think you need to allow yourself time to grieve any loss. Um, no matter how inconsequential it seems to the wider society, people might go, ‘oh, but you were only four weeks pregnant’ or you know, you know, ‘man up’ type thing or ‘get over it’ or you know, ‘this happens all the time’. Or you know, ‘it's not like it's a real baby or anything like that’. And it is to that person. So I think people should be able to experience whatever emotions that they and acknowledge and accept whatever emotions that they have, and allow themselves time to move on. I think the ways probably, ways to manage it would be to have a good support system around you. And people that and people, I guess importantly, following off my previous point is people that recognise the devastation that it can cause and not brushing it aside. I think people negating and, you know, just
invalidating your emotions is unhelpful. You know, if someone says to, you know, if I've experienced the loss and someone says, ‘oh, what are you crying for? That's nothing.’ You know, that's not helpful. I can't imagine, well I can't imagine that would be helpful. It wouldn't be helpful to me if I had a loss that it was…any type of loss you know, any disappointment, whether it's a you know, whatever it was, it would not be helpful to me because my reality is that it's a big deal to me. Just because you think it's a silly reason to, you know, to be upset doesn't mean that it's not a big deal to me. So, yeah.

Researcher: Yeah, definitely. Do you think maybe an individual's age would have any influence on the amount of negative emotions?

Participant: Possibly. I guess, just in terms of, just thinking about my sister, and she wasn't sure she ever wanted children. She's forty…can't remember, forty-two. [Laughter] So I guess, and to be fair, I don't think she has ever tried to have children really. But having a miscarriage, okay, having a miscarriage in your twenties where you're just starting out thinking about family and you're like oh look, well we can try again. Let's dust it off, you know, we will be sad about it but let's dust ourselves off. Get back to it and then you know, maybe we'll be lucky in the next month or or two. And I guess, you know, if, if you prolong, but I guess when you when you're a bit older, you have less chance of conceiving each month. So perhaps the loss might be more severe. But I guess it depends on whether you've had prolonged losses, or whether it's your first loss so.

Researcher: Yeah. Do you think maybe…you mentioned that your sister may not have ever actively tried to conceive? Do you think whether an individual is actively trying to conceive or not would have an influence?

Participant: Aww, I think, well, I guess maybe not so much whether they were actually well, probably but I think whether you know, sometimes there's lots of accidental babies out there
in the world and they are loved and wanted and, and sometimes in my, obviously my children were very much planned. But I just kind of project here, but I suspect that sometimes you might not know what you wanted until you have it taken away from you.

Researcher: Yep.

Participant: Um, so you know, you get the positive pregnancy test and you're like, oh, my gosh, that was really unexpected. But oh my gosh, we are so excited. And then, you know, two weeks later, the baby's gone, or whatever. And then you're absolutely devastated. Because for those two weeks, you were a mom. So you know, I just. Yeah, I don't know. I mean, I guess it depends on how wanted the baby is, the baby. And I know that, that's really, yeah. I don't like to think of babies that aren't wanted and hopefully, they all get to be wanted by the time they arrive. But you know, so I think perhaps the, the desire for the pregnancy would have an influence, the response to it so.

Researcher: Ah, do you think an individual's relationship status would have an influence?

Participant: On…the um…

Researcher: The amount of negative emotions.

Participant: Um, possibly, I mean, I guess probably most women possibly would. You know what, it's much easier to have kids when you've got a partner. [Laughter] And I guess that's the fairy tale, isn't it? That you, you know, you're always going to expect your gonna have someone by side. So I guess if you're a single parent and you had a miscarriage, but, but then, you know, babies, single parents are entitled to parenthood it is one of the you know, the fundamental human rights and human desires and, and everything so you know, I don't know, can I change my answer?

Researcher and Participant: [Laughter]
Researcher: No, no these are just factors, we’re just considering them. [Chuckle]

Participant: So I think, I think you can be angry and emotional and, and devastated regardless of parental status. And I will say that I suspect that where a baby is planned and usually that comes with a partner. Then, you know, usually, the babies planned with a partner in tow. So perhaps, you know, the devastation around a planned baby would, be would be there. Every single parent, single parent, baby. Having a baby as a single parent would be an anomaly I guess. So. Perhaps they are not, the babies a surprise baby and not as wanted as one in a you know, you know, relationship. If that makes sense…

Researcher: I will remind you it there is no right or wrong answers.

Participant and Researcher: [Laughter]

Participant: I think my brain is just going round in circles. Anyway. Trying to land on a position.

Researcher: [Chuckle]

Participant: I’m not doing that very well.

Researcher and Participant: [Laughter]

Researcher: Um, I was wondering whether their culture would have any influence?

Participant: Um, I think it would actually, I mean, and then I did sorry, I you know, I come from a medical base background. So and I understand all the, all the risks and all the predisposing factors which there aren't any really, you know, for a miscarriage. But I'm just gonna project here and I suspect in some cultures that blame is ascribed, particularly to the female, as in you did something wrong. And maybe I'm completely wrong, because I don't know how it all works on different cultures. But I imagined that there might be some cultures where you know, there's blame apportioned where blame it's not deserved. So yeah, and I
guess, in terms of, and perhaps, in some cultures, it's acknowledged better than it is in western culture. I'm going to stick to western cultures. I'm much more familiar with that than any other culture. But maybe it's recognised better or managed better or the losses are dealt with better or more openly. And yeah. I was gonna say though maybe they do it worse, but I don't think we're doing particularly well as a western culture so. [Laughter]

Researcher: What, what factors would you say that we don't do well as a western culture?

Participant: Um, I guess it's probably not acknowledged. It's, it's been a bit of a taboo until the you know, until the last maybe twenty years, maybe, you know, it's just it's not been. It's not been, you know, miscarriage or pregnancy loss hasn't really been widely acknowledged in the community. And I still don't think it's probably as well acknowledged and recognised as it could be as a loss. It's probably seen as something that I mean, I can just imagine if a child like a toddler, so you know if a one-year-old died or even a new infant like it, you know, maybe just one that doesn't, hasn't developed relationships really or a personality but, like a six week old if that baby died, there'd be absolute devastation to a family, but that, you know, but a loss in pregnancy it's not afforded the same recognition as a neonatal death. I don't think.

Researcher: Mmm. Ah, my last question is what do you think someone's religion would have any influence on their negative emotions they would experience?

Participant: Um, I guess it's probably like a lot of grief. Whether you believe that there is a rhyme or reason for what happened, whether like there's a higher purpose that it happened for a reason. Whether you believe in some sort of afterlife that the baby is going to a better place or you know, that you can see…as sad as it might be that there is a way forward for that particular infant. So I think for, in terms of any loss, I think religion gives a lot of people hope and a coping mechanism and an understanding that this is part of God's will, or whoever
your God is. So I think religion would help moderate emotions, but I also think would give people a way to cope with whatever their emotions are and to give them a sense of closure and sort of, you know, security.

Researcher: Yeah. Mm. So that’s all my questions I have for you today is there any comments that you would like to share with me or anything that we haven't touched on?

Participant: No, I don’t think so. That's pretty comprehensive. [Laughter] Yeah, so sorry, I went off topic a little bit and went a bit round in circles. [Laughter]

Researcher: No, no apologies necessary…

Participant: You’ve got to write it all out now though. [Laughter]

Researcher: I do but that’s okay.

Participant: Probably be like um, um, um.

Researcher and Participant: [Laughter]

Researcher: No, I really appreciate you participating today.

Participant: Yeah, that's okay. No worries.

Researcher: Wonderfull, I'll be in contact then through email and send through a debrief letter and I’ll also send through the transcription.

Participant: Okay, excellent. No worries. I'll keep an eye out for it.

Researcher: Wonderful. Have a lovely evening.

Participant: Yeah, you too. Nice to meet you.

Participant J246 Transcription:
Participant: Oh right, I consent to the process.

Researcher: Amazing. So we're just gonna start off with a couple of questions regarding the criteria of the study. So my first question is what was your age on your last birthday?

Participant: Ah, thirty-one.

Researcher: Thirty-one. Are you fluent in English?

Participant: Um, yeah. I try. [Laughter]

Researcher: [Chuckle] That’s okay. Ah, for this study a female refers to an individual with female sex characteristics and also a female gender identity. Would you consider yourself female?

Participant: Yes.

Researcher: Ah, what is your cultural background?

Participant: I'm Latin American. I'm from Argentina.

Researcher: Wow.


Researcher: Amazing. Have you resided in Western Australia long?

Participant: Yes, for almost four years now.

Researcher: Amazing and then for this study pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses. This is inclusive of stillbirth, miscarriage, ectopic, neonatal death and termination due to foetal anomaly. It does not include loss of a pregnancy by elective termination that is not deemed medically necessary. Have you ever experienced a pregnancy loss?
Participant: No, no. Or pregnancy. [Chuckle]

Researcher: [Chuckle] So you meet the criteria of the study. Are you happy to move on to a couple more demographic questions now?

Participant: Of course. Yep.

Researcher: Wonderful. What is your sexual orientation?

Participant: Um, straight.

Researcher: Straight?

Participant: Yeah.

Researcher: Yeah. Would you consider yourself a religious or spiritual person?

Participant: No, not really.

Researcher: No. Ah, your ethnicity?

Participant: Oh, well, um, my. I come from European background, but I was born and raised in Latin America in Argentina. So yeah, I would say Latino.

Researcher: Wonderful. Your highest level of education completed?

Participant: A bachelor’s degree.

Researcher: What was that in may I ask?

Participant: Graphic design.

Researcher: Oh, amazing.

Participant: Yeah.

Researcher: You must be very good at drawing?

Researcher: Ah, your occupation?

Participant: I work at a printing company.

Researcher: Marvellous. Ah your social class? Doesn't have to be specific. Just low, mid or high?

Participant: Mid.

Researcher: And this one again, does not have to be specific. Ah, your household income?

Participant: Um, let's say two thousand a week.

Researcher: Yeah.

Participant: Between partner and myself. Bit more. Yeah.

Researcher: The members living in your household with you?

Participant: Yeah, my, my partner and myself.

Researcher: Wonderful. Those are all the demographic questions. Now I kind of want to get to know you as an individual. Could you maybe give me a sentence describing yourself?

Participant: Well, I am a nature lover. Yeah, outdoors lover. I love, I'm a really creative person. I like solving issues you know getting things done. Yeah. Love cooking. That’s pretty much me.

Researcher: Wonderful. Ah, what would you consider are five of your core values?

Participant: Oh, well, yeah. The love for animals. That's like a really important thing to me. Then family and you know, bonds. What else? Yep. Being responsible. And yeah. What else could it be? It's good to be someone that's reliable, a reliable person. Yeah.
Researcher: I think they're lovely values,

Participant: Thanks.

Researcher: [Giggle] Ah, how would you describe your view of the world, so we have the analogy the cups half full or the cups fully full, what would you consider yourself?

Participant: Um, me, like? Oo [Laughter] You're making tough questions. Um…

Researcher: [Laughter]

Participant: [Laughter] Um, so can you explain a bit further what…

Researcher: Ah, so some people would say they're optimistic. So they have a positive outlook and some people might say their negative…

Participant: Yeah, I think I'm optimistic but it changed according to like, what I'm going through, you know? Sometimes I can get you know a bit trapped into my own problems by once I, but always with a positive point of view, trying to know that I'm gonna get out of that and, you know? And I mean to the good stuff that I can do. So I think I'm quite positive, especially lately, I guess. [Laughter]

Researcher: Wonderful. Ah, would you say others have the same view as you?

Participant: Of myself?

Researcher: Yeah. So do you think other people share the positivity that you share?

Participant: Yeah, yes.

Researcher: Yeah? And what would you say has shaped your view?

Participant: Um, I think my own, my own experiences in life, like, I know every time that I encounter an issue or a problem, then I ended up solving it you know, and so every time I'm,
I'm stressed or like worried, I think, I think like, hey, last time I was in the same situation I managed, so I think that's what it can. That's how I learned from my previous experiences.

Researcher: Yeah. Wonderful. I was wondering now if we could consider what it means for you to be female. What are your thoughts about yourself as a female?

Participant: Um. So um, well, first of all, my… wait do you mean about myself or in general?
Researcher: Yourself. Yourself.

Participant: All right. All right, I first, my biological body, it's a female, but I know, I know that you could still feel like female even though you don't have your biological um what to say? The sexual um, organs.

Researcher: Yeah.

Participant: Yeah. Um, yeah, that because, of course, were raised us, you know, clean, small little boxes like females and males have to do this and that but in my case, like, I never was, like, forced into anything. In general, like my brothers and myself were always the same so. So yeah. But besides that, I feel like I'm a female. Yeah.

Researcher: Yeah. What would you say are core aspects that contribute to your female identity?

Participant: Well, I would say the influence of my, my Mum and my Aunties, probably and maybe one of my Grandmas.

Researcher: Yeah. What um? In general, what would you say are qualities of a female?

Participant: Oh, that's a tough one. Oh, I don't know. Because it's just, I mean…It's one thing what I believe and one thing that’s the cultural understanding of that. Like to me if a person identifies itself as female, it's female and, you know, it might look like whatever, but it will still be a female to me, so it's hard to tell. But I guess at first glance, you know, it's like, I
don't know like stereotype of a woman like having breasts, long hair and you know, thin waist and that stereotype. But again, you can look totally different and still be and consider yourself a female, so.

Researcher: No, lovely. I was wondering if we could talk a little bit about your past and present relationships. Are you presently in a relationship?

Participant: Yes, yes I am.

Researcher: Yes. And is that relationship heterosexual?

Participant: Heterosexual? Yeah.

Researcher: In your relationship or past relationships, have you considered having children?

Participant: Not really. No.

Researcher: Not really. No?

Participant: Yeah.

Researcher: Do you think it would be something that you, that you've always wanted to have kids?

Participant: No, no, it wasn't. It was never my like the dream of a little girl or something like that. No. Not really.

Researcher: Yeah. Could, could you maybe tell me what having kids means to you?

Participant: Oh, yes, a huge responsibility. That I'm not too sure if I could handle and then also the, I mean the fact of losing my freedom. I like to travel and I'm also a bit unstable, like in…Not, not in my personality, but like, I'm a foreign-foreigner. Like, I've been in Australia for four years, but always changing business and changing houses. So it wouldn't be, I don't
believe it would be fair to bring a kid to the, to this, you know, unstable life. Um yeah, it's not part of my, of my idea of my future life. At least for now.

Researcher: So in the future, you think you may want to have kids but not at this time?

Participant: Yeah. Not at this time for sure. I don't know about the future. I can't say a hard no, but I don't know.

Researcher: No, that's wonderful. I was wondering, have you ever accessed health services regarding a medical issue that may prevent you from becoming pregnant in the future?

Participant: Again, please, can you repeat the question.

Researcher: I’m sorry. Ah, have you accessed any health services for a medical issue that could impact your ability to be pregnant in the future?

Participant: Um, not really, but I was under a treatment that uh which I had to agree not to get pregnant by any chance. It was skin treatment. Like for my acne, so I was taking really strong medication and they say, if you get pregnant while you have while you're taking that medication, you have one-hundred percent chances of uh I don’t know if miscarriage or but yeah, so you can't get pregnant. They make you sign a contract. And then I think for the next year after finishing the treatment, you still cannot get pregnant.

Researcher: Wow. How did that impact you?

Participant: Ah, well, it was fine because it's not it wasn't in their plans to get pregnant but I had, they made me start taking birth control which I wasn't taking. So it's part of the, of the deal is you must take birth control.

Researcher: Wow.

Participant: Yeah. Yeah.
Researcher: I’m sorry you had that experience. That's um yeah. Did you? Has it changed how you view pregnancy?

Participant: Ah, no.

Researcher: No. Um, I was wondering if you could maybe tell me about a time when you've celebrated a pregnancy?

Participant: Um, yes. My sister's pregnancies. She has two kids. Yeah. Um, It was a first, well the first one. So everyone was really happy. My, my Dad's first granddaughter, so it was something nice, even though the situation wasn't really ideal. But she was happy still so yeah.

Researcher: Did you attend a baby shower or?

Participant: Yes, for my, for my niece. Yes, they made a baby shower. I was still there in Argentina. So yeah, like a little gathering with all my friends, my sister's friends and aunties and Mother and so on.

Researcher: Aw. At what stage of the pregnancy did the event happened?

Participant: I think was she was six months. Six months, yeah.

Researcher: Yeah. What kind of topics of conversations were had at the event?

Participant: Oh well, it was basically all about the new baby coming and all the expectations and the joy and the whole, you know? And also stupid things. [Laughter] Like in a birthday talk about whatever. Yeah, so yeah, but. Well, the main thing was, of course the baby.

Researcher: Yeah. Did you notice, did any, was there any accommodations for an individual that may be experiencing a little bit of discomfort in attending because they've experienced a miscarriage?

Participant: Not that I know. No, no, I'm not sure.
Researcher: What do you think would be a nice accommodation to do for an individual that may be attending who's struggling to attend because of their pregnancy experience?

Participant: Yeah, I think asking them about how, how they feel if they're comfortable with the situation, if they want to attend. Because sometimes, you know, there's the social pressure that you have to go, it's your sister, it's whoever you must go and maybe you don't want to go. You don't feel comfortable. It brings back all that pain and so I think it will be a good way to ask them if that, ask them if they want to go or not. You know?

Researcher: Yeah, yeah, definitely. Has anyone ever disclosed to you that they've had a miscarriage?


Researcher: Could you tell me maybe about that experience?

Participant: So the person that told me this experience was talking about something like really old in the past, so it wasn't recent. Uh, but she felt like, I mean, she's, she feels like, that's another kid that she had. And not just, you know, no, no, I mean, she feels like she had four kids, but one wasn't born alive. But she, I mean, of course, a lot of time has had passed, so she's over it, but it's still something painful. That's always there. You know, not being able to actually meet your kid. Yeah. That's, I think that was the hardest part for her.

Researcher: Yeah. What was your relation to her may I ask?

Participant: Yeah, work colleague.

Researcher: Work colleague?

Participant: Yeah.

Researcher: And is that the only time you've heard miscarriage come up in the workplace?
Participant: In the workplace. Yeah.

Researcher: Yeah.

Participant: Yes.

Researcher: Did you feel comfortable in having that conversation with her?

Participant: Of course, yeah. Like if the, to me if the other person for some reason feels that wants to tell me that. I'm super open to it. I'm, I'll listen. Give them an opinion if I'm asked, but yes, yeah I was comfortable. Definitely. Yeah.

Researcher: Yeah. What do you think is a nice comment to say to someone that is experienced a miscarriage, so a supportive comment?

Participant: It’s, I think whatever you need, let me know. What do you need? What did you need? You know?

Researcher: Yeah. Have you ever heard anyone say any negative comments?

Participant: I don't think it's intentional but I feel like when this, let's say someone's pregnant, right. After three months, they announced I'm pregnant blah, and then they have a miscarriage and then the other person doesn't know what to do or say so they don't say anything. As if nothing ever happened. And the, and the Mum is going through a lot of pain and it's a lot going on. But, but the rest of the people they don't they just don't know how to handle it or we don't know how to handle it, and we just pretended nothing happened. And yeah, I think even, even though it's of course not intentional, you're not being supportive and maybe not helping the other person to cope.

Researcher: Yeah. And in that, would you say that miscarriage is a private matter? Or a public? Like, who do you think is appropriate to disclose a miscarriage to?
Participant: Well, I don't know. It's, I mean, the thing is, someone that is pregnant, kind of announce it to everybody. And then how do you tell them that you, you've been through a miscarriage? So I don't know. I think it's really private of course. But like if you have told. I don't know, like, if you have told somebody that you're pregnant, and then you're not pregnant anymore, like, I don't know. But yeah, it's definitely a private matter. And, um, yeah. Whoever is experiencing that is the one that has to decide who she is going to tell and you know?

Researcher: Mhmm. Um, moving on from that one, sorry. Now, have you ever been involved in something that commemorates the loss of a baby due to miscarriage?

Participant: Um, no.

Researcher: No?

Participant: No.

Researcher: What do you think would be an appropriate way to commemorate the loss of a baby due to miscarriage?

Participant: Well, I really think it depends on the parent's desire. But I don't know sometimes, like, an actual funeral is helpful to understand that it's what happened, or even sometimes, you know? The Mums don't get to actually see the baby and I think that is, of course, tough, but actually seeing the baby it helps you to understand, what just happened and that it's actually real. Like where I come from, not currently but in the past, they used to steal babies, they maybe they will say like your baby was born dead and it wasn't true. It was alive and they, you know, and now like forty years later now, this family's reencountered it, like so. In my culture, it's important to see your baby, even though it's dead, you know?

Researcher: Yeah.
Participant: To help with the process.

Researcher: Yeah. And in that, have you ever heard of a certificate?


Researcher: Yeah. Have you ever heard of it in regards to a miscarriage? Someone receiving a certificate?

Participant: No, no.

Researcher: So only in 2021, they have now allowed if a person loses a baby before 20 weeks, you are now allowed to receive a certificate to acknowledge your loss, but it can't be used for any legal purposes and that's only come into place since 2021.

Participant: Less then, you said less than twenty weeks?

Researcher: Less than twenty weeks, so before 2021 you weren't allowed to receive a certificate for that loss.

Participant: Yeah.

Researcher: What do you think the benefits would be of a certificate?

Participant: No, I can't imagine. I don't know. What would, what would it be?

Researcher: No. That's okay. I just ask if you think there would be any benefits of it?

Participant: Maybe it's acknowledging that the baby existed and it's just not left in you know, in a… no.

Researcher: No, no, that's no problems. Can you describe to me maybe what type of an individual you think is likely to experience a miscarriage?

Participant: Any. Right? Anyone that can get pregnant can have a miscarriage.
Researcher: Yes, I do disclose to you any individual…miscarriage does not discriminate. The most common reason is chromosomal abnormalities. I only ask that question to hear if you have heard of any factors that you think a certain individual may be more likely to experience a miscarriage.

Participant: Oh. No, no. I will say anyone that could get pregnant.

Researcher: No, that's fine. Ah, following the experience of the miscarriage research demonstrate that individuals who experience a miscarriage commonly feel negative emotions of grief, devastation, and anger. Are there any factors related to the miscarriage experience that you've been told or that you believe would lessen the amount of negative emotions?

Participant: Oo, I don't know I think just um, you know, time, um counselling and being able to talk and you know, having support. Yeah, that's the only way I can think you can go through that. But yes, time. Time to heal.

Researcher: Yeah. Do you think an individual's age would have any influence on the amount of negative emotions?

Participant: Well, it could be yes. I think maybe. I mean, not necessarily, but I think the more mature you are, you can handle it better maybe. But, But it depends because maybe you're mature but you've been really struggling to get pregnant so it will really affect you. So, yeah.

Researcher: Yeah. Just on that, do you think whether someone was actively trying to conceive a pregnancy would have an influence?

Participant: It would ah be…Sorry again?

Researcher: So do you think whether someone was actively trying to become pregnant would have an influence over an individual that was not actively trying to get pregnant and fell pregnant?
Participant: Oh, well it could be more frustrating I think for the one that's been looking for more time but again it's it's it depends on the person like it is a big deal for everybody I guess like. Yeah, but yeah, maybe someone that's not that wasn't looking at it and got pregnant by accident and then say, 'oh well, you know, oh it doesn't matter, yeah, move on’, you know, but some someone that's been really looking for it and finally gets pregnant it could be a little bit frustrating, I guess.

Researcher: Yeah. Do you think an individual's relationship status would have any influence on the negative emotions?


Researcher: How do you think it would have an influence?

Participant: Well, if, as we said earlier, like if, if someone, the people that surround you don't know how to handle the situation, that can make you feel worse. Like not asking what happened although asking how do you feel that could make the person feel even worse? And the other way around if you're you if you have people that supportive, that are there for you that are there for cheer, cheer you up. I think that way you could help the person to go through the process and in a more positive way.

Researcher: Yeah, definitely. Do you think an individual's culture would have any influence on the amount of negative emotions?


Researcher: How?

Participant: Um, well, I was saying like in some you know? Different cultures deal with death in a different perspectives and with pregnancy and life and babies and so yeah, like culture
and religion. I think that will really affect on the perception or, or, or how the situation affects the person.

Researcher: Yeah. What do you think about the Australian culture, do you think it's quite good at dealing with miscarriage or?

Participant: Oo. I really don't know. I don't know.

Researcher: Don't know. No, that's okay. You mentioned religion. How do you think religion would have an influence on the amount of negative emotions?

Participant: Well, some people find like… A space of, I don't know to go through grief. In religion, like praying, you know or going to church or whatever temple they like. They find that there they will find like peace. I don't know some others will like get angry feeling like they've been like punished for something. So I think in that way, and then also depends on the religion the interpretation of, of the life and the life cycle. Born, I mean, birth and death. So I think depending on their religion background, religious background, it will be also the way that they have to deal with the situation.

Researcher: Definitely. I was just wondering, have you heard of any services that provide support to individuals experiencing a miscarriage?

Participant: Um. No, no.

Researcher: What kind of services do you think there should be for individuals experiencing miscarriage?

Participant: I think…So a team will be needed like, psychologist, doctors. Also, like because the person will have like lots of questions and insecurities and also like, I think this should be like a 24-hour service psychology, psychological service that you can call like, I'm really struggling. I don't know what to do. Like. I know I can’t sleep in the middle of the night. So
I'm feeling so bad. And you know, some to know that there is someone there, a professional one that's available for you to help you. Yeah, but I think it's a team. It's not only, just psychologist, or just the doctor.

Researcher: A network?

Participant: Exactly, yes.

Researcher: Wonderful. I was wondering, have you ever heard of any ways to prevent a miscarriage?

Participant: Um. Um, well, I'm not sure this is an awkward question, but I've heard of cases that the person has to get, has to get rest. Like stay in bed for I don't know how many months of the pregnancy but try not to move. Or sometimes they get shots in the tummy. I don't know what they're getting in those shots. But I know cases that for some reason they needed to get them. Yeah, I think that.

Researcher: Yeah, no. I will disclose to you miscarriage is not preventable. So, unfortunately, if a miscarriage, the most common reason, again is the chromosomal abnormalities and if that is to occur, unfortunately, there isn't something to do to prevent it. But I do ask to hear your knowledge regarding why a miscarriage occurs.

Participant: Why?

Researcher: Yeah.

Participant: I have no idea.

Researcher: Yeah, no, that's no problem at all. That's actually all my questions I have for you today. Do you have any comments or anything you would love to share with me before we conclude?
Participant: No, not really. Not really. If I think is really, really interesting what your doing and I like to read your, your final work.

Researcher: Yes, definitely. Yes. Wonderful. Well, if you're comfortable with that, then are you happy to maybe leave that there for today?

Participant: Yeah. Yeah.

Researcher: I just want to say thank you so much for participating in this for me. I really appreciate your contribution.

Participant: That no. Thank you. That's fine.

Researcher: Thank you so much. So I'm just gonna press stop now and I hope you have a lovely evening.

Participant: You too. Have a lovely weekend.

Participant K286 Transcription:

Researcher: So just if you would like to repeat what we discussed.

Participant: I consent to what you have just said, Was that what it is? Yes, I consent that's the main thing.

Researcher: [Chuckle] Yes. So we're just gonna start off with a few questions regarding the criteria of the study. By you being here, I assume you meet the criteria, but we're just gonna go through it a little bit.

Participant: Sure.

Researcher: My first question is what was your age on your last birthday?
Participant: Um, I'm fifty-one.

Researcher: Are you fluent in English?

Participant: Yes.

Researcher: For the purpose of this study, a female refers to an individual with female sex characteristics and also a female gender identity. Would you consider yourself female?

Participant: Yes.

Researcher: Ah, your cultural background?

Participant: I was born in Australia. My parents were both born in Australia. And I believe their parents were born in Australia but I think somewhere down the line, one of them was Welsh and one of them was English. But we're very much... I don't think they were convicts but they were early Australians.

Researcher: Lovely.

Participant: Like, I don't think it was as early as the convicts but definitely. Yeah, pretty much a lot of Australian heritage.

Researcher: Yes. Ah, do you permanently reside in Western Australia?

Participant: Yes.

Researcher: And I'm assuming that you were born in Australia? Have you been here for long or?

Participant: All my life. Oh, I did live overseas for two years if that counts but I was three years in Denver, Colorado, and eighteen months in Jakarta. But other than that, I've lived I was born in Sydney and but I happen to live in Perth now.
Researcher: Wonderful. And for the purpose of this study, pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses. This is inclusive of stillbirth, miscarriage, ectopic, neonatal death and termination due to foetal anomaly. It is not inclusive of termination that is elective and it is not due to any medical rationale. Have you ever experienced? Have you ever experienced a pregnancy loss?

Participant: No.

Researcher: Wonderful, so you meet the criteria of the study. So we're just going to move on to a couple more demographic questions now if that's okay.

Participant: Sure.

Researcher May I ask what is your sexual orientation?

Participant: You mean, am I heterosexual or homosexual?

Researcher: Yeah.

Participant: Just heterosexual.

Researcher: Heterosexual.

Participant: Boring. Plain old boring. [Laughter]

Researcher: [Chuckle] No, no. Ah, would you consider yourself religious or spiritual?

Participant: Spiritual more than religious. Yeah.

Researcher: Yeah. Wonderful. Ah, your ethnicity?

Participant: Australian.

Researcher: Australian. Yeah.

Participant: Yeah. Is that what you were…
Researcher: Or some individuals may say like Caucasian.

Participant: Oh, yeah. I think I'm Caucasian. That means white, doesn't it?

Researcher: Yes. [Laughter]

Participant: Yes. I'm pretty sure I'm Caucasian. [Laughter] As far as I know.

Researcher: [Laughter] Yes, yes. Your highest level of education completed?

Participant: Um, a master's degree.

Researcher: Oh, wow. What in?

Participant: In geophysics.

Researcher: That's amazing.

Participant: Which is why I want to help you because I like research. [Laughter]

Researcher: Awesome. What is your current occupation?

Participant: Geophysicist.

Researcher: What would you consider is your social class? It doesn't have to be specific, just low, high, low, mid or high?

Participant: What do you mean by social?

Researcher: Um, so like social-economic class?

Participant: Oh, socio-economic. I don't like saying this but probably high. [Laughter]

Researcher: That's okay. And…

Participant: Yeah, I try. I try not to behave that way though. [Laughter]
Researcher: [Chuckle] No, no. Same thing again here, your household income? It does not have to be specific.

Participant: Do you mean over a certain amount?

Researcher: Yeah. So just like an estimate.

Participant: Would rather not say.

Researcher: Perfect, and…

Participant: That’s probably a safe bet.

Researcher: [Chuckle] Um, members living in the household with you?

Participant: There’s four of us, my husband and my two sons.

Researcher: Wonderful. That's all my demographic questions. Now I kind of want to know you as an individual. Could you maybe give me a sentence describing yourself?

Participant: [Laughter] I like golf. I work from home. Describing myself? I like to have a lot of fun. I love people. Yeah, I don't know. I'm pretty boring like, my, I'm pretty boring, really. My life is simple. [Laughter] I work. I work and when I'm not working, I play golf and, and I like… Yeah, I like to get out and have fun.

Researcher: I think that's a lovely life. Definitely.

Participant: Yeah.

Researcher: Um what would you consider are five of your core values?

Participant: Honesty. Yeah, oh, yeah, honesty is probably the biggest one. Um, ah, what else is there? Kindness and truth, aw that’s the same as honesty, isn't it? I think. Yeah. Honesty, kindness transparency, um fun. [Laughter] No, that’s, that's not a core value, is it?
Researcher: Yeah.

Participant: Oh, no, but it's not really a top five. It's just a lifestyle. So honesty… [Calls out to son in another room] I need your help. How would you describe me, core values? Yeah, I've just got to do five core values. I've done honesty, kindness and transparency. What else? Oh, he says I’m tolerant.

Participant and Researcher: [Laughter]

Participant: I wouldn't say that. [Chuckle] Ah, actually yes, patience. Tolerance that’s come from my son, who they wind me up. So just ignore that one. But patience is really, I think patience is a good value. Um and one more goodness me this is a hard one. Can you give me some examples of values? [Laughter]

Researcher: Yes, yes, I can. Um, I’m trying to…

Participant: Huh?

Researcher: I'm trying to think myself and so…

Participant: It's really hard.

Researcher: Yeah, um…

Participant: Integrity. Integrity. That's one.

Researcher: Wonderful. I think they're lovely values. [Laughter]

Participant: Yeah. Oh well, all values should be good, I believe. [Chuckle]

Researcher: Yes, definitely. I was wondering, could you maybe say how would you describe your view of the world? So we have the analogy, the cup’s half full, or the cup’s fully full? What would you consider?

Participant: Oh, it's definitely fully full.
Researcher: Fully full.

Participant: Yes, yeah. I get criticised for being too positive. [Laughter] And yeah, even my husband says I live in La La Land. [Laughter] So yeah, definitely full, very full to overflowing. [Laughter]

Researcher: [Chuckle] And would you consider your view unique from others?

Participant: No. No, there's plenty of other people. I surround myself with positive people. To be fair, I steer away from those half-empty, half-glass-full people. They're not enjoyable to be around, really.

Researcher: Yeah.

Participant: Yeah, definitely. There's a lot of people that have the same values and as me, and they are called my friends. [Laughter]

Researcher: [Laughter] What do you believe has shaped your view of the world?

Participant: Oh, definitely my upbringing. My dad was very, very similar values and similar person. My husband, I mean, I've been married for over twenty-two years or something, but obviously, I knew him before I got married as well. So he's been very integral in shaping the person I am. Yeah, I would say that those two individuals have been very influential. I don't know. Obviously, you know, the environment as well. Where I grew up, my friends. But that's, yeah, some people would say I've had a very sheltered upbringing. [Laughter] Yeah, which is good and bad, you know, therefore you don't see too much bad in the world. And then, but yeah, it's good and bad for that reason I guess? So all of that shapes who the person I am is now.

Researcher: Lovely. I was wondering now if we can consider what it means to be a female. What are your thoughts about yourself as a female?
Participant: I love being female. Especially having three males in the house, I have to constantly celebrate my femaleness with them and make sure that they treat females well and celebrate us as a race. So as a race, it is not a race, as a gender but no, I think females have an absolutely essential role in our society and we can't function without men and we can't function without women and whoever is lies in between we all have a role to play. And so yeah, females are very much a very important part of our society.

Researcher: Yeah. And what would you consider are core aspects of your own female identity?

Participant: I shouldn't say this, but strength of, strength of character that is, that's been probably well, you know, as a geophysicist and a female. I work in a male industry and um, male, predominantly male industry. So you know, a lot more females are coming through now, but I'm fifty-two coming up. So I've had a lot of years where I've done it alone as a female and I do have respect from the males in my industry. So coming back to the original question and why I brought that up. What was the original question again?

Researcher: What aspects contribute to your own female identity?

Participant: Yeah, so that, my work has absolutely contributed to me. I guess I have had to be strong. In a subtle way, as only a female can do. [Laughter] When you're working with men, right? So, I think, yes, there's a strength, a quiet strength that enables you to have a respect from the people that you work with and yes, it's my job that has taught me that and, and that, that, that has a follow on effect to the way I you know, my friends who are predominantly female. Um and who I am today.

Researcher: Aw, I think that's lovely. Um, what would you consider a core aspects of a female gender identity in general?
Participant: Kindness is something that women are particularly good at. Caring, nurturing. I shouldn't say honesty because not everybody's honest. But I think generally, you know, this is why the majority of nurses are female because when you picture a nurse, that's all of those characteristics that are beautiful in a female, there it is in a job. [Laughter] And I know that they're overworked and underpaid and you know jeez we couldn't do without them, but I really do believe they sum up the best qualities in a female and yeah, but I also think that. I mean, my Mum always said to me, you can be and do whatever you want to do. So and the only person stopping you is yourself. So that was obviously early good advice because I did end up doing some amazing things. Um and, you know, I left Sydney when I was twenty. I never went back. And so yeah. That's yeah.

Researcher: Yeah. And would you say like how you said with your Mum, would you say that's what shaped your view of what it is to be female?

Participant: Of females? Yeah. So my Mum…My dad probably shaped my core characteristics and my Mum shaped the female I became.

Researcher: Aw.

Participant: Because again, my mum's a very strong female.

Researcher: Yes. Oh, wonderful. I was wondering now if we could discuss a little bit about your past and present romantic relationships. You said that you are heterosexual, have all your relationships been heterosexual?

Participant: Yeah, I told you I'm boring.

Researcher and Participant: [Laughter]

Researcher: No, no.

Participant: I need some excitement in my life. [Laughter]

Participant: [Laughter] That's the problem with being married for twenty something years and no, I haven't had an affair.

Researcher and Participant: [Laughter]

Researcher: Um, have you always wanted to have children in your relationship?

Participant: Yeah.

Researcher: Yes.

Participant: Yeah and it's took some work.

Researcher: Yeah?

Participant: My husband didn't want children. I wanted four. [Laughter] So and obviously you know out of respect. There's another, actually, that’s, that rather than integrity, respect. That is a huge core value. I don't know why I didn't think of that as a as… Out of respect to him, I thought and my Mum always said to me to be very careful because she got pregnant very quickly and easily. So she always said to me be very careful because of her history, so I was careful and you know, I could have easily in life, which I like had no problem falling pregnant now. And you know, as it turned out, she was right. So I could have just gone and got pregnant if I wanted to but out of respect for my husband, I thought no, I can't because he's going to be the Father of these children. He needs to also say yes. So we waited many, many, many years. [Laughter] For him to agree to have a child and when he did, boom, boom got him.

Researcher and Participant: [Laughter]
Participant: Just like that. So no, no miscarriages. No unfortunate, you know, things happened. And so I was yeah, by the time my husband finally agreed. I was thirty-two when I got pregnant with my first child and thirty-three. So both of them I had had by the time I was thirty-five, thirty-four. They're only thirteen months apart.

Researcher: Can you tell me a little bit about your experience of pregnancy? I can hear that you said... Did you have any complications with your pregnancy?

Participant: Nothing just got pregnant straightaway. In actual fact, I, you know... [Chuckle] You can probably relate to this because you obviously you know smart enough to be doing an honours degree in psychology, but um I actually researched how to get boys. [Laughter]

Researcher: [Laughter]

Participant: Because always in my head I wanted four boys. I don't know why. And so and I went right how am I going to get a boy? So I...

Researcher and Participant: [Laughter]

Participant: And lo and behold, the first one came out a boy and then the second one came out a boy.

Researcher: Aw.

Participant: It might have been that I somehow knew I was going to have boys. So it might all just be fate. You know this research stuff, but yes, so it was actually planned. Both pregnancies were planned, and I definitely got pregnant the first time I tried both times. So very uneventful. Some people would say that's lucky. But yeah, it was just how it turned out.

Researcher: Yeah. What, when did you announce your pregnancies?
Participant: Ah, ghee. They're like, they're seventeen and eighteen years old now. I think it was probably about eight weeks in that I told family and what have you. Once you get past that initial, you know, early phase I think that's when I started to tell people.

Researcher: Yeah.

Participant: But, you know, I guess. Yeah, naivety or whatever I, because I had this belief in my head from what my Mum said, oh, you know, you won't have any trouble getting pregnant. There was no miscarriage history in the family. So I guess I never feared anything. So psychologically, there was no barriers and so I didn't worry about telling people because I never worried about, you know, you know, like people got if you tell people too soon, then something bad's gonna happen. I never worried about that stuff.

Researcher: Yeah. And do you think that's kind of the conception that people hold off in telling people because of, what would you say?

Participant: Oh, if, if...If I had had trouble falling pregnant, I’d probably wait three or four months until I tell somebody with the fear of having to go through it all again and everybody knowing about it and having to you know, it's a heartbreaking thing. I've had friends of mine who have been through this and, and to, I guess some people do like to share, share, overshare but me I would not, I would be holding all that side probably and not sharing that information. But you know, yes. Oh, yeah. I would say if I’d had trouble I'd be waiting quite a bit longer, for the fear of having to tell people I'm sorry, but it's another miscarriage or another whatever that would be why I would hold off.

Researcher: Yeah. Yeah, definitely. I was wondering, you said that your pregnancy was quite uneventful per se?

Participant: Yep.
Researcher: Did you access any health services regarding a medical condition that could have influenced your ability to become pregnant?

Participant: Nothing.

Researcher: Do you know any individuals that have?

Participant: Yes, yeah. Um, like they do acupuncture. There's like a naturopath… There's a naturopath that I recommended to the lady who does my waxing. She was having trouble getting pregnant and this guy gets people pregnant. So she went and saw him and long and behold, she got pregnant, and he's a naturopath so I don't know what he does. It might be natural pills or something. And I know he, I really don't know. But so I do, I’m fully aware of various ways of becoming pregnant, naturally. [Chuckle] Without, without sort of doing IVF and what have you.

Researcher: Yeah, would you maybe be able to comment how, how not being able to fall pregnant as easily affected the individual, emotionally?

Participant: Oh, well, I've known quite a few. And one of the ladies actually, she was in my Mother's group. So she'd obviously had a baby and she couldn't have a second one and it was soul-destroying, like she never even saw that coming. So and in the end, we just stopped talking about it because every month would pass and she's you know, not pregnant again. So it's and you just don't want to ask anymore because it's heartbreaking. So I mean, initially you ask out of concern and care, but then you just go oh this poor person, you know, to have to keep telling people, no I’m still not pregnant, still not pregnant and to have gotten pregnant so easily the first time. So that was a that she's uh, that was a tough one for her. You know, my, my niece is actually trying to get pregnant. And I don't know if she ever will. They're doing IVF now, you know, there’s, so there's plenty of people that….Lots of people.
Researcher: Yeah and I'm really sorry to hear what those individuals in your life are going through. Sounds very difficult.

Participant: Yeah. Or gone through. I'm a bit older now. My sister-in-law… I mean, my niece is obviously still going through it and but yeah, you know. The weirdest one, and I do wonder about the, you know, the psychology of this is that when… I can't tell you how many people I've known. Who have tried, tried, tried all the natural ways to get pregnant and they go right, were going to do IVF and suddenly they get pregnant before they start the IVF. I think that would be a very interesting topic. I don't know whether you're touching on that in your PhD. Not your PhD your honours thesis. The psychology of falling pregnant but I do believe there's something there, it happens too often. When people go, I don't have to worry anymore because I'm going to do IVF. And then they suddenly get pregnant.

Researcher: Yeah, yeah, definitely. I think that's very insightful.

Participant: Yeah, well it happens a lot.

Researcher: Yeah, I was wondering, have you ever been to an event that celebrates pregnancy?

Participant: No.

Researcher: Like a baby shower or?

Participant: Oh, yes. [Laughter]

Researcher: Yeah. [Laughter]

Participant: [Laughter] Sorry. I was picturing pregnant ladies. A party with big bellies. [Laughter]

Researcher: [Laughter]
Participant: I have but obviously I can't honestly…Baby showers and all that stuff is not really my thing. So I yeah, I've been to one but I actually can't even remember. I think we did pin the tail on the donkey or something, that might have even been a bride thing. I don't know. But all those things aren't my scene. I've probably been to less than five in all my life.

Researcher: Okay, what kind of topics of conversation do you notice at those events?

Participant: Oh, your normal, girly-girly conversation. Excitement. Yeah, but it's been a long time since I've been to one. Yeah, I'm trying to even remember. Yeah, I can't even remember one that I've been to but I'm sure I've been to one. So answering that question is hard because I just think it's all your normal excitement about having a baby. And, and to be fair, I don't believe I've been to a baby shower of somebody who has struggled to get pregnant. So that would be more of a celebration, I would think rather than excitement. But um yeah.

Researcher: Yeah, just on that. I know you're struggling to remember the events, but I was wondering, have you ever noticed an accommodation that's been made to support an individual that may be experiencing some difficulty in attending the event due to their pregnancy history?

Participant: Yeah, I would say I honestly can't answer that question because I don't believe it's ever occurred to me, but I jumping into my niece's shoes right now. She's the one that's doing IVF. Um, if she got asked to a baby shower, um, how she would feel… I'd say she would still go for sure because it would be a friend. I'm trying to you know, jump into someone else's shoes here and knowing what she's like. She's a very kind person. So I would think that she would definitely go out of respect for her friend but she would probably internally struggle. Quietly struggle with the whole thing.
Researcher: Yeah. What do you think would be an appropriate accommodation to make for an individual that may be experiencing difficulty in attending because of a previous miscarriage?

Participant: Yeah, that's a really tough one because obviously, it depends on how well you know the person. Like if it was a very, very good friend, I would be there for sure and say, hey you know, you don't have to come and, and if they say, I really don't want to come then I’d say, look don’t. And it would, just there's so many, so many factors involved in that and it depends on yeah, how well you know that person, how well that person knows the person having the baby shower. So let's just say everybody's the best of friends. Then I would say, yeah, you’d be very, if everybody's really good friends then obviously everybody would be very accommodating and caring and nurturing. And out of respect, you probably wouldn't be bringing up anything to do with that person when it's somebody else's baby shower. That's what I would do on the day for that person, even though some, you know, yeah, you just got to also realise they’re doing a tough and perhaps not want to be there.

Researcher: Yea it’s a…

Participant: I’m just trying to empathise here. I guess, you know, I guess it's not something I've really experienced nor seen.

Researcher: Yeah. It’s a difficult, um, it's a difficult situation to navigate. Definitely.

Participant: Yeah.

Researcher: I was wondering has anyone ever disclosed to you that they've experienced a miscarriage and discussed aspects with you?

Participant: Yeah. Many people.

Researcher: Could you tell me maybe about one of those experiences?
Participant: All right, my cleaning lady. She's. She's got two daughters, and they're about eight years apart and so she had all kinds of trouble getting pregnant. And the very fact that her two daughters are that far apart. She’s, I can't tell you how many miscarriages she's had. She just couldn't. Yeah, couldn't you know, stay pregnant. But so, her own daughter because things have moved on scientifically. Her own daughter has experienced the same problems with falling pregnant. So but because of, you know, advances in medicine, they've worked out it's a genetic disorder and they've worked out how to work out is this pregnancy going to stay or not? I know, it's something like a one in four chance of pregnancy working. Which makes sense because my cleaning lady. Her children are, what seven years apart, something like that six or seven years apart. So there's your one in four. I mean, issue probably because she's falling pregnant, miscarriage, pregnant, miscarriage, she probably had, I can't tell you how many miscarriages she had, a lot. And this is like three, four months in kind of miscarriages. So it was really good that when her daughter discovered there’s… I can't remember how, what the solution was, but she was able to yeah, number one, determine if there was an issue with this particular one. DNA I think, or something and therefore they could I don't know whether they terminate the pregnancy, oh no they wouldn't have done that. They wouldn't have done that. But there was, there's a lot of issues. But yes. Yeah, what was the original question again? [Laughter]

Researcher: Just it was just in regards to your experience of someone disclosing a miss…

Participant: Yeah, she's, yeah, she's told me, she's told me that story a few times. Yeah, about her own but I've had other people like I said that lady who at the Mother's group, she was the one to talk to me the most. She was probably my best friend in that Mother's group. About trying to get pregnant and how she was struggling. My niece doesn't talk about it that much to me, because I'm obviously not that close to her. She lives too far away, but I know she's struggling. And she's quite open about her struggles. She puts it all over Facebook. So it's,
you know, pictures of her in the hospital doing her IVF. So, like I said, that's what I call an overshare. But not something I would do but she's you know, she's, that's her story and it's hers to tell. So it's, ya know, I don't know I've been exposed to quite a bit of it.

Researcher: Do you…

Participant: And I'd hate to think that yeah, yeah, sorry.

Researcher: No. Sorry. I was gonna say do you feel comfortable when individuals disclose it to you?

Participant: Yeah, yeah, I feel for them. I totally feel for them and that’s what I was gonna say I’d hate to think that there would be any issue with the fact that I had very easy pregnancies. I don't think there is otherwise they wouldn't be talking to me about it. Yeah, I think it's more of a personality. They're obviously comfortable talking to me about it and they don't give a damn about my pregnancies. They're obviously needing to talk to somebody about whatever. I mean, I'm a bit older than a lot of people going through this, just, you know, it's less raw. You know, if you, you know, jumped back twenty years, it would have been a lot harder. It's easy to talk about things twenty years after the fact. Like my cleaning lady.

Researcher: Yeah. Have you ever heard of pregnancy being disclosed in the workplace?

Participant: Yeah, myself.

Researcher: Ah sorry, pregnancy loss

Participant: Oh, in the workplace? I don't think so. I'm trying to remember. I'm sure there will be plenty of people who have lost their babies, you know, at work, but I don’t really remember. Back then people. Yeah. Because I would say if it was like some people, I mean, I worked right up to the day I had my baby. So but I think some people if they're going to take
time off and then lose a baby after taking time off, that will be pretty bad. And I would remember that. So I don't think that anything like that has happened. So if they have lost a child, it would probably be an early, early one. And they just keep working. Yeah, so.

Researcher: Yeah. Um, I was wondering, sorry. Do you consider pregnancy loss a private or like a public matter? I know how you were discussing with your niece in regards to posting on Facebook and that's a bit of an overshare, who do you think is appropriate to share the knowledge of a miscarriage to?

Participant: Well, that's a very individual response. Me, personally, I would, I would be sharing that with my friends. So close friends and family. I don't think… I really don't believe I would put it on Facebook. That you know, I just…I don't put a lot of stuff on Facebook, so I can't see me suddenly putting stuff like that on Facebook. But yeah, that I, I wouldn't be completely silent about it because I'm not that type of person. I do like, I think us women we do like to talk.

Researcher and Participant: [Laughter]

Participant: So it would be a very, very special kind of woman to not tell a soul. So I'd say that would be the one extreme and the other extreme is all over Facebook kind of thing. But I would say the majority of us it's somewhere in the middle of that. And I would say me personally, I probably sit right bang in the middle of, yep. I would say my guess is the majority of people would tell obviously family and close friends.

Researcher: Yeah. Have you ever heard of any unhelpful comments been, being said to an individual that's experienced a miscarriage?

Participant: No, no, I haven't. I think that would be mean. [Chuckle]

Researcher: Yeah.
Participant: I couldn't even fathom somebody saying something horrible about what somebody's going through. Oh, hang on. Hang on in saying that, you know, I've said a horrible thing right now. In that, my niece overshares but that's not a termination, that's her IVF story. Which is, that’s more a celebration of life, but I don’t, I don't believe she's ever said I've lost another one on Facebook.

Researcher: I don't think that's horrible by you saying that. I think that's just a perception.

Participant: [Laughter]

Researcher: I do not think you are a horrible individual.

Participant: [Laughter] But I mean, it is sort of like well hang on a minute. I am actually accusing somebody of something I wouldn't do myself. [Laughter]

Researcher: No [Laughter]

Participant: So, yeah.

Researcher: Just on the back side of that have, what would you say is a helpful comment to say to an individual that's experienced a miscarriage?

Participant: Well, I'd say a hug. [Laughter] There’s no comments in that. A good old hug would be a nice one, and well, I'd say unhelpful would be oh, well, there'll be next time. That’s the last thing you would want to hear, is yes well next one. What would be helpful is…Oh gee, I don't know. I really don't know what. I don't know if there's anything too helpful about losing a child. I really don't know what you could say to anyone. They've lost their baby. So I don't know. I don’t, I just really don't know what you could say to be helpful. Except to hug them.

Researcher: Yeah, I think a hug is lovely. [Chuckle]
Participant: [Chuckle] You made me cry. [Laughter] [Crying]

Researcher: Aw I’m sorry. Do you need a moment?

Participant: Sorry, huh?

Researcher: Do you need a moment?

Participant: No, no, it's all good. I just got to wipe those tears away. [Chuckle] I just know how horrible it would be. I couldn't imagine it.

Researcher: Yeah. One-hundred percent.

Participant: [Chuckle] Go on.

Researcher: Have you ever been involved in something that commemorates the loss of a baby due to miscarriage?

Participant: No, no, I haven't. I don't know any… I'm just trying to think of anybody who does do that. You know, like a birthday or something like that. No, I've never been involved with it. But I do believe there's people out there that, you know? [Laughter] [Wiping away tears]

Researcher: I’m sorry.

Participant: [Laughter] Oh don’t be sorry. It's horrible. Like, that's what it is. The reality is it's a little baby. And I love babies.

Researcher: Yeah. Aw.

Participant: And so yeah, no, I haven't. I just don’t…I’m just trying to think. I don't know anybody who's done that. But again, it's just, I guess, maybe different social circles. I don't know.
Researcher: What do you think would be an appropriate way to commemorate the loss of a baby due to miscarriage?

Participant: I would say just a birthday. That's what I would do. But I don't think I would celebrate it by having a party. I think I’d maybe just you know, within the family, maybe buy a birthday cake.

Researcher: Have you ever heard of a certificate?

Participant: No. No.

Researcher: So only as of 2021. They now allow you to receive a certificate if you were to lose the baby before twenty weeks, previous to 2021 you weren't allowed to receive a certificate if it was before twenty weeks…

Participant: Like a death certificate?

Researcher: It's a certificate of acknowledgement. So early pregnancy loss acknowledgement and it can't be used for any legal purposes. It's just to acknowledge your loss.

Participant: Oh, that's nice.

Researcher: Yeah. Could you maybe say what would be nice about a certificate?

Participant: Oh, so, first of all, is it an option. Like if you didn't want it?

Researcher: Yes. It's an option.

Participant: Okay. So let's just say you've opted to have it, then obviously you want to have that certificate. So I think that's a wonderful thing if that's what you wanted. I love that. Again, I'm not sure you know whether if I went through that whether it'd be so raw that I'd go, oh do I want the certificate or not? And you know, I guess let's talk about my cleaning lady, who kept losing babies and they weren't six-week ones. They were quite pregnant ones
before she lost them. So if she's, I don't know whether she's got certificates, but she'd have quite a few. So the only problem with this certificate thing is do you really want… Do you want ten certificates? I don’t know. That would be a bit heartbreaking. But one, yep, I think that's nice, but then you probably go I don't want anymore. It's too much of a reminder. I don't know. I think it's a wonderful thing if that's what you want.

Researcher: Yeah, but if it was a recurrent miscarriage, so it kept on happening. You would say that the certificate might be, um?

Participant: I don't know because again, it's an individual thing if they keep wanting to get another certificate, another certificate. Sometimes you know, I believe in death by a thousand cuts, some people just love wallowing in their own misery and give me another certificate. Put it up on the wall  [laughter]. You know?

Researcher and Participant:  [Laughter]

Participant: That side of it, you just, I do get worried of you know, is would that be enough to trigger somebody into some depth of depression? I don't know. Getting all those certificates. But again, it has to be an individual choice and if that's what they want, they can have them. But I think, I don't know, if I had one miscarriage regardless of whether it was six weeks or forty weeks, I would love to have a certificate. So I think it's nice. But I don't know, yeah, I don't know if I'd want twenty of them?

Researcher: Yes. I was wondering would you maybe be able to tell me what type of a person is likely to experience a miscarriage?

Participant: Oh, I don't think there is a type. I think it's just like, you know, my cleaning lady is you know, that was obviously genetics. You know, maybe there are some people who are very highly strung that may block them… I was talking about the mental side of it. You know, if you worry too much about things, then I think that that could potentially get in the
way, you know, a mental block. So, but again that I mean that could come down to a mental illness of some sort. So I don't really think it's a type of person that experiences miscarriage but more to do with genetics or definitely genetics. And you can’t, that's not a personality. If you're not born to have children, that’s just how it is.

Researcher: Yeah.

Participant: Um, and no, I don't think there's a personality type to answer that question.

Researcher: I will disclose to you there is not a type of individual that experiences miscarriages. Miscarriage does not discriminate, ah it happens to one in every four confirmed pregnancies. And the most common reason is chromosomal abnormalities, but I only ask regarding whether there's any beliefs around the type of an individual that may experience… I do say that there is factors that can contribute to the likelihood of miscarriage, but in terms of a type of individual, there is not a type of individual.

Participant: Okay, I wouldn't have thought there would be.

Researcher: Yeah, yeah, you are correct. I was wondering, have you ever heard of any ways to prevent a miscarriage?

Participant: No. But again, I haven't had to worry about that. So trust me, if I was having one, I would have been researching from heaven to hell [laughter]. To find a way to stop having a miscarriage if I was experiencing that, but so no, I don't know because I’ve not had to find that out.

Researcher: Yeah, I will disclose to you as well. Miscarriage is not preventable, the most common reason being chromosomal abnormalities. So, unfortunately, it is unpreventable. I only ask that question to know, have you heard of any old wives’ tales regarding preventing pregnancy?
Participant: No, no.

Researcher: I was wondering following the experience of a miscarriage research demonstrates that individuals who experience a miscarriage commonly feel negative emotions of grief, devastation and anger. Are there any factors related to the miscarriage experience that you've been told or that you believe would lessen the amount of negative emotions an individual may feel?

Participant: Oh, no, I think you've lost a child. It's that, I think you should be allowed to feel whatever grief that you should have and will have however, that is, I don't think there's anything that should stop or, you know, prevent that grief. I don't think it's right to stop that grief. Personally, I just think you’ve got to let people get through it in the way they need to get through. And sadly, the more you go through that, probably the easier it becomes because you get hardened to it, which is sad. But yeah no, I don't think that there's anything you could do or should do to stop someone's grief.

Researcher: No. Do you think individuals’ age might have an influence on the amount of negative emotions they experience?

Participant: Could do, you know, I mean, just maturity and then, but the other issue is that you know, if somebody's waited too long to have a child and then they start getting, you know, anxiety about getting pregnant and then losing another one, losing another one. So, therefore, you've got this sort of snowball effect. So, that you know, even though with age comes maturity there's that negative side of it that yeah, that whole I'm running out of time, bit. So but you said yourself, there's nothing that will stop a miscarriage, but we do know that the older somebody gets the harder it gets to become pregnant.

Researcher: Yeah.

Participant: So there's that side of it.
Researcher: Yeah, I definitely think miscarriage will always be sad. We're just considering some factors surrounding the experience and how that might influence the emotions. I was wondering do you think an individual's relationship status would have any influence?

Participant: On a miscarriage?

Researcher: On their experiences following the miscarriage, on the amount of negative…

Participant: Oh…perhaps I mean, if they're doing it alone, that and maybe they've got nobody to talk to, but a lot of people if they're single, they often not always, but often have a very good relationship with their Mother. So there's usually somebody there for them, whether they're single, whomever they're with. Yeah, I think there's usually somebody that can help them out.

Researcher: Yeah.

Participant: Even a best friend, so I don’t…Yes, I yes. It would be hard. If you haven't got that partner there because it's their loss too.

Researcher: Yes.

Participant: And, but if you had, you know, if you become pregnant without a partner, however, you managed to do that. I mean, let's face it, people do it. I had a friend of mine who decided that she would get extra Centrelink money if she got pregnant. So

Researcher: Wow.

Participant: [Chuckle] She chose quite deliberately to have a child out of wedlock, right? Just, just what her Mother did herself, so she just grew up with that sort of knowledge. And so anyway, she had the baby it wasn't a problem, but if she lost her baby, I'm trying to picture her doing it alone…You know she was surrounded by friends. So I would say relationship
status. Yes, it would come into play if you haven't got that shared loss with somebody but I think those you know, the single parent would always find somebody to give them strength.

Researcher: Yeah. I was wondering whether an individual is actively trying to become pregnant would have an influence on the amount of negative emotions?

Participant: I’d like to think not. But then again, when you're suffering grief, your mind sometimes doesn't think clearly or logically. So it. Yeah, I say hard one to answer because sometimes you just react in ways that you probably shouldn't. You should be you know, if it's a friend you should be supporting them trying to get pregnant even though you've just lost a baby but easy to say outside the box. [Chuckle]

Researcher: Yes, yes.

Participant: When you're dealing with it. Oo you just don't know what's gonna come out.

Researcher: Yeah. I was wondering if an individual's culture would have an influence on their emotions?

Participant: Again, it shouldn't do we're all human. At the end of the day, we all bleed red. I you know, we even though were you know, different cultures usually come down to religion.

Researcher: Yep.

Participant: And, you know, different ways of life but I'd say we, we still, regardless of our culture, we still know what it's like to hurt.

Researcher: Yes.

Participant: So I would think that the pain would be the same, regardless of your culture.

Researcher: Yeah. And you mentioned religion what kind of influence would religion have on an individual experiencing a miscarriage?
Participant: Now well, it depends. Depends how extreme in your religion you are. [Chuckle] And depends therefore in the people in your world. I would think, again, religion shouldn’t, like culture shouldn’t. It shouldn't have anything to do with it because we're still humans with feelings. So there might be some religions that tell you shouldn't be worried about this at all. But that's just what they're telling you. It doesn't mean you can't hurt.

Researcher: Yes, yes.

Participant: You know what I mean? It's your feelings that nobody can control that. They can tell you what you should be doing but it still hurt. So I would say religion, it shouldn't matter. It shouldn't matter. You'd still feel the same. And in actual fact, it could make it worse because if you're told you shouldn't be feeling any pain, then you're going well, I am. Then you question yourself and then so the pain is and because especially again, religion, if you're not allowed to be talking to anybody, then the pain has to be… It's not shared. So that could amplify it. I'm talking extreme religion.


Participant: Where you're locked away in houses and all kinds of stuff. [Laughter] Not allowed to talk to people or whatever.

Researcher: Yeah, yeah. I was wondering the Australian culture, what do you think the Australian culture is like regarding miscarriage?

Participant: I think it's pretty for the most part, caring, nurturing. You know, I haven't had to experience that. So I can't talk first-hand, obviously, but I know what my friends are like and I know that if it happened to me, they'd be very caring. They probably get me out of the house.

Researcher and Participant: [Laughter]
Participant: Let’s go have some fun. Get out of the house, you know? Get your mind off it.

Researcher: Yeah, I think you've got wonderful friends.

Participant: Yeah. [Laughter] But I'd say that's what you know, that's the Australian culture is let's go out and have some fun and forget about this. And just for the moment, you know, you can, it's like death of any you know, like a death of a loved one, whether they're old, even losing your parents at the age of whatever. You know, a grandparent who just lived a long life to a child. It still hurts.

Researcher: Yes.

Participant: And you do feel bad. I mean, I'm talking about close death here. You do feel bad. When you stop thinking about it, and you go, oh, I haven't thought about that five minutes and then you feel guilty for not, and then that's I think that's where your friends are right to say, hey, let's get out of here like we need to make you start you'll start to feel normal again. And I think the Australian culture is particularly good at that.

Researcher: Aw. Yeah. Have you heard of any services specifically for miscarriage?

Participant: No, no, I don't. Again, it's just not something I've had to deal with. Um, I guess, you know, if I was close to somebody that was dealing with it, sure. I probably would have heard it heard of them and I have no doubt they exist. It's just I don't I wouldn't know.

Researcher: And my last question is, what type of services should be available?

Participant: Um, well, I think probably more than anything else psychological. It's just someone to talk to especially if they haven't got the friends or the loved ones or whatever. You do need to talk that kind of stuff through just to give you tools to move on again.

Researcher: Yeah.
Participant: But I don't think you know, in terms of food and what have you. I don't know UberEATS is a wonderful thing.

Researcher and Participant: [Laughter]

Participant: If you didn't want to cook.

Researcher and Participant: [Laughter]

Participant: I did that last night for dinner. Because I wasn't feeling well enough to cook. So yeah, I think it is nice to have you know, I often hear about friends doing food drop offs when somebody's going through grief. So yes, I'd say psychological number one and maybe some food or just so you know, even if it's somebody to say and what do you need? And for the most part, people do have help but there is the people that don’t and I’d say it'd be nice to have that access.

Researcher: Yeah. Wonderful. That's all my questions I have for you today. Do you have any comments that you would love to share with me or any questions?

Participant: Yeah, you're gonna tell me what prompted you to do this research topic?

Researcher: Yes. So as you've answered the questions, I will disclose to you I have experienced an early pregnancy loss and that kind of made me very interested in the topic and interested in how people deal with their emotions regarding miscarriage and also as a society how we support individuals experiencing a miscarriage.

Participant: Okay. Oh, good on you. That's good. I think the insights you're gonna get from this. Your thesis is going to be really interesting. And although it's another question I was going to ask how many people? How many subjects do you need, or are you looking for?

Researcher: So qualitative data generally reaches data saturation at about 15 participants.
Participant: Okay, yeah. Well, all the best.

Researcher: Thank you so much. Thank you for your contribution today as well. I really appreciate it.

Participant: Take care.

**Participant M286 Transcription:**

Participant: I consent to the recording.

Researcher: Wonderful. So we went through it a little bit before the criteria of the study, but we're just going to do a couple of questions regarding the criteria at the moment if that's okay? My first question is what was your age on your last birthday?

Participant: Thirty-one.

Researcher: Thirty-one. Wonderful. Are you fluent in English?

Participant: I am fluent in English. Well, at least I tried to be anyway.

Researcher: [Chuckle] For the purpose of this study a female refers to an individual with female sex characteristics and also a female gender identity. Would you consider yourself female?

Participant: Yes.

Researcher: What is your cultural background?

Participant: White. British. [Laughter]

Researcher: British, wonderful.

Participant: If that can be called cultural? I don't really know. [Laughter]
Researcher: [Chuckle] Yes, definitely. Um, do you permanently reside in Western Australia?

Participant: Yes. As of March, I do.

Researcher: As of March. Where were you before may ask?

Participant: Um, in the UK.

Researcher: And did you, were you born there and lived most of your life there?

Participant: Yeah. Born and bred UK. Met an Australian. He was like, I've had enough of the UK now so let's go to Australia and I was like, sure. Okay.

Researcher: [Laughter] Wonderful. Are you enjoying it here so far?

Participant: Yeah, it's good. We're like, into the kind of routine of it now like settled like the, the newness has gone. But yeah, it's still very strange. It’s a weird time.

Researcher and Participant: [Laughter]

Researcher: And now for the purpose of this study pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses inclusive of stillbirth, miscarriage, ectopic, neonatal death and termination due to foetal anomaly. It does not include pregnancy loss due to elective termination that is not deemed medically necessary.

Participant: Okay, I gotcha.

Researcher: Have you ever experienced a pregnancy loss?

Participant: I haven't. No.

Researcher: Wonderful. So you meet the criteria of the study. So we're just going to move on to a couple more demographic questions if that's okay?

Participant: Yep.
Researcher: What is your sexual orientation?

Participant: I’m straight. [Laughter]

Researcher: Wonderful [Chuckle] Do you have any religious or spiritual beliefs?

Participant: I’m like christened as a Christian but I wouldn’t… when people are like, what's your religion? I don't have any religion. I'm not, I wouldn't identify as Christian if that makes sense. That's, I guess that's my, like, religious background. Like I went to a Christian school. Went to church, like Christmas and holidays for, with school, but like, we wouldn't go to church. If that makes sense?

Researcher: Yeah, yeah.

Participant: So, so none is the answer for that actually. [Laughter]

Researcher: No, no, that's okay. It's important to know, I'm getting to know you as an individual. I thank you for sharing that. Your ethnicity?

Participant: Is what white?


Participant: I feel like I don't know what's ever is the right thing to say. It's just like… [Laughter]

Researcher: One of the answers I hear quite often is Caucasian when referring to white.

Participant: Caucasian. Yes. Yeah. That’s probably more politically correct than me just being like I'm white.

Researcher and Participant: [Laughter]

Researcher: Your highest level of education completed?
Participant: It’s, I don't know what the Australian equivalent is. But like it's, it's, I've just
done a course. So it's like A level equivalent, which I think is like Australian High School.
UK basically, you can leave high school earlier. So I did that then I've just done this course
which is brought me up to the next.

Researcher: Oh, wonderful.

Participant: That is not helpful for you because you're just like, oh my god, what is she
talking about? Yeah, cause it's all different in Australia. So whatever the equivalent of like, is
it like a high school diploma?

Researcher: I have heard the term high school diploma.

Participant: Yeah, because I would call it like a level three. But that's like using the UK
version of qualifications. So appreciate that. Doesn't have.

Researcher: No, no. So it's like um doing kind of the core units that you would have done in
Year 11 and 12, in a course?

Participant: Yes. Yeah, effectively. So I did do Year11 in British High School, which gets
you that one set of like high school exams and qualifications and then you can leave or you
can go on and study to get basically like the level… The exams and qualifications that you
would need to go to uni. I didn't do that at that point. But I've done that. Just now.

Researcher: Interesting. It's also different, isn't it?

Participant: Well, I did it because I was… They were offering like free courses to bring
everybody up to that kind of level and I was like, oh, I’ll give this a go. This will be good.
And then I moved to Australia, so it's not relevant. So it’s like great.

Researcher and Participant: [Laughter]
Researcher: Aw. I was wondering what is your current occupation?

Participant: So I'm currently like temping. So it's only like, temporary work, but its facilities management is basically what it is. So I'm technically a facilities coordinator.

Researcher: Wow, amazing.

Participant: That’s my title.

Researcher: No, no that’s okay. What would you consider your social class is? It doesn't have to be specific, just low, mid or high?

Participant: I'd say mid.

Researcher: Mid. Wonderful. And this one,

Participant: Upper mid.

Researcher: Upper mid? Yeah.

Participant: Maybe more from… That's more from my like privileged point of view rather than how I would associate myself, if that makes sense?

Researcher: Yes, yes definitely.

Participant: Not like oh I don't hang out with those people more just…

Researcher: No, I didn't have that perception of you at all.

Participant: That's good. [Laughter]

Researcher: Ah, your household income? Doesn't have to be specific this one either.

Participant: Like a hundred and twenty.

Researcher: Yeah.
Participant: Roughly. My partners on a UK wage and I'm on a temp salary, so it’s not like [laughter] that much.

Researcher: No, no, that's no problems at all. Your members living in the household with you?

Participant: It’s just me and my partner.

Researcher: Wonderful. And now I would kind of like to get to know you as an individual. Could you maybe give me a sentence describing yourself?

Participant: Oh god. [Laughter] I hate these questions because I'm always like, I don't know what to say and I normally it's just like, Hi, I've just moved to Australia. Great. Cool. Sweet.

Researcher and Participant: [Laughter]

Participant: Um, how would I describe myself? People call me bossy. Which I do not like because I'm just like, well organised? Yes. Able to direct people? Yes. Able to do what needs doing? Yes. So I wouldn't say bossy, I'd say organised, up for fun…This makes me sound really lame? [Laughter]

Researcher: No, not at all.

Participant: My mind is obviously gone completely blank. Like just a friendly, organised gal, who is forcing herself to try all of the different things.

Researcher and Participant: [Laughter]

Researcher: Lovely. What would you say are five of your core values?

Participant: Respect. Trust if that's different, I don’t know if that is different to respect. Um, like I don't know if empathy is a value, but like I kind of like being there for people. And, or
supportive, I guess I could say as well. And is funny, being funny a value? I don't know?

Humour. Humour, is I think a value to hold on to.

Researcher: Yeah, definitely.

Participant: I don't know whether that counts as a value but I'm gonna make it count. I'm just gonna be like… [Laughter]

Researcher: [Chuckle] Any others? Or would that be your four?

Participant: Let's stick with those four. Otherwise, I'll just say something silly. [Laughter]

Researcher: No, no, there is no right or wrong answers in this process, I promise. [Laughter]

Um, how would you describe your view of the world? So we have that analogy, the cups half full or the cups fully full, what would you consider yourself?

Participant: I would say I'm a half-full person rather than a half-empty person.

Researcher: Yeah.

Participant: But I'm probably like, a bit of a realist. I'd say a bit of a realist but with the positive side to it. I can see the positive things but then also do have times where I'm like, this is just a bit shit, isn't it?

Researcher: [Laughter]

Participant: You know go with it? [Chuckle]

Researcher: [Chuckle] Would you consider your view unique from others?

Participant: I don't um, I don't think so. I think my Mum was quite similar. My friends are quite similar. Like we, were quite kind of like, if I have a conversation with someone, I'll be like, oh, this has happened and it's really… Like at the time I was like, oh my god, this is
really crap. But actually, now I've thought about it. I can see the positive sides of it and also the negative side. Like, I think I see that in quite a lot of other people.

Researcher: Yeah.

Participant: I can't really deal with people who are just negative all the time... You know, look outside. [Laughter] It's not all bad.

Researcher: Yeah, what would you say has shaped your view?

Participant: Probably my parents I'd say because they're quite like that. They're very kind of... My Mum's a great one for like, enjoying the little things and appreciating the little things. So she's like, her motto is like if you're having a bad day, you should just make a nice cup of tea in a, like a mug or a nice cup and saucer and sit with it.

Researcher: Aw.

Participant: Maybe even a biscuit.

Researcher: [Laughter] I was wondering now if we can consider what it means for you to be female. What are your thoughts about yourself as a female?

Participant: Well, this is quite hard considering the weekend's kind of happenings with the US and stuff. I have been feeling quiet. I don't know what the right word is like... Just like out of energy for it to be honest. I'm just like... Is this necessary? Do we need to go back to 1950? Apparently, we do. To make people understand. And then when people are like, women, you know they're just on it, like why are you like this? And I'm like years of oppression.

Researcher and Participant: [Laughter]

Participant: Um...
Researcher: Oh, sorry. I was gonna say what would you consider are core aspects of your female identity?

Participant: I think my like, my probably my bossiness and my stubbornness comes from being female. And just having that like… Yeah, you know that you're at a disadvantage basically. So you're already, you're up. You're on like, not on edge, but like you're, you know, because it's just like, things happen all the time. And you're just like oh this again, great. I don't that's not a good answer. Sorry. I just, I don't know how to… what was the question? Sorry.

Researcher: That's okay. What would you consider are core aspects of your female identity?

Participant: Yeah, I'd say like the bossiness and the stubbornness, and also maybe the empathy because I feel like guys are just like meh. You know like eh? [Laughter]

Researcher: [Chuckle] Yeah, what would you say are core aspects of a female identity in general?

Participant: Maybe humour, I think because we will just have to laugh about how it is. Because otherwise, you know, we just cry. Um, and maybe, like I don't know how to word it, but like a willingness to do things.

Researcher: Yeah.

Participant: And like… This might just be like a really wide assumption, but I feel like females are maybe more kind of up for stuff like, I don't know if confidence is the right word, but like, more kind of like yeah, I'm gonna, I'm gonna I want to try that. So I'm gonna try that. Or I'm just gonna go meet this person for coffee. That's only my kind of like, understanding because we've just moved so I'm just like, I'm just going to go to everything and do everything.
Researcher: Yeah.

Participant: And I am in an all female Facebook group. [Laughter] So I tend, I tend to be around more women. But I've seen there's more stuff like that. I think for women than there are for men. Researcher: Yeah.

Participant: Like the meetups and kind of thing. Yeah, socially.

Researcher: Would you say that's what shaped your conception of what a female is?

Participant: Maybe but then I think I have quite a… I wouldn't say I'm narrow-minded but I think I have a very narrow, like obviously, I'm white, British, like, privileged… So my view is very small, and I'm aware of that. So I can't sometimes I will be like, people will have a discussion and I'm like, I don't think I can comment on this because I don't have a experience of that because I haven't gone through that. Which is obviously like a privileged position to be in. But I can't help you with your conversation because I'll just say something stupid, or, like not true, if that makes sense?

Researcher: Yeah. I will remind you again, that there is no stupid answers or anything like that in this. At all.

Researcher and Participant: [Laughter]

Researcher: I was wondering now if we can consider your past and present romantic relationships. You said that you're heterosexual?

Participant: Yes.

Researcher: Have all your relationships always been heterosexual?

Participant: Yeah.

Researcher: And in your relationships, have you considered wanting children?
Participant: Yes.

Researcher: Yes. Can you tell me maybe a little bit about what wanting children means to you?

Participant: I think it’s probably just something that I always thought would happen. If that makes sense? So I'm from a big family. I'm like, I’ve got three siblings. So that's kind of and my Mum was like, I don't know if it's the right phrase in the in Australia like a childminder. So she looked after kids, in our house. So we would always have like younger children and babies around the house when I was growing up. So that kind of sense of bigger things? I think, I think, Well, we've obviously just moved here so were not having babies anytime soon, but he's really like not keen and I'm really like, I've got to the point now and I'm like, actually kind of need to decide because time is ticking on…I’m not getting any younger but then I am just like, I think our life at the moment is quite nice.

Researcher: Yeah, yeah.

Participant: So definitely. Definitely. Pros and Cons. I think I'm more like in my previous relationship, so I was in a long-term relationship before my relationship with my partner. We spoke about like marriage and children, and he was like, yep, yeah and on board. And then one day he was like nah, not on board. Not on board anymore. I'm getting off. See you later. So yeah what a douche. I think maybe that's like, not put me off but now I'm just like, oh, thank God we didn't have a baby because otherwise, you know? Yeah, so now I'm very much like actually if it did happen, it would be quite… Well, it’s obviously a big life change. But before I was like, yeah, gonna do it. Whereas now I'm like, actually, I think my life is quite nice as it is. I think maybe that's it. Maybe I thought my life couldn't be full without having kids but now I'm like, but now I can see like, that would be great, obviously. But equally, it wouldn't be like the end of the world if it didn't happen. If that makes sense?
Researcher: Yeah. I'm sorry for that experience.

Participant: He was a douche. Better off, better off gone. But yeah, at the time, it wasn't nice. And then he went on and he's got two kids now. So I'm like, but that just makes me more glad that we didn't like have a baby because yeah, it would have been silly.

Researcher: Yeah. And just on that, have you ever been pregnant?

Participant: No.

Researcher: No. And what would you, could you give me a little bit of understanding as to why you haven't been pregnant? Would that be to do with your past relationships or?

Participant: Well, in terms of like, why, why we don't have kids or why I just haven’t got pregnant?

Researcher: No just in general like why pregnancy hasn't been something that has come in your life yet?

Participant: Probably just timing and having a partner that's not that keen to have kids. That's probably quite a big part of it.

Researcher: Yeah. If you were to be pregnant, when do you think you would announce your pregnancy?

Participant: Probably not until like the twelve-week stage. But, I think like I would tell, probably tell my mom before then.

Researcher: What, what is it about the twelve-week stage that you would wait for?

Participant: I think it's just that like, I don't know how true it is. But it's that perception of like, once you get to the twelve-week scan, and you've had your scan and you've seen your baby and you know that everything's okay, then you can start telling people. It's like you don't
want to kind of tempt fate, I guess. Not that that is a thing because I know people who have
told people that like eight weeks like my sister is pregnant, and she told me literally like, the
week after she did the pregnancy test.

Researcher and Participant: [Laughter]

Participant: I was like, That's really great. But we've still got about eight months to go.

Researcher and Participant: [Laughter]

Researcher: She was excited.

Participant: Yeah, she was she obviously wanted to tell me I was like, great now I have to
talk to you about this. But then also, I had a friend. I have a friend who had a missed
miscarriage. So she miscarried at six weeks, but it wasn't picked up until the twelve-week
scan.

Researcher: Oh, gosh.

Participant: So she and she had pregnancy symptoms for that whole time. It wasn't that she
suddenly had stopped having symptoms. It was, she went to her twelve-week scan and then
they were like, actually.

Researcher: Oh, gosh.

Participant: There's nothing there. It looked like it stopped growing at six weeks. So yeah,
maybe that kind of influences it because like you hear… I read this thing a while ago that was
like you don't hear stories of positive pregnancies. You only hear… Or like you and like
positive births you only hear of when things go wrong or like the drama or the complications
and things so yeah. But yeah, I think there's something like, I know people who've had early
scans. And then I've talked to people or people who've told me at like eleven weeks and then
said I've got my scan next week. Just I think it's all it depends as well like on what you're
doing. Like I've had a friend who told me I think when she was like eight weeks because we had to go drinking or something. [Laughter] We didn't have to… I think like a hen's night or something. So she was telling everyone there because it was obvious that she wasn't drinking. So it's obvious that she was pregnant because we're now at that age where it's like if you're not drinking, you are probably pregnant.

Researcher: Yeah, yes.

Participant: But then equally I had a friend that and she's like…She was sixteen weeks at that point, but I just hadn't seen her for a couple of months. So and she I think she hadn't told like another friend that we both know when she saw me the previous time. So she said oh, I hadn't told that friend, so I didn't want to tell you before I told her a but then but she had like an obvious bump and she was like, oh, but now like I’m really obviously pregnant and I haven’t told you.

Researcher and Participant: [Laughter]

Participant: It's fine. So it's all like personal preference, I think.

Researcher: Yeah. I was wondering, have you ever accessed health services regarding a medical issue that could influence your ability to fall pregnant?

Participant: I don't think so. I've had like I've had obviously medical appointments for contraception. And this is probably too much information, but I've got a coil. So I've had issues like not issues but I've had times like that where I'm like, mm this is annoying me a little bit or causing me pain. So I've gone to the doctor and they've kind of checked it and stuff but that is obviously to make me not pregnant. [Laughter]

Researcher: How would you say having that medical difficulty has influenced your perception of pregnancy?
Participant: I think it's a weird one with contraception because obviously you're like, you've got that to not get pregnant. So when something goes wrong with that your like shit. And with a coil I think it's actually quite dangerous if you do get pregnant because they when they take the coil out and then sorry, this is really gross. That if you are pregnant and you've got a coil and sometimes they don't take the coil out or they won't take it out because it can cause a miscarriage. Especially if like the kind of embryo is... I imagine it like the coils like a T shape, so imagine if you've got like a little embryo there and you're pulling you're gonna pull that out. So I've gone before to get my coil changed, and the previous one had like run out and they basically wouldn't, they wouldn't take it out. They wouldn't give me a new one until I'd like not had sex for a week. Because you could be pregnant and obviously if we pull out and you're pregnant and it would cause a miscarriage, then we're like negligent and you could sue us, but I was like, well, I didn't want to be pregnant. So I didn't mind. Can I sign something like I know. And they were like no, no, you just have to come back and don’t have sex for a week.

Researcher: Yeah. May I ask is the coil what we refer to over here, as the Mirena?

Participant: Oh, yeah, sorry. Yeah.

Researcher: Yes. Okay. I did think so. From the knowledge you were telling me I just wasn't sure because of the terminology.

Participant: Yes, I think like, Mirena is a brand I think so mine isn't that, mine's like another brand but yes, that's the same.

Researcher: Okay. Wonderful. Sorry. I just had to clarify.

Researcher and Participant: [Laughter]
Researcher: I was wondering, could you maybe tell me a story of a time that you went to an event celebrating pregnancy?

Participant: Like a baby shower?

Researcher: Yeah.

Participant: I was like an event celebrating pregnancy…Do they have like rallies?

Researcher and Participant: [Laughter]

Participant: Well, my sister had a baby, a baby blessing.

Researcher: Okay.

Participant: Last weekend, which I didn't obviously, I wasn't actually there because she's in the UK, so I FaceTimed her. Well, I will not use that as an example because I wasn't there but I went to my friend's baby shower. Last November time, we just went for…I don't know whether they're quite, there can be varying levels of baby shower in the UK, so you can go all out with like cake and guess the flavour of the nappy and measure around the Mums. Like Mum to be’s tummy to try and guess like, you guess with a tape measure, like how big they are. And then they actually measured their tummy and it's really fun because those people are way off but my friend had like an afternoon tea, like a high tea in a hotel so we just went there and had cake and tea and chats and then her friends had done like, match up the famous baby name to the person so they had like Kim Kardashians kids names and then we did the tape measure thing and then guess the due date and the weight and stuff.

Researcher: Yeah, I was wondering, what kind of topics of conversation were had at the event?

Participant: Now you've got me.
Researcher and Participant: [Laughter]

Participant: I can barely remember what I did on the weekend, probably mostly baby talk.

Researcher: Yeah.

Participant: But then I saw another friend that was there that I hadn't seen for a while. So I was talking to her just about general stuff. I was having a conversation with someone actually, but I can't remember what it was about, but it wasn't about babies. It was like in depth about something else.

Researcher and Participant: [Laughter]

Researcher: No, that's okay. I was wondering at what stage of the pregnancy did your friend hold the event?

Participant: She was maybe thirty-six weeks I think. Thirty…Yeah, quite, quite far, she was big. She was like hobbling big. [Laughter]

Researcher: Oh gosh. [Chuckle]

Participant: But, yeah, she was like, yeah. Like towards the end.

Researcher: Yeah. I was wondering, at the event did you notice any accommodations made for an individual that may have been attending that might be experiencing some psychological discomfort in being there because of their pregnancy history?

Participant: I didn't at that one but just because I, I know that friend and then another one of her friends but I don't know any of her kind of wider circle. So I didn’t, I'm obviously not aware of their kind of history. And one of our other friends who'd had, she'd had a termination but for medical reasons. Um, but she wasn't there. She wasn't not there because of that. If that makes sense? She just couldn't make it but I think they're kind of close enough
that my friend would be like you don’t have to come. If you know, if you're not up for it, if you don't want to. If you don't want to it is absolutely fine.

Researcher: Yeah. What kind of accommodation do you think is appropriate to make for an individual that may be experiencing discomfort?

Participant: I think probably just saying like, you don't have to come, like obviously I would love you to be there but I fully appreciate that is hard for you. So like no sweat kind of thing. Don’t. Don't worry about it. Don't put any pressure on because I find it difficult like being there and being you know. You've got to put your face on, you've got to be all excited for the baby, you’ve got to be like woo and obviously it is like lovely for that person and really exciting for them. But yeah, effort. [Laughter] That makes me sound really horrible.

Researcher: No, no, not at all. Not at all.

Participant: It’s just. Yeah, I think you've just got to be, it's like going to a wedding isn't it? You've got to be in the zone. You’ve got to be for the cause. And I'd rather like if that was me in that situation for either the person whose baby shower it was or if I was, if I'd had a miscarriage. I just would want to be able to be like you know what I don't want to come. I'm not gonna do it. I don't want to be part of it.

Researcher: Yeah. So you told me before that you have had people in your life that have experienced a miscarriage, have they ever discussed aspects of that experience with you?

Participant: Not so much. Not like kind of one to one sitting down. My friend that had the kind of missed miscarriage, she had a missed miscarriage and then she’d, she'd kind of she'd mentioned like a few bits before she… So she's mentioned how she was told like apparently after you've given birth and just after you miscarry, you're the most fertile because your hormones are like, in overdrive. So the doctors have basically said to her, like, get to it because this is probably like when you’ll get pregnant again, but then she didn’t. So then she
was like, so I think she had a miscarriage in kind of maybe mid year time. Like, of that year and by a few months later she wasn't pregnant. So she was just like, what the hell, why would you say that to me? Because I was fully expecting to get pregnant straight away again, and then it obviously didn't happen. And then she got pregnant again at the end of the year and then had another miscarriage. Miscarried on Christmas Day.

Participant: But she didn't really share that with anyone. She didn't have a great run of it to be fair because she miscarried and then her dad died, but then all within like a month of each other. So I think that obviously overtook everything. And I didn't really speak to her other than kind of saying, sending her messages saying thinking of you. She's quite kind of. She wouldn't. You have to be like, so how are you?

Researcher: Yeah.

Participant: How is everything and then like, dig deep because otherwise she's just like, yeah everything’s fine. So yeah, I think that's kind of like what I just don't know what like, I haven't experienced that. So what do you say? Because nothing I was gonna say was gonna make her pregnant or make her dad be alive. So other than that, kind of saying, I'm here for you. Do you want to hang out? Do you want to do coffee or something? Like those little...

Researcher: Yeah. Gosh, I'm so sorry for that experience for her that would have been horrible.

Participant: Really horrible.

Researcher: In terms of the comments that you're saying. What do you think is a helpful comment to say to someone that has gone through a miscarriage like a supportive comment?
Participant: I think I guess from my perspective, it's I find it difficult because I haven't been in that situation and I think she found it quite tough because quite soon after that, another one of our friends got pregnant. With like, no issue at all. You know, easy, fine, happy days. So she and they were quite close, and then she kind of just pulled away which I think you would is a kind of self protection thing, I guess. So, and the friend that was pregnant was like, oh, she went like she doesn't reply to my messages. Like she hasn't asked me about the baby. Like a how I'm feeling or anything. And I was just like, I think just right now she can't, like, she can't be your friend. Like, she can't be your bestie right now. That's okay and it doesn't mean that she's not going to be your bestie forever. It just means right now. You've got the one thing that she really wants, and she probably loves you and she doesn't want to feel resentful towards you. So in order to do that, she's like pulling herself.

Researcher: Yeah.

Participant: That was easier. I didn't say that to her face. I said that to another friend. Like, I see it this way, but it's hard to say. It's hard to know what to say to the one that's pregnant and also the one that's not pregnant. I did try and kind of be in like, say like, how you doing? You know, do you feel like, obviously not normal but like do you feel well, in that kind of sense. But I think it was hard because it was mixed in with her dad dying as well. So it was like, obviously a load of grief in all different forms. And I my parents are still alive so I again, don't have any experience with that. So it's just like, come and meet me for coffee and cake. You know, I'll just tell you boring things about my life that [laughter].

Researcher: [Chuckle] I was wondering did you experience any discomfort in like hearing those stories and discussing miscarriage?

Participant: I don't think discomfort, I think maybe like disconnect because I can obviously empathise, but only to a certain point. Or can sympathise sorry not emphasise, but because I
haven't been in that situation myself. There's a limit to what I can say. A bit like when people tell you that it's horrendous when their baby's not sleeping and I'm just like that's hard but I got nine and a half hours of sleep last night so. [Laughter]

Researcher: Yeah. [Chuckle]

Participant: Oh, I can't imagine how tough that is for you because I had a great night's sleep but I still feel really tired. You know, those kinds of things. But yeah, if you're not in that situation, you can't.

Researcher: Yeah, what would you, have you ever heard of any unhelpful comments individuals say to a person that's experienced a miscarriage?

Participant: I think like oh, don't worry you can try again. Is the classic one. And your like no. It's not that.

Researcher: Yeah, definitely. And I wonder, would you consider miscarriage like a private or public matter in terms of who you tell?

Participant: I think it all it really depends on the individual I think because I think my friend like when she had her second missed miscarriage. I only heard about that through another friend. She was obviously just like, I'm not like, I can't deal with this anymore. I don't want to tell anyone. It gets… It's probably hard to deal with everyone being like oh I'm so sorry. You know, because then you have to be like no don't worry it's not your fault. You know, if you don't have the energy for that, fair enough. So I think yeah, I think it's completely down to the individual how much they want to share. And sometimes they might want to share everything with one person and nothing with someone else. I think that's totally fine because it's their thing. Their, it's like, it's their experience. Not it’s like their experience meaning, not meaning oh, it's nothing to do with me, meaning as they're the one going through it so they should be in charge of who.
Researcher: Yeah, I understand.

Participant: But my friend told me that she had another miscarriage. I wasn't like, oh, why didn't she tell me I was like, oh my God, that's horrendous. Because, you know, it’s… I can’t be like why didn't you tell me it's your thing. You decide who you tell? Yeah.

Researcher: I was wondering on that. Do you know what type of an individual is likely to experience a miscarriage?

Participant: I would say anyone, everyone. So?

Researcher: Yeah, I will. I will disclose to you miscarriage doesn't discriminate. It can happen to anyone. I only asked to hear if there's any beliefs or attitudes regarding a certain type of an individual that may experience a miscarriage?

Participant: No I would say it's yeah. It doesn't pick and choose. It's just random and it seems really random like for my friends, so she had two miscarriages and then like, got pregnant almost straightaway after her second miscarriage, and has a perfectly healthy, baby girl. So your like why did that baby, be here and be super cute, but not the other two. And then you're just like well that’s just, just one of those.

Researcher: Yeah, I was wondering, have you ever been involved in something to commemorate the loss of a baby due to miscarriage?

Participant: I haven't. But I've heard of my…Like I had a friend who her sister-in-law and I can't remember whether they lost a baby. I think they lost the baby but I'd say lost the baby as in lost the baby quite far along. So she might have… I think she, the baby was born early and then sadly passed away or stillborn. It was like a baby if that makes sense, rather than… It was classed as a stillbirth or a baby death rather than a miscarriage. But they had like a little church service. I think just in the hospital chapel, just to kind of commemorate it. But my
friend at the time was eight weeks pregnant. So she said, I can't like I don't want to go to this. I can’t, I'm not in the right headspace to go to this. But her sister-in-law was basically like, I'm gonna be so upset if you don't come.

Researcher: Oh, gosh.

Participant: Which I felt was just that was bad as well, because I was like, I think you should respect everyone’s… Like not saying that what they're going through isn't horrendous and the worst thing that possibly ever happened, but everybody's feelings on that, on anything are valid and if somebody doesn't want to be in a situation, that they're not comfortable in for their own reasons, and they should be able to say no. I’m here for you but I’m so sorry but I can't be in that situation. For me.

Researcher: Yeah. I was wondering what type of an event do you think is appropriate to commemorate the loss of a baby due to miscarriage?

Participant: I’d say like, again, like down to the individual, like whatever they want to do, whether that's like a little church or like a religious or spiritual. I say a religious or spiritual kind of ceremony in whatever form that might take. Or I know they're about to be banned, but like a balloon release or kind of some people put like a little flower thing into the sea and let it kind of float away. Yeah, I mean, I mean,I’d maybe say something that wasn't appropriate, the pub.

Researcher and Participant: [Laughter]

Researcher: No, no. Who do you think would be appropriate to invite to an event like that?

Participant: I guess anyone that's not pregnant. [Laughter]

Researcher: Yeah.
Participant: Or anyone that's gonna be triggered from that event. But then I think you could say like, again, it's hard because I've not been in that situation. So I think it's easy for me to sit here and say, oh, well, I think they should say we're having this we'd love you to come but obviously appreciate that you might not want to come but they might not be thinking about that. They might just be thinking about their own grief which is totally fair enough. So I think it's probably up to that guest or the invitee to say that sounds lovely. Like what a lovely thing to be able to do. I would love to be there but unfortunately, I'm not. You know, I can't put myself in that situation. I'm still here for you.

Researcher: Yeah. I was wondering, have you ever heard of a certificate?

Participant: No. Sorry shaking my head for the recording.

Researcher: [Laughter] That's okay. As of 2021. Um, before 2021, you could not receive a certificate if you lost a pregnancy before 20 weeks. Now as a 2021, you can receive a certificate which is just a certificate of acknowledgement for your early pregnancy loss. It can't be used for any legal purposes. But they do now give you that choice to have the certificate if you wish for acknowledgement.

Participant: That’s nice. It kind of recognises it.

Researcher: Yeah, what…

Participant: Eighteen weeks is still a really long time to go through and growing a human and then to not have that. Your just like. I’ve read a book. Somebody she's quite well known on Instagram, and she's written a book in the UK about her she had a son who sadly passed away when I think when he was five days old, and he just had something that wasn't picked up in pregnancy, but it was an illness that basically made him like allergic to everything on the outside world like there was no way he was going to survive on the outside world. But it wasn't picked up till it was born. And she wrote a book called Ask me his name, because
obviously everyone says, do you have kids? She said, no, but I did have a son who died. And then people go, oh, I'm so sorry. And then it's like, what do you say to that? She's like, her thing is ask me his name, ask me about him. I'd like to talk to you about him but she, there's a bit in the books. I'm going off on a tangent. There's a bit in the book where she meets a Mum that was in her like, I don't know if you have the same here but it's like a group where you go and you practice like bathing the baby and they tell you what to do and stuff and then you get to meet other parents who are due at the same time as you. So she met one of those Mums with obviously with her baby and the Mum was like so when are you going back to work but that that Mums not going back to work anytime soon, because they've got a baby and she was like what the hell? I'm not even thinking about going back to work. I mean, I am in no state to go back to work. Like, I've just lost my son.

Researcher: Yeah. Have you have you actually ever heard of miscarriage in the workplace?

Participant: I don't think so. But then I saw I used to nanny so obviously my workplace was with kids. Like they usually on my own with without either other adults and then I was only in the office for like a couple of years before COVID hit. And then I was working from home so my it was complicated. I was on one project and the whole office was on another project so I didn't have like at work besties kind of thing, if that makes sense? So I guess if people went through that I wouldn't necessarily know. I might know that they went on leave but I wouldn't know what they went on leave for.

Researcher: Just on leave. What kind of do, do you think an individual should receive bereavement leave for a miscarriage?

Participant: I think so I think because I think I don't know about Australia again. Sorry. I keep saying about the UK. I think in the UK, it's still classed or if it was just changed. I think it was still classed as like you'd have to take time off. You'd have sick pay. So you'd have to
have a doctor's note basically. To sign you off. And I think they do usually give you like a couple of weeks. And the doctors are quite good in the UK. They just sort of sign the form, if you say, and they're just like, yeah, give me the form, I'll sign it. But obviously that again, that's really down to the individual. Some people would be like, no, I want to get back to work. And other people would be like, oh my god, no I can't fathom doing that.

Researcher: So in WA, it's recently only changed to include an individual's pregnancy loss if it was before 20 weeks to two days bereavement leave.


Researcher: Yeah. Yeah.

Participant: That’s madness. I would think you would need like at least two weeks because presumably you would still be bleeding. For I can't I don't know. But that was what I would imagine you'd be bleeding for two weeks.

Researcher: Yeah, it was a shock to me as well.

Participant: That’s a joke.

Researcher: I was wondering, have you heard of any services to support an individual that has experienced a miscarriage?

Participant: Yes, there's a charity in the UK called Tommy’s, who deal with like, pregnancy and baby loss. So I don't know whether they have I think there was there from they include miscarriage in that. Yeah, they have lots of resources and a lot about because I was looking at their website when my friend had her termination for medical reasons. So they've got a whole kind of a section on there. And it's kind of written for pregnant people. But also people who are supporting those pregnant people. So that’s a really good resource to…

Researcher: Yeah. What kind of services do you think should be available to an individual?
Participant: Well, more bereavement leave, for sure. Probably counselling. Oh, like I say emotional support, maybe not deep depth counselling, but somebody to be able to talk to, whether that's someone you know, or someone outside of your kind of circle. Maybe I kind of links into the kind of bereavement leave I guess, like that practical support like if you want to take time off. So not being work and you don't get paid or somebody to go into your shopping you know, those kinds of things because I get overwhelmed in supermarket now. So I can't imagine what it's like because just trying to yeah, do you and obviously some, some of that can come from family and friends. Like I know friends have had said like, oh, my Mum has gone to Coles for us to do a big shop and cooked us meals and those kinds of things. Yeah I can’t think sorry. Brain is gone.

Researcher: Yeah, no, that's okay. I was wondering, have you ever heard of a way to prevent a miscarriage?

Participant: I don't think there is a way to prevent a miscarriage is there? Apart from looking after I get, no, no, no, no, I don't think. No, I don't think there is.

Researcher: No, I will disclose to you there is no way to prevent miscarriage, but I only ask to hear if you've heard of any of wives tales or anything like that?

Participant: I was gonna say like just the usual things to keep yourself healthy. So like not drinking in pregnancy, for instance, but then I don't think the drinking in pregnancy would. It obviously causes and can cause illnesses and issues, but I don't know if that contributes more to a miscarriage than any other kind of flukey thing.

Researcher: So there are certain factors that do increase the likelihood of experiencing miscarriage and as you said, drinking alcohol and abusing substances is one of those factors, but unfortunately if the miscarriages is to occur… The most common reason is chromosomal abnormalities, which is not preventable. Yeah, I was wondering, sorry, moving… Um,
following the experience of a miscarriage research demonstrates that individuals experience common negative emotions of grief, devastation, and anger. Are there any factors related to the miscarriage experience that you have been told or that you believe would lessen the amount of negative emotions?

Participant: I don't think so to be honest because I think you feel what you feel and whether that's right or wrong or it's not right or wrong because it’s what you're feeling. So even if it's right or wrong, you're feeling it. So that's valid.

Researcher: Yeah, I think an individual's emotions are always valid. We are just considering some factors regarding the individual and their circumstance. So I was wondering, would an individual's age have any influence on the amount of negative emotions?

Participant: Maybe. Maybe somebody older would be more able to control the emotion a bit more. This is like a wide generalisation. But like I don't know I think with maturity, I think would maybe come into effect and not saying that they wouldn't experience those same emotions but they maybe would be able to deal with it better. Better it's not the right word, but like following… I'm digging myself a hole. Yeah, maybe a thirty-five year old that's had a miscarriage would react differently to a twenty-one year old that’s just had a miscarriage. Just through kind of life experience. And, but then I feel like you can experience a lot in life at a young age and you could experience not a lot in life at an older age.

Researcher: Yes, yes, certainly. I was wondering whether an individual's relationship status do you think would have any influence?

Participant: I feel like that’s… The traditional answer would be like, oh if you're in a relationship, you will feel worse because you’ve got you're like happy nuclear family, that's like, Mum, Dad and two kids. I know people who kind of at events and stuff where people have said it obviously just wasn't the right time. And that doesn't mean that they wish that
that happened kind of thing. It's a bit like that kind of sliding doors things like if something happens one day, if you get on one bus, it alters your whole life and if you get on the next bus, your whole life is different that kind of like. But, I don't think. Yeah, I don't think the relationship.

Researcher: That's okay. Um, do you think whether an individual is actively trying to become pregnant or not would have an influence?

Participant: I don't think so. I feel like it's easier to be like, well, yeah, because if they really wanted the baby, then it would be worse. But then I've known like family friends who have had miscarriages and not known that they're pregnant and weren't trying to get pregnant but then have been really shocked by it because then they want to actually, maybe we do want to have a baby. Maybe we did want this and now you haven't got it. So then it's equally as sad.

Researcher: Yeah, yeah, definitely. I was wondering if an individual's culture do you think would have any influence?

Participant: Maybe for like, all depending on like circumstantial, so obviously, if you're like religious, and you weren't married and you had a miscarriage, I guess that would alter other people's perceptions of it. Probably wouldn't alter the individuals.

Researcher: Just on that, how else do you think, like if an individual was religious and they had this experience, how do you think that would influence the experience?

Participant: I guess it would bring like, maybe an element of shame or kind of like not being able to share. If they felt like they wouldn't they couldn't… I don't know I feel like I'm like wildly generalising religion from somebody who doesn't know much about religion. But like if I got pregnant and had a miscarriage, I could say to my Mum, like, oh my god, this happened and she be like, this is awful. I'm coming on the plane right now. But if I didn't have supportive parents, like I wouldn’t be able to tell them and I'd have to go through it
myself on my own and they wouldn't know and it would be a lot harder without that support or the fear of kind of judgement or disapproval, I guess.

Researcher: Yeah and just going back to the culture a little bit, this is my last question. What do you think of the Australian culture regarding miscarriage?

Participant: [Laughter] Is this a trick question.

Researcher and Participant: [Laughter]

Participant: Australian’s are great whoever's listening. I don't know because I haven't kind of witnessed that myself. I've obviously only known it from the UK but what you're saying about like two days bereavement leave that's like rubbish. Quite frankly. So if the Australian Government do read this or listen to my transcripts, then sort that out is my wish. I think maybe it's becoming more like I don't know if this is the right phrase, but like I'd say, like five years ago, maybe it was a bit like taboo, like you wouldn't really talk about it, you'd keep it quite hush, whereas now like pregnancy loss and miscarriage are being widely spoken about and gives people kind of more of an idea of like, how common it is and how much it happens and I don't know if you watch selling sunset.

Researcher: No.

Participant: It's a Netflix show about like LA real estate agents, and they're all very glamorous and they get a lot of money from their fancy houses that are selling, but one of the women on there was pregnant during the last series. And she had had a stillbirth at 38 weeks, so she'd kind of put that on Instagram and then they did like a reunion show and she was talking about it and she just said like, yeah, I've got two beautiful children by also have lost one. And I think that's maybe something that people are just like, oh, well don't worry, because you've still got two kids but it's like, well, that doesn't take away from the fact that she's lost that baby. That baby died. So she was saying like, I'm just that's why I'm being
public about it because I want people to know that it does happen and people to know that it's not okay, but it's okay to talk about it and all of those things.

Researcher: Yeah. Yeah, I think she's been very brave in sharing her experience.

Participant: Especially on like a platform like Instagram. Where it’s quite public.

Researcher: Yeah. I was wondering, do you have any other comments that you would like to share with me, any questions or anything in general?

Participant: I don't think so. Yeah it’s all good.

Researcher: No, that's that's no problems at all. I just want to thank you for your contribution today. I truly appreciate you reaching out and partaking in this study. I'll be in contact with you then through email and send through a debrief letter. And also our transcription and just if you could send me an email back and let me know whether the transcriptions accurate or not.

Participant: Sounds good. You can cut out the bits where I just like waffle on.

Researcher: No. That's okay. Well, I hope you have a lovely evening and it was a pleasure talking with you.

Participant: Thank you and you and sorry for making you wait longer than you need to.

Researcher: No problems at all.

Participant N047 Transcription:

Participant: Ah, I consent to this process.
Researcher: Wonderful. So we're just going to start off with a few questions regarding the criteria, as you are here I assume you meet the criteria, but we're gonna go through it a little bit. What was your age on your last birthday?

Participant: On my last birthday I was forty-eight.

Researcher: Wonderful. Are you fluent in English?

Participant: I am.

Researcher: For the purpose of this study, a female refers to an individual with female sex characteristics and also a female gender identity. Would you consider yourself female?

Participant: Yes.

Researcher: Yeah. Do you permanently reside in Western Australia?

Participant: Yes.

Researcher: Yeah. What is your cultural background?

Participant: White, Caucasian, and brought up in the UK.

Researcher: Awesome. Were you born in the UK or?

Participant: I was born in the UK and I've been in Western Australia since 2010.

Researcher: Awesome. And then for the purpose of this study, pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses, inclusive of stillbirth, miscarriage, ectopic, neonatal death and termination due to foetal anomaly. It is not inclusive of loss of pregnancy by elective termination that is not deemed medically necessary.

Participant: Okay.

Researcher: Have you experienced a pregnancy loss?
Participant: No, I haven't.

Researcher: No. So you meet the criteria of the study, as we presumed you would. Are you happy to move on to a couple more demographic questions?

Participant: Fine.

Researcher: What is your sexual orientation?

Participant: I’m heterosexual.

Researcher: Wonderful. Do you have any religious or spiritual beliefs?

Participant: Um, not any. What would you call them? I want to say commercial, I don't mean commercial. What do I mean? Not in the traditional sense, I don't. I suppose if I have, if I have a question on a form. I put Church of England. It's very loose. It has not really, I'm not a practising Christian. But those are where my spiritual leanings tend towards. A bit like that.

Researcher: Wonderful. What is your ethnicity?

Participant: White, British, I suppose. [Laughter]

Researcher: [Laughter] Your highest level of education completed?

Participant: Masters.

Researcher: May I ask what was that in?

Participant: Like…Yeah, Masters of Education, um and specialising in literacy education.

Researcher: Amazing. And we touched on this a bit before but just for the purpose of the recording. What is your occupation?

Participant: I’m a sessional academic.
Researcher: And this one doesn't have to be specific, just low, middle or high, your social class?

Participant: Middle.

Researcher: Middle, and same thing here doesn't have to be specific. Your household income?

Participant: It’s really hard to say. [Laughter]

Researcher: That’s okay.

Participant: I don't think I can answer that question actually. It's a very, for many reasons. It's an awkward one. [Laughter]

Researcher: Yeah, no. That's completely fine. Um, I was wondering about members living in your household with you?

Participant: I have a husband and two teenage children seventeen and sixteen.

Researcher: Wonderful. So that’s all the demographic questions. Now I kind of want to get to know you as an individual. Could you maybe give me a sentence describing yourself?

Participant: Gosh, um, one sentence… Gosh, I don't know how do I say this? Pretty active and sporty and quite sociable. And do you want kind of, like a? I think I'm a good listener. Caring and reliable. There you go.

Researcher: Wonderful. What would you say are five of your core values?

Participant: Five core values. Honesty. genuineness, empathy, integrity and probably compassion. I think I might have come up with a different list if I had thought about it a bit longer but there what spring to mind, maybe.
Researcher: No wonderful. And I was wondering how would you describe your view of the world, so we have the analogy the cups half full or the cups fully full, what would you consider yourself?

Participant: I'm definitely cup is half full. Yeah. And I really try and not… I guard against trying to oh, I don't like it when people always compare where they are to something that's better. They've always got that grass is greener and always dissatisfied. And I always admire people who are content because they truly appreciate what they're doing. So I can think of individuals in my life where I really admire that quality about being content. They don't feel the need to constantly strive for something. It doesn't mean that they're not purposeful people. They're very purposeful people, but they are quite content with what they're doing and how they, they live day to day and that kind of thing. So I think that's quite, quite refreshing. I think some people always have… isn't what's your five year plan? What's your goal? What's your… It’s just exhausting.

Researcher: [Laughter]

Participant: I don't have any of those things and I'm really happy. You don't think I need to keep going even though I am keeping going. I'm not just in sitting like a pudding. Kind of a happy, happy halfway between being a purposeful individual and social and connected and… You can still be driven but you don't need to be always driven because you're not happy, you're driven because you just kind of you know, have purpose in your life, I suppose. Very long answer, sorry. [Laughter]

Researcher: [Chuckle] No. So you can still be driven but you don't always have to be driving or moving towards.

Participant: Yeah, yeah, completely. There's lots of… I will tell you what I’m thinking of, I’m thinking of my husband's stepfather. He's a farmer in the UK and he, he pretty much
doesn't want to travel. He's very happy where he is and he just, but he is really, really good at farming. You can't, you can't tell him anything about farming that he doesn't already know. And he's really good at it. And he loves his farm and he loves what they do there and he loved and although he's eighty-eight now, he's you know, so involved in everything because he cares about it. And so he's still purposeful and driven, but he doesn't need to you know, he's not trying to make another million next year or he's not trying to by the guy's farm next door or he's not trying to produce more grass. They do this. They produce grass for horses and I mean, yes, he does do that. But that's not because he wants more stuff. He just likes the process of making good forage for horses.

Researcher: Yeah, and would you say your view is unique from others?

Participant: Um, no, not particularly. I think there's quite a few…I gravitate towards people who are quite positive and don't moan a lot.

Researcher and Participant: [Laughter]

Participant: We all moan, I mean of course we do. But I, I value people who kind of go right I've done the moan, let's do something else. [Laughter]

Researcher: Yep. And what would you say has shaped your view of the world?

Participant: Oh, definitely my maternal family which is quite big. They definitely have a sort of, you know, stiff upper lip and carry on, you know very much, quite. I'm gonna hesitate to say a military upbringing because I wasn't but my maternal side of my family they were all in the Air Force or Navy and that kind of thing and so they, they very definitely had a you know, no fuss and bother, just keep going, but they were not uncaring. They're very, very caring people they weren't sort of you know, my Granny was always you know the most gorgeous lady. So I think my family to go to your question actually to answer it. My family have definitely shaped my upbringing and my world, my upbringing has shaped my
worldview about just not, you know, not dwelling on things. Of course, there's things that are hard, not great. And you just you just kind of face them and do something about it or deal with it and you don't have to dwell on it unless it's, you know, really necessary and then do that. [Laughter]

Researcher: Yeah.

Participant: Very practical but not unkind, very compassionate as well.

Researcher: Yes, yes. Aw, thank you. Um, I was wonderin...
Definitely. So there was definitely that teenage you know, the usual teenage rebellion. Mum and Dad like it, therefore I don't. Mum and Dad say do this, therefore I do the opposite. You know, there's all that going on. But I have a feeling that a lot of it was to do with not wanting to be a traditional female and not really knowing what other female things there were around. Never, never sort of really explored science subjects. You know, I mean, I didn't I wasn't strong at them. So to be fair, I probably wouldn't have done but I was never sort of. It was yeah, it was just, I don't know. It was very traditional in a nutshell. So I think I have always since then, instead of just being, trying to be traditional, I've been very, very conscious of not doing that with my own children. So I've got a son and a daughter. And I sort of my husband is completely just you know, he's a modern man and so we all do everything and there's no you know, I'm very, very, you know, my son is not going to leave home and not be able to boil an egg and wash his clothes and iron a shirt, you know, when those you know, so we're just my husband iron, you know, I don't know just all those domestic things that you have to make sure that you are not just doing them. Because you're…

[Technical difficulty, participant froze]

Researcher: Are you back?

Participant: I am. You just froze.

Researcher: I’m so sorry. It cut out there. I think I lost you for the last about forty seconds.

Participant: Oh, gosh, how annoying. Sorry I'm prattling on. You must stop me if I'm answering too long a question.

Researcher: No, no not at all. I sincerely apologise that that happened. I don't know what happened with my technology.
Participant: I don't know either. You froze and so I and then I just suddenly realised that you hadn't blinked for a little bit and I was thinking she's still not, she's not there.

Researcher and Participant: [Laughter]

Participant: I didn't, it froze you in a very photogenic way. So I didn't realise because normally they freeze you when your face is like, you know off doing something weird. You were looking fine. So I thought it was still there.

Researcher and Participant: [Laughter]

Researcher: I sincerely apologise where I last heard you, you were telling me about your traditional upbringing and then you were kind of coming into how that now is presently informing you and bringing up your kids and that you we're teaching like domestic tasks as well.

Participant: Yeah. So just making sure that my son is well versed in ironing and cooking and clearing up. Just you know, stuff that needs to be done and it doesn't matter if it's me, him, his sister or his Dad, you know, we just you know, it's just stuff that needs doing so just do it. [Chuckle]

Researcher: Yes.

Participant: And also just to make sure you know, like when they were growing up, I read stories, obviously, I'm a literacy specialist so I, I was very, very keen for them to read obviously and also to hear stories. So I would always select stories that were neither, just not gender specific for any you know, there was good literature so he would listen to Alice Wonderland and they would both listen together to whatever it was we were reading. That’s what I’m trying to say. So they had this um, there’s not stories and girls and stories for boys. There's just stories, you know, and I don't know so I think it's quite important. I think as a
female I feel very strongly about being a good role model, I just, you know, actions speak louder than words kind of person. So you know, if you're not doing it, then it's not effective. I can say it till I’m blue in the face but if I’m not doing it, it doesn't matter unless you do it. So I think my female… I've also quite interested in the whole sort of gender identity topic as a professional because I find it very interesting. So yeah, I'm not particularly. Yeah, that’s it.There you go.

Researcher: No, no. What would you say a core aspects of your own female identity?

Participant: Oh, my goodness. I really, I don't know what do I ah, on my own female identity? Um, I don't think I've ever thought about what I…Do you mean like defining myself as a woman?

Researcher: Yeah. What qualities about yourself, would you consider contribute to your femininity?

Participant: Gosh, I don't know because I feel so you know, if I say caring, I think it's a tradition. Sorry I'm just gonna turn off this thing. It's a very, that's a you know, I don’t… I know I am caring but I don't want that to be because I'm female, I want it because I'm compassionate person, not because my gender so I don't really like to categorise those personality traits as female or male. Because I don't want them to be exclusive to one gender or the other.

Researcher: Yeah.

Participant: Is that? [Laughter]

Researcher: Yeah.

Participant: Is that the kind of thing you mean, you mean about your personality? What do you think about or do you mean just like my beliefs?
Researcher: Just your beliefs about yourself as a female like, you know, like you were saying caring is a quality that you kind of associate to your femininity, those kinds of things that you would contribute to the female identity for yourself?

Participant: Yeah, I don't want it to be because I'm a female. I don't know if it is or not though. I think I really, I don't want personality traits. It used to annoy me when my Dad said, oh but of course you'll be a good Mum because you look at the way you are with your I don't know. It'd be lovely when you're a Mum because you're because women are so much more caring. I'm like now days, I just, you know, at the time when I was little I thought it was quite a compliment. Oh, yes Dad thinks I’m caring. And he meant it as a compliment. He wasn't trying to be you know, he was just trying to be nice, but now I look back and I go, what anyone could be carrying, you don't have to be woman to be carrying. So I guess I don't like putting, you know, I just feel like it's a list of stuff that people used to think women should be rather than things I actually think are female. For me, so I don't really like doing it.

Researcher: Yeah, yeah. No, that is completely valid. Yeah, definitely. I was wondering now moving away from the female conversation if we could discuss your past and present romantic relationships. You said that you're heterosexual? Have all your relationships always been heterosexual?

Participant: Yes.

Researcher: Yeah. And in your current relationship, you said earlier that you have children, have you… So I'm presuming have you conceived children?

Participant: Yeah.

Researcher: And can you tell me a little…

Participant: Yeah, so those two children…
Researcher: Yes, sorry. I think the thing is slightly lagging still.

Participant: That’s fine.

Researcher: I was going to ask…Can you tell me what conceiving children meant to you?

Participant: Oh, it was a miracle. An absolute miracle. It was it. It was just amazing. It was I mean, I just I couldn't quite believe how…I was just incredibly lucky. I felt so privileged, that's what it meant to me. I, you know, we decided we wanted children. You know, five weeks later, I was pregnant. I mean, it was just, you know, I couldn't have asked for anything more straightforward, really. And it was, it was straightforward in the fact that, you know, made a decision and it happened and I was perfectly prepared for it not to do that. But I was just I didn't know how excited I'd be. And I was so excited.

Researcher: Aw, did you tell people about your pregnancy?

Participant: Um. Yes, but not immediately. So I think first of all, I mean, obviously I told oh, it was just amazing. We were moving into a house. It was, it was our it was the house that we were thinking oh you know if we have children this will be the one that we can probably raise them in and the removal, not the removal sorry the what do you call it? But when they say yes, you got the house it’s settled. It's different in the UK, but basically the phone call came through. Yes, you've got the house and it was like fantastic. And then the next week or something we moved in, it was really quick. And on the day, I was standing outside the new house and the removal van was coming in and then I had a phone call from the doctor because I'd gone to the doctor to get a pregnancy test because I didn't believe that I would have the…I don't know I just didn't trust the one that you could get in the counter or something. Anyway, I spoke to the doctor, and I really remember them saying, hello, you know, and we have the results in your pregnancy test. And I said, oh, fantastic. You know, what is it? And she said, well, it's positive and then I kind of, sort of, I obviously hesitated.
She said, is that good news? And I suddenly thought, gosh, you must actually have to ask that question because of course for some people it will be a total nightmare possibly. And I said oh, I just can't speak I'm so happy.

Researcher: [Laughter]

Participant: This removal van was backing into our driveway and this you know, these hairy guys were coming out and kind of like you know, where do you want me to put the boxes and I was crying because I was trying to digest this information, which was amazing.

Researcher: Yes. And I was wondering, you said that you told some people earlier, what, what is earlier for you?

Participant: Okay, so my husband and I obviously I told him straight away. I think, I do you know what I actually can't remember. It wasn't straightaway I didn't go around ringing people. So maybe it was… I think I told my parents before twelve weeks, I knew that the twelve week thing was important. So having twelve weeks and that surety, I waited until then. Twelve weeks and on onwards I started telling friends and work. But I think I only told my parents and my husband’s parents.

Researcher: Yeah.

Participant: And I think maybe my sister.

Researcher: Oh, sorry. I understand that there's a social rule regarding the twelve weeks. Was that kind of your understanding and why you waited?

Participant: Um, I wanted to… I was worried that if… I really, really didn't want to have to tell everybody that a pregnancy had ended if it was and I knew that there was much more likelihood about pregnancies ending before twelve weeks and there was a better chance once you got to twelve weeks on, you're in a different sort of zone. If you're, if you've made it to
twelve weeks, there's a better chance of getting to twenty weeks and once you're at twenty weeks is really good chance and then twenty-five weeks, you know even if you had it, it would be a vital potentially a viable pregnancy anyway, so it was just like that one step of okay, we're properly into this, you know, first trimester is over therefore it's probably going to be okay to tell people. I could have got away with it for longer though, because I didn't really show for a while. So it was okay. It was, I could have but I was excited. [Laughter]

Researcher: [Chuckle] Yes, yes. Wonderful. And so in that it was kind of if other people know and then you were to lose the pregnancy, it would…Could you maybe explain a little bit how that would?

Participant: Yeah, I don't like sharing that kind of personal information with lots of people. I only you know, things that happened in everybody's life. You know, like when my Father died and that kind of thing. I don't want to talk about it with twenty-five different people. I need to talk about it with one person or two people and everyone else can know or maybe they don't. I don't need people to know. I'm pretty, I'm very, very selective about who I tell things to when it really, really matters. And I did not want to have to explain to twenty-five different people that oh no, actually no, I'm not pregnant. I just thought it would be high and then low and I just didn't want that.

Researcher: Yeah. And would you consider miscarriage kind of more a public or private matter?

Participant: Private, every time.

Researcher: Yeah.

Participant: Every time you know absolutely. You know, this was our baby. We were, you know, it was just me, my husband and the baby and everyone else could. [Laughter] I didn’t
really care what they thought I just didn't want people. I thought I felt people were quite nosy enough anyway, so I was like no, let's just keep this in the inner circle for now. Yeah.

Researcher: Your own little bubble. [Chuckle] I was wondering then, did you have any complications throughout your pregnancy?

Participant: No, I was so lucky. It was pretty much textbook. Just... I'm just, I didn't even in England, you don't go see an obstetrician. You just go and see the midwife first of all to kind of, you know, log that you're pregnant and you know, due dates and all this kind of thing. And I didn't have anything at all I just saw the midwife all the way through. And then I had a midwife delivery and had a baby. [Laughter] It was just, it was I was just, I was amazed. I mean, I was kind of thinking, gosh, you know, I didn't really fret about it. I just sort of went oh okay well it all seems to be fine, so I guess I don't need to worry. Next four weeks, went to midwife. Seems fine. So I guess I don't need to worry. I just kind of, it was just, it wasn’t, I don't mean it was a simplistic and easy thing. I just mean, I was, I was, I felt like I was in good hands. And I felt like I knew my body and I didn't feel like my body was rebelling or being but you know, it didn't feel like it felt really natural. It felt like things were doing what they were meant to do. That's what it felt like.

Researcher: Yeah, and just on your body and stuff. Have you ever attended or accessed medical services regarding a health condition that could have influenced your ability to fall pregnant?

Participant: No. So I, no. I mean, we just... Well, as I say, you know, we were very lucky, we just both times said we’d like to try for a baby and you know, we had a baby, we conceived so we were incredibly lucky. With conceiving, I was thirty-one. No I wasn’t, I was thirty and thirty-one when I conceived. And I do remember my Mum, you know, this is the kind of thing that happens, you know, my Mum saying, oh you know at twenty… When I, when we
got married, I was twenty-nine. And she said, you know, are you leaving it a bit late for children? It wanted to go, is it any of your business?

Researcher: [Laughter]

Participant: You know, it’s that kind of stuff that I've just…I don't want everyone asking me a million times about babies and pregnancies and stuff like that. That's why I wanted to not say to people I was pregnant when we first found out. It was actually quite hard, though. I was so excited. Just to kind of keep it in. [Laughter]

Researcher: [Chuckle] Yeah. I was wondering, have you ever had an individual in your life tell you about an experience where they accessed medical services for a reason like that they may not be able to become pregnant or carry a pregnancy?

Participant: Yes. Several. Lots of women.

Researcher: Could you maybe tell me a story a little bit about how that has affected them?

Participant: Yeah. It was a colleague at work. And I suppose it was. Gosh, I had…The children were little, I had, I mean I had maybe they were two and one or something like that. And she didn't have children and she was a little bit younger than me and I was very conscious because of an incident that had happened sort of earlier before I'd had children. I basically, when I was about mid twenties, I really put my foot in it with somebody, saying something about children or not having children and luckily it was only with one person and I didn’t, I was very naive and she I didn't know that she couldn't conceive children and I said something in a very flippant way that made her face change in a way that I just went, oh my God, I've totally, totally said the wrong thing and I straightaway said I'm so sorry. I was incredibly you know, broad stroke kind of comment and I'm really sorry, I've obviously offended you and I'm actually that's not me. I'm so sorry. I just came out with it. Anyway. So that's what happened. So I was quite conscious then, I think having really upset somebody
and I learned from my mistakes. [Laughter] This is one of the things you know, bottle half full. If you do something wrong, don't do it again.

Researcher and Participant: [Laughter]

Participant: There was a colleague at work and I didn't know that. She made a couple of comments about how it'd be lovely to have children one day, oh I just hope it happens to me soon and this kind of thing and so I'd been particularly tuned into that kind of comment. And I was then when I so my children were quite young. I would just you know, you can't pretend you haven't got children because somebody else is trying and don't know if they've got, you can't pretend to do that, but just mindful about how much I spoke about them.

Researcher: Yep.

Participant: And also, I was very conscious I had it incredibly easy. So I had just, you know, I'd like a baby. There we go have a baby. And my pregnancies are uncomplicated and it was all very easy. So I just kind of went. Yeah, and that is basically not the case for most people. So that is not something you go around, like wearing a badge of honour about this kind of stuff. It's just luck of the draw. So yeah, I guess I was mindful about it. I mean, I just can't I didn't want to be embarrassed about having children. You know, that's just how it is. But just mindful about how I spoke about my children in front of somebody who I know doesn't have them and would like them. Early stages for her she but she I mean, you know, and actually as it happened about seven or eight years later, she had to wait a long, long time, in fact, but then she conceived twins, and I remember, by this point, we weren't at the same school and I just sort of, you know, we weren't as close and lost touch but very loose connection still. And I sent her a message. And I don't know why but she wrote back and she said, that is the most lovely message it’s made me cry, and I will and I will do all those things that you told me about because I'd said things about, you know, it is the most magical miracle and you only
get the first time once, so just love it. She I remember her message back anyway. So yeah, that was my experience with somebody who needed was trying for children.

Researcher: Yeah, yeah. And I was wondering have you ever attended an event celebrating pregnancy?

Participant: No.

Researcher: Like a baby shower, or?

Participant: I don't think I have. [Laughter]

Researcher: No that’s okay.

Participant: Baby showers weren’t a thing when we were young, when I was having babies, you know? I mean, people were very sweet and gave me little gifts along the way, but we didn't have a party. And I didn't go to one.

Researcher: What’s your kind of understanding of a baby shower?

Participant: Um I don't have, I'm not. I get a little uncomfortable with baby showers. The baby isn't there yet. And I do know somebody who had a stillbirth and I just think you've got to be so flipping careful. I mean, of course it's, you know, I know the stats are all you know once. They're not gonna have a baby shower at eight weeks, are they but you know, I don't know. I just there's so many things that are in the balance, so many things that you know, may not be celebratory but on the other hand, I feel a bit of a stick in the mud sometimes. I just sometimes think it's a bit...Giving lots of presents for a baby that isn't born yet is just slightly off but then, you know, it's a nice thing to get your friends around and have a drink and you know, they're going to bring presents to the baby. Of course they are you know, I don't know. I'm not a massive fan, I’m being honest. Okay.

Researcher: No, I love honesty, and I appreciate your vulnerability.
Participant: Yeah, I think you know, when a baby's born, oh, my goodness, you know, get the party whistles out and everything. Well, maybe don't do that but you know? Yeah, for sure. But before the baby's born I just think it's not presumptions, but you know, you're just you're just stepping one step ahead. A little quickly, perhaps.

Researcher: Yeah. And I was wondering because that those events, it's quite centred around babies etc, like you're saying…Have you ever heard of someone doing an accommodation for an individual that may be attending who might struggle to attend because of their pregnancy history?

Participant: No, I've not been in that situation, no.

Researcher: Yeah. Ah, do know of an appropriate accommodation that would be a good accommodation to make for an individual?

Participant: If I take myself back, you know, if I had had a baby shower for example, when I was pregnant I, I think, gosh, there's so much baggage around getting pregnant or having babies when to, why, who you're with, what stage of life you're at. I just think it's fraught. You know, I think it's really, you know, there was so much judgement around all of those things. I just, if you had to make an accommodation, you would have to know the people who were inviting really well. I wouldn't want to presume that people would want to come. I don't know. I mean, if I knew that somebody was struggling to conceive, and I was busy having a baby shower, and I’d talk to them. I mean, but I wouldn't have the baby shower. [Laughter]

Researcher: [Chuckle] No, no, that no problem.

Participant: I’d talk to them. Communication, all the time. Communication.

Researcher: Yeah. I was wondering, has anyone ever disclosed to you that they've experienced a miscarriage and discussed aspects of it with yourself?
Participant: Yes.

Researcher: Could you maybe tell me a story about that?

Participant: Um, lots of people. I mean, so many people have miscarriages, so I think people when people talk about it a long time after the event, there's a big distance and they're much more, you know, they've processed it. And invariably, they've also got children actually, but people I know that have miscarried, have had miscarriages have had successful pregnancies, have got children. And I think that is a massive sort of step for them in terms of being able to talk about miscarriage in the first place. I actually don't know anyone who doesn't have children because they couldn't have them at all. So I don't have anyone in that situation. The people who have had miscarriages. One person, I know, literally sort of dropped it in the conversation and carried on it. It was like sort of, oh, it was at the time when I had my miscarriage which she was actually talking about something else. So it was sort of like a context for the main part of her story. It wasn't the main part of the story. Um, but when another person I know who had a miscarriage was very, you know, sort of seven weeks or something very early on in the pregnancy. And she told me about it, because she was frightened about and it was her first pregnancy, she was frightened that it would now be a pattern. And so that was really upsetting for her and she was very, very keen to have children. And I hadn't even I was I don't think I met my husband. I don't know. I was not in the same place as her and I was a bit sort of why would you want to have children? But you know, I didn't say that. In my head I was going why do you want to have children? Oh, my gosh, you tried to have children. Gosh, you've lost a baby already. You've done, you know, like, eight million steps more than me. And I just tried to be a good listener, because I didn't really have an experience of any of those things. So it was like, and she was very, she felt kind of like a loss. You know, she sort of just started on this journey and now she wasn't on this journey and now she was actually quite frightened about being able to pick it up again. And so she
told me about that. But it was right after you know, like, two weeks after one week after go
on a bike ride I remember. I was worried about going on a bike ride with her and she said you
don't have to worry about it, I've had a miscarriage. I’m not pregnant anymore. So let's go on
this bike ride. So we spent the whole bike ride talking about that. [Chuckle]

Researcher: I was wondering, how comfortable do you feel these conversations that you've
had?

Participant: As long as I haven't put my foot in it before we've even started. I'm really
comfortable about talking about somebody else's pregnancy loss if they are clearly wanting to
you know, offload. Not sure I'd want to be doing that. But there's a very few people I would
talk to about something like that.

Researcher: Yeah, yeah. And so I was wondering then, with the individuals that have
disclosed it to you have you ever heard of miscarriage in the workplace?

Participant: No.

Researcher: No? Just like a colleague or anything mentioning miscarriage in the workplace?

Participant: So now that you've said it, I mean, I think I've read about it, but not personal
contact. No. I know that you know, you know, things can happen, you know, yeah, it all over
the place. It yes, it's not convenient anywhere at any point, obviously. But, yeah. I’ve heard
about stories very generally not.

Researcher: Yeah. And you haven't heard the topic of miscarriage come up in work? Sorry.

Participant: Oh, sorry. I thought you meant having a miscarriage at work. Not that.

Researcher: No, that’s my bad.
Participant: Okay. So talking about miscarriage at work. I don't think, the only time I've been talking about miscarriage at work is because I actually knew the person as a colleague really well. So it was more of a you know, after work hours conversation, as opposed to you know, we were teachers at the time and adjacent classrooms, so we weren't really talking about it, then it sort of after school, you know, kicked back with a cup of coffee or something. And, it was that kind of after hours conversation.

Researcher: Yeah, no, that's okay. And I've noticed a couple of times you've said put your foot in it and stuff like that. I was wondering, have you ever heard of any unhelpful comments said in regards to miscarriage?

Participant: In regards to miscarriage…Do you know what, I have a horrible feeling that there's …Um, I’m trying to think I can't think of a specific example if I'm really honest. I think generally I have heard of comments where people are…[cough] Excuse me… Less than, you know, they sort of say, well, you know, she's not helping herself or something like that, you know, like if they, if they were not particularly healthy for example, or if they were, I don't know, if they saw them having a glass of wine, you know, I wouldn't do that. Or, you know, that's sort of the I mean, I can't remember a particular instance but I do know of that sort of attitude. Is that judgement thing going back to the judgement, like somehow the woman is culpable for a miscarriage. You know, like, if you hadn't done X then the miscarriage wouldn't have happened. Or you can't expect to have a baby if you're going to do X, Y and Z, that kind of thing. There's definitely I can't think of an exact example. But I do know that of those sorts of things being said.

Researcher: No, that's okay. And just in what you're mentioning, do you think that is a type of individual that is likely to experience a miscarriage?
Participant: Just a really unlucky. Just luck of the draw. I don’t, I don’t… Do you know what I don't actually know a lot about medically why people have miscarriages. I mean, I have a very vague and general knowledge about you know, your body needing to get rid of something if it's not working for you, either for the Mother or for the baby. Lots of times they don't know why you have a miscarriage as I understand it, you know, they can't work out why that's why it's so hard for people who have repeated miscarriages because they don't know what to do because they don't know what the problem is. I don't what was the question again? Sorry, I've gone off track.

Researcher: Just what type of a… Do you think there's a type of an individual that is…

Participant: Oh no. If you said to me what does a, no, I can't. I can't think of a single.

Researcher: Yeah, no.

Participant: Just an incredibly unlucky, I think. Maybe there are medical factors that contribute, but I don't know what they are.

Researcher: Yeah, have you ever heard of any ways to prevent a miscarriage?

Participant: Not more than just the general advice about keeping healthy when you're pregnant. I don't know if that's particularly to, you know, advice specifically for miscarriage. Oh other than not you know, get a banging you know, falling over and that kind of thing. Yeah, you can tell I'm pretty vague about this kind of thing can’t you. [Laughter]

Researcher: No, no.

Participant: I can’t remember, don't fall down the stairs. That was my Mum again. Don't fall down the stairs. I fell down the stairs and everyone said, oh my goodness, lie down quickly, you might have a miscarriage. That kind of thing. So I don't know just it's sort of general advice, I suppose.
Researcher: I will disclose to you miscarriage is not preventable and miscarriage happens to one in four confirmed pregnancies and the most common reason that miscarriage actually occurs is because of chromosomal abnormalities. But I do ask this question to kind of understand your knowledge surrounding it and I appreciate you answering that for me.


Researcher and Participant: [Laughter]

Researcher: Coming back to the comments. What do you think is a helpful comment to say to an individual that's experienced a miscarriage, like a supportive comment?

Participant: Gosh, come and have a cup of tea, you know? Just I think I was talking… I wouldn't actually go straight onto, okay you've had a miscarriage, do you want to talk to me? I would be just you know, if they've disclosed me that they'd had a miscarriage. I think my first, my first words would just be very much from the heart like, oh, gosh, you know, let me give you a hug or, you know, come here, let's just, you know, talk to me, you know, what can I do that kind of thing. I mean, it wouldn't be oh, gosh, what happened? You know, how did it happen? What did you do? Where were you? Like all of that is, is not the important stuff. The important stuff is that you've just lost a baby. And you've just told me that you've lost a baby. So, oh my goodness, that's huge. All the details, if they wanted to tell me of course, you know, they could, but they wouldn't need to. We could just have a hug.

Researcher: Yeah, I think that's lovely. I was wondering as well, have you ever been involved in a ceremony that commemorates the loss of a baby due to miscarriage?

Participant: No, but my husband’s, my husband's parents split when he was very young. His dad remarried. And my husband often talks about that. So when his dad been remarried, there, he his new wife, got was pregnant and she learnt that her baby was dead at eight months and so then she had to actually give birth to the baby. And so that whole set of
circumstances around that and the fact that they had a ceremony afterwards and they've named the baby and they planted a tree in his name, and so on and so on. I wasn't involved in it, all before my time, but I third hand if you like, I've heard about that repeatedly. I mean, it's not you know, my husband, who was quite young, really, he was fourteen, fifteen at the time, you know, he said, I was a teenage boy, I mean, I knew zero about my Dad's. [Laughter] You know what he was doing with his new wife and had zero interest, you know, he was building dens in a stream at the bottom of his garden, I think that was playing with his friends. So the, he said he really, really remembers getting a phone call from his Dad, his Dad, absolutely sobbing down the phone. And then the whole sort of, you know, when he went, we'd go and see them and then I think he was there for tree planting. He said it made a massive impact I mean still now there is a particular song. He says, oh, you know, this is the song that they played at the, you know this twenty-five years later. Longtime ago. So yeah, long lasting.

Researcher: Thank you for sharing that. I was wondering what do you think are appropriate ceremonies then… I can hear you're saying the planting of the tree is quite lovely. Is there any other ceremonies that you would consider appropriate?

Participant: Um, I think ceremonies that are meaningful for the people who are involved, I guess. I don't think there's a one size fits all. I mean, you know, maybe they have a religious ceremony, I think. Maybe they, you know, maybe they mark the day in some way. Maybe they have a I don't know, like a place, you know, a bench or a, I don't know, something like that. I don't know. I don't know. I think it's sort of… Also I am quite uncomfortable about those kinds of things being incredibly elaborate. I don't. I think if you've just lost a baby and you and it's I personally I would find it so personal. I would want other people there is…I would just want me and my, I don't know, my partner. Anyone who was kind and supportive, and that might be very few people actually. It's not. It's not a thing. It's not a celebration. It's a marking of a moment, and not many people probably in my life I would want to share that
with because it's too hard. I think that for other people, I don't know. I think things can get elaborate and out of hand if you're not careful, but then maybe that's what they want to do. So it's not really my place to say.

Researcher: Yeah, I was wondering, have you ever heard of a certificate?

Participant: No, I mean, no, I haven't. No.

Researcher: So…

Participant: What is that?

Researcher: Yeah, so as of 2021… Previous to 2021, you could not receive a certificate if you lost the pregnancy before 20 weeks. So as of now 2021 you can receive a certificate and just a certificate of early pregnancy loss recognition and it acknowledges the fact that you have lost an early pregnancy but it can't be used for any legal services. It's and the individual can choose to have this certificate or not.

Participant: Okay.

Researcher: Yeah. What kind of purpose do you think the certificate would have?

Participant: Oh, I think it could be really healing for people you know, to mark this period of time where they were believing they're on a journey and the journey changed. Ended. Maybe they could look back at it. Maybe it would be a time…It would recognise that you had gone through something perhaps. That you'd gone through, you know, isn't? Yes. I mean, you know, of course, it's a pregnancy, but then it finishes and so it's kind of is, but it isn't, I mean, it is a pregnancy…I’m not saying this very well. It's a different kind of journey. You've just, you thought you were doing one thing and now you're not and that's kind of hard.

Researcher: Yeah, yeah, definitely. And, sorry, just skipping. [Laughter] Following the experience of a miscarriage research demonstrates that individuals experience common
negative emotions such as grief, devastation and anger. Are there any factors related to miscarriage experience that you believe or that you've been told would lessen the amount of negative emotions?

Participant: I just, I think the judgement side of things, you know, like, why did why, like people asking questions that are not appropriate? In fact asking questions full stop probably is not great unless it's in a can I help you kind of way not interrogating you about you know what happened. I think sort of, you know, people get quite. Yeah, I don't know. I'm not, I'm not sure. I'm not sure how you could lessen that. Maybe. Maybe trying to lessen it is not very helpful. Maybe it's actually part of the process of coming to terms with what's happened, that it's so acute. I don't know how you can lessen acute feelings. You know, I've only had one experience of grief, nothing to do with babies, but I needed it to feel sharp. I didn't want to, I didn't want anyone to take that away. I wanted to have it, bring it on, you know, so maybe that's it, that's again, it's so individual. You know, some people might find it incredibly hard to, they want to cushion and they want to you know, they want to kind of push it away a bit. I don't know. I don't think you'd have to be just responsive to that person, I think and be incredibly in tune with what they were talking about and let them do what they need to do.

Researcher: Yeah. And so this is not regarding if the individual was to have those negative feelings or not, because I think negative emotions would commonly be associated regarding miscarriage, but just considering kind of factors and contextual factors of the individual. Do you think an individual's age would have any influence on the amount of negative emotions?

Participant: Possibly, I mean, I suppose if you…I mean, I'm just thinking now out loud. So you know, a young…So say you're twenty and you have a miscarriage perhaps people jump to conclusion that you had made. [Computer glitch] Did you get that?

Researcher: I think you just yeah, it just glitched a little bit.
Participant: Could you hear me there?

Researcher: Could you just repeat that sentence? Sorry.

Participant: Sure. I think if you were very young, well, not very, well if you're twenty say, people might jump to the conclusion that you have lots of time left and therefore you know, okay, maybe more of that attitude. Maybe if you were thirty or thirty-five and you had miscarriage they might be more inclined to gosh oh, you know, this is bad because you know your time’s running out, that kind of attitude. And I think if you've had repeated miscarriages, I think that would be… I can't think of why people would try to make you feel better. You know, it's okay, you've got more chances. You know, clearly there's a pattern and it's incredibly hard to you know, get your head around that.

Researcher: Yeah, yeah, definitely. I was wondering, do you think an individual's relationship status would have an influence?

Participant: On sorry, an influence on how people responded?

Researcher: The amount of negative emotions following the experience of a miscarriage?

Participant: I think, yes, I think if they had a supportive partner, their negative emotions might. Well you'd hope that a supportive partner would help with that. So the type of relationship you have with the partner would have a big impact on how the woman's emotions would play out I would think, definitely. So a secure loving, supportive partner is going to be a heck of a lot better at this point than somebody who didn't want the baby anyway and, you know, maybe it's thinking of ending the relationship… There is so many scenarios I can think of it being worse than it has to be, when the partner is not on board.

Researcher: And just on that as well. Do you think there would be a difference for an individual who was actively trying to become pregnant and an individual that wasn't?
Participant: Yes, I think if so, the feelings of anger and you know, the negative feelings if you had been, if you got pregnant accidentally and then you had a miscarriage, I think there would be again, I mean, I'm saying this but I don't know. Possibly the feelings would be maybe even relief and then guilt because you felt relief because you didn't ask for this and then you and then even you haven't got it now anyway. And now you're back to where you were, even though you started to think that you were on a different path and it must be quite confusing apart from anything else. But if you were planning a pregnancy and then it and then you had a miscarriage I imagined I think it would be more devastating but then it's so personal I really wouldn't want to say… I'd never say that to somebody. Even if I thought it I'd be like no that’s, you don't know that. That's just a supposition.

Researcher: And that is all that we're doing at the moment. We're just considering these factors. I was wondering, do you think an individual's culture would have an influence?

Participant: I would have thought so yeah.

Researcher: How do you think that would have an influence?

Participant: Um, well, if you were in a culture where…Um, gosh, I mean I suppose I'm thinking of, you know, different, maybe different countries you know, a woman in Bangladesh and a woman in an Amish community in America. I mean, they're going to be very different contexts that where if you know, if they had a miscarriage the… I guess the price of life is you know, can be viewed differently. The child's life is you know, different value in different cultures. So, that will probably affect the kind of attitudes and support that you might expect. Yeah, I think it would definitely affect, I'd be surprised if it didn't affect the amount of negative feelings.

Researcher: And how do you think the Australian culture is regarding miscarriage?
Participant: I think quite mixed actually. I think it might be more generational maybe, you know, maybe older people having different views to it than younger people. Possibly. I'm not too sure. I think it would be… I'd like to think it was progressive, but I have a horrible feeling it's not always. [Chuckle]

Researcher: Mmm.

Participant: So yeah, I don't know. I think as a society genuinely, I think with a broad brush, you know, I think it's pretty supportive. I think, you know, like practical things are in place to help women and I know there are organisations that are available for counselling and so on. So that would say, look our culture cares about you, we value that you've just had this awful experience, you know, we want to help you, but maybe on a more sort of personal interpersonal level with different people that you associate with maybe it's not always the norm, but maybe a bit mixed on that level.

Researcher: Yeah. And just on those services, would you be able to maybe name them or tell me about them?

Participant: Um, no, I would actually have to google them.

Researcher and Participant: [Chuckle]

Participant: I know that they're… I know that there are specific services for women who have experienced miscarriage. I don't know what they're called.

Researcher: No, that's okay, and what kind of services do you think should be available for an individual that's experienced miscarriage?

Participant: Oh, medical services for a start to help just the physical trauma of a miscarriage, and certainly counselling and you know, future pregnancy planning if that was part of what the you know, their journey was. I can't think of anything else that would be helpful,
particularly other than it should be available to both partners. Not, not just the woman, you
know, because the partner might be incredibly affected well, likely to be very affected as
well.

Researcher: Yeah, definitely. And my last question was, if an individual was religious, what
type of an influence would that have on their experience of miscarriage?

Participant: Um, I don't know. I think it depends on the religion. You know, like in some
religions, there might be an element of my life has gone on to do something somewhere else
in another realm. Sometimes they might turn to it for help. You know, my, my baby is not
here. They might seek solace in their pray, community worship, I suppose. Maybe in their
beliefs about what happens in the afterlife. Maybe wanting to meet, you know, knowing that
they're there in another realm and then knowing that in the future, they might meet them.
That might be comforting. It might not be it might be very unsettling. I'm just trying to think
of, I think that if you had a very strong spiritual feeling, or a faith, maybe it might shake your
faith, maybe you would have no faith afterwards, might actually stop you from believing in a
just God, for example.

Researcher: Yeah, no. I really appreciate your honesty and your vulnerability today in
answering all of my questions. I was wondering do you have any comments or questions for
me or anything that we haven't touched on?

Participant: No. I don't think so. I think I talked too much. [Laughter]

Researcher: No, not at all. I think you've been very valuable and I really appreciate you.

Participant: [Chuckle] Okay, well, that's fine. Thank you.

Researcher: Are you comfortable then to leave the interview there?

Participant: Yeah, that's absolutely fine. I'll read the script afterwards. Is that right?
Researcher: Yeah, yes. I will try and get it to you within like the week or so. But unfortunately, it takes a little bit of time to transcribe and then review and make sure it's accurate.

Participant: Sure, no problem.

Researcher: Wonderful. Thank you so much for everything today and I hope you have a lovely evening.

Participant: You’re very welcome. Good luck with the project.

Researcher: Thank you so much.

**Participant R136 Transcription:**

Researcher: Do you consent to the process today?

Participant: Yes I consent to the process today.

Researcher: Lovely. Well, shall we start? We're just gonna start off with a couple of demographic questions just to make sure that, aargh, you are appropriate for the study. Given that your here and have read the information letter, I do presume that you are.

Participant: Yes.

Researcher: So, what was your age on your last birthday?

Participant: Fifty-two. I had to think about that.

Researcher and Participant: [Laughter]

Researcher: I never remember mine. Ahh, are you fluent in English?

Participant: Yes.
Researcher: Yes. Ahh, so for the purpose of this study, a female refers to someone with a female gender identity and also female sex characteristics. Are you a female?

Participant: Yes.

Researcher: Yep. Ahh, please state your cultural background?

Participant: Ahh, Australian?

Researcher: Yep, beautiful. And do you permanently reside in Western Australia?

Participant: Yes.

Researcher: And so for the purposes of this study, pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses. So stillbirth, miscarriage, ectopic, neonatal death and termination due to foetal anomaly but it does exclude pregnancy, umm, loss by elective termination that is not medically required. Ahh, have you ever had a pregnancy loss?

Participant: No.

Researcher: No. Well, you are set to proceed. You have met the criteria of the study.


Researcher: So we have got a few more easy questions. That just, umm, are general demographics. By asking these questions I can get an understanding of umm, you as a person. And that’s really what I want to do.

Participant: Yep.

Researcher: So, first one is sexual orientation.

Participant: [Hesitancy] Is it heterosexual?

Researcher: That’s the one, yes.
Researcher and Participant: [Laughter]

Researcher: Ahh, do you have any religious or spiritual beliefs?

Participant: [Reflective pause] No, no different anybody else. I believe in God but I don’t go any further than that I guess, which I have never really explored anything too religious. [Chuckle]

Researcher: Ahh, your ethnicity?

Participant: [Reflective pause] Ethnicity? [Reflective pause] Isn’t that the same as an Australian? Is it?

Researcher: Yeah, similar. It also, some people can refer to it as the pigmentation of their, umm, skin colour as well.

Participant: Oh, yes. Okay, so. [Reflective pause] Caucasian?

Researcher: Yes.

Researcher and Participant: [Laughter]

Researcher: I always get confused on that one too.

Researcher and Participant: [Laughter]

Researcher: Your highest level of education.

Participant: Year twelve. [Reflective pause] Then I did, umm. I continued in Tafe, but really Year twelve was my last level of education, I guess. Yeah.

Researcher: Awesome.

Researcher: Your occupation. You let me know that your working at a sales business are you still there?
Participant; Just as a consultant. So I was full-time as a manager but now I’m a consultant. So I don’t do a lot. No. [Chuckle] Part-time. Part-time.

Researcher: [Chuckling] Ahh, your social class. What would you consider, so like low socioeconomic or high, it doesn’t have to be specific.

Participant: Umm, mid.

Researcher: Mid-socioeconomic?

Participant: Yep.

Researcher: Yep. Ahh, so I do ask your household income, but same thing again, very general, very broad, doesn’t have to be specific.

Participant: Ahh, yes so. Okay. Umm, this is how little I know of our household income. But, one hundred and twenty? Maybe? So over. Yeah, I think so. Let’s say over a hundred. [Chuckle]

Researcher: That’s fine. It’s just a rough estimate so that I can get a few bits of information. Umm, and members living in the household?

Participant: Just three. Two adults, and my son. He’s still here. [Chuckle]

Researcher: [Laughing] And, umm. Obviously, your relation to them is they are your family?

Participant: Yep.

Researcher: Beautiful. So that’s just like the demographic kind of section of questions. Now we’re gonna move a little bit more into the interview. [Computer beep] Gosh my, interview. My computer beeping, I’m sorry. [Chuckle]

Participant: [Laughing] Yeah, no that’s all right no worries.
Researcher: Umm, so I kinda wanted to know about you as a person. Would you be able to give me a sentence that describes you as a person?

Participant: Umm. Okay, so. It’s easier to describe me from other people's perspectives, but from me, I would actually say, umm. I’m shy [reflective pause], loyal, giving. Just words? Or did you want a sentence? Is this okay? [Chuckle]

Researcher: Yes, definitely. It ties in with my next question, which was what are your five core values, so we're kind off…

Participant: Ahh, okay. Yep, all right and friendly I’ll say for the other one. Okay, so five core values I guess are. Umm. What's the word…mhmm, I’ll get back to that one. Family, big on my list. Health, even though it’s not been big on my list, it now is big on my list. And… honesty. And…. core values,… ahh, yeah, I guess just being. Mhmhm…loyal.

Researcher: Loyal? It’s tough, all to put in, just a five.

Participant: Yeah, and it’s hard to describe yourself because, umm, don’t know. I’m also very, umm, mm, not modest.

Researcher and Participant: [Chuckling]

Participant: Yeah, I don’t have, like I’m not confident, so I don’t have … It’s not easy to describe myself. [Laughing]

Researcher: I think you did a really good job at describing yourself.

Participant: [Laughter] Thanks.

Researcher: If I was to ask how would you describe your view of the world? So some people might use the analogy, ahh the cups full or the cups half empty.

Participant: [Gasp] Ohh, as in the state of the world?
Researcher: Yeah… yep.

Participant: Yep. Umm. [Chuckle] Well it’s a bit scary at the moment isn’t it, so I’d have to say cup half full. I worry about, mm social media. Is probably one of the biggest problems of our time. Umm, and yeah I guess. Obviously, with covid, it’s health and umm, yeah. Economically, where we are going, I think. Yeah.

Researcher: Yep. What would you think has shaped your view of that, like I hear health keeps on coming up, umm what do you think has shaped your view?

Participant: Umm, well. It’s… you know, you look at when you think about the problems in the world and mental health is actually one of the biggest problems that can come from social media as a problem and I’ve seen so many people these days that struggle with it. A lot more than I’ve ever felt or heard before. Umm, It’s made me think that health is probably one of the things that we need to prioritise because umm, mental health can be affected by so many different things. So umm, I myself, when I’m not exercising I’m lethargic and it brings my whole, umm I don’t know. Makes me… It affects my mental health. Umm, so I don’t usually have too many problems with mental health but I know when I’m not exercising and not looking after my health, I notice a difference if you know what I mean? And so, I guess that’s what shapes my mind on the whole subject.

Researcher: Yeah, it’s all very interrelated. Like your physical health, your mental health, it all impacts each other.

Participant: Exactly, yep.

Researcher: Awesome, so next I would like to ask you what it means to be female? So the first question I’m going to ask is what are your thoughts about yourself as a female?
Participant: Umm, well… I’m not really a girly, girl. [Chuckle] Umm, because I like you know, girly girls, I got friends that dress up and wear dresses and high heels and stuff like that. That’s not me. I’m a jeans and jumper kind of person. Trackies even and ugg boots.

Researcher and Participant: [Laughing]

Participant: Umm, so as a girl I guess, I like the qualities that I… I mean, I guess I feel like. This is probably quite judgemental. Females have a lot more, umm emotional. Emotional connection. So I like that, I feel like I can connect emotionally with a lot of things and I feel like that helps me stay positive and stuff. And my husband is actually quite emotionally connected to things too but, it’s more female orientated that sort of thing, isn’t it? Like the whole, maternal instinct and mothering kind of thing. So I’m glad to be female, umm I would hate to be a male.

Researcher and Participant: [Laughter]

Participant: If that’s what your asking?

Researcher: Yeah, yeah definitely that’s what I’m asking. Ahh, next one is what aspects of yourself would you consider as, umm contributing to your female identity?

Participant: Umm, Oh yeah, like I am maternal. Umm, emotional connection. Umm, I guess caring. Umm, female, hmm. I don’t think there is any other attributes that…I can think off.

Researcher: It’s yeah, it’s what it means to you. So many people, I mean there is females, there’s males and such. So many people attribute different things to who they are as a person. I just find it interesting to hear your perspective.

Participant: Yeah. I guess you know, we’re female so we, we have the pregnancies, we have the, umm, menopause and so we go through a lot in that regard compared to males. Males are so simple. A bit more simple and uncomplicated. [Chuckle] So I guess you can look at the
fact that we are more emotionally connected, usually, umm, but, we can also be quite complicated. [Chuckle] Umm, but yeah so. [Reflective pause] I think… yeah that’s basically what I’ve got that attributes me to be female I guess.

Researcher: What do you think has shaped that, umm that kind of conception that you have of a female?

Participant: Umm. Yeah, that’s a very interesting question. Umm…. I don’t know I guess how you interact in a partnership with a male. You know like I guess, how you feel about how you interact. Umm, gives me the fact that I feel like I’m more. And you know, more than just with husband, lots of different people in my life. I think umm, I feel like I understand people I guess, so that gives me a feeling of emotional connection. Umm, empathy. Empathy is a big thing for that, you know it doesn’t really matter the situation to me I don’t have strong opinions umm, against anything. So I can empathise a lot easier with lots of different issues and things. Mhmm.

Researcher: Yeah, and it’s through that empathetic connection that you kind of have that identity as female?

Participant: Yeah, yeah, yep. And I feel I guess that’s more of a female trait. Of which I, yeah.

Researcher and Participant: [Chuckling]

Researcher: Umm, that’s awesome. Next, I kind of want to touch on your relationship. Umm, so you are in a relationship currently?

Participant: Yes.

Researcher: So in your relationship, you have had children, but I wanted to kind of know. So you said previously that you're heterosexual?
Participant: Mhmm.

Researcher: So that didn’t have any impact on having children? With your relationship?

Participant: No.

Researcher: No?

Participant: Nup.

Researcher: That’s kind of what I wanted to touch on there. You have been in a relationship where you have considered having children and you have had children?

Participant: Yep, yep. I sure have. That’s what I wanted from when I came out of school and I guess and I think like lots of women want that but not. You know there is not many that don’t want that. But then there are, so you gotta, you know realise that there are people that don’t want what you want but yeah straight from school. So, yep. Never was an issue, I guess if I had met someone who didn’t want kids then it would have become an issue but umm no I have never had any issue with wanting kids. Never had any issue, thank goodness with having kids, so yeah… all good.

Researcher: Ahh so just to touch on that would you be comfortable to discuss your pregnancy history with me?

Participant: Sure.

Researcher: Ahh, so can you please tell me a story about an experience when you were pregnant?

Participant: Umm, as in while I was pregnant, what happened? Or when I was giving birth?

Researcher: Ahh, any, anything you would like to share.
Participant: Umm, okay so, I guess, had my first baby. He was, umm he’s now twenty-five. [Chuckle] I had to think about that. Umm, so it was twenty-five years ago that I was the first time when I was pregnant. So it’s different time back then and, umm, I guess just from memories from then are my husband bringing me in a polony and sauce sandwich.

Researcher: [Chuckle]

Participant: I hadn’t been able to eat that and so back twenty-five years ago we had issues with listeria, which have obviously gotten worse. Umm, and people are even more, but it’s interesting too, to go back twenty-five years and know that we still had those issues as well. Umm, and you know smoking was a thing. When I, umm, fell pregnant with my first baby I probably was a social smoker back then and umm, I had to give things like that to have babies you know. It was obviously better for me but had to do that and did, so umm that was good. Umm, what else? Yeah I mean my first baby was fairly easy. My two births were fairly easy. They didn’t take too long. Umm, went full term. Ahh, had pregnancy eczema with my first baby… my second baby I think it was. So on my legs and I was working casual for a bank and umm, I was itching my legs constantly and it was awful. Umm, but yeah and then being a mother took to it really well. Loved it, I guess umm, you know you bring up humans and it’s like training someone isn’t? Like the humans you bring up, you can be proud of because you did that you know? Kind of thing, so yeah. And obviously, now that they’re older [chuckle] some of the traits that they’ve got you don’t want to directly link it to yourself. [Laughing]

Researcher: Sometimes they walk to the beat of their own drum. [Chuckle]

Participant: Exactly. [Laughing] Yeah, but umm, yeah which is a good thing too, you’ve gotta let people be people, don’t you? Umm, but yeah I can’t think of any stories, particularly that are abnormal or different. I have certainly had friends that have gone through things that
um, you know have been very hard on them. Umm, one friend who had triplets and umm, had a miscarriage and lost two but she didn’t know she had triplets so she lost two. They did a, umm curette and it was halfway through the pregnancy that she realised that she was still pregnant or felt pregnant, but they were saying no, no your not pregnant and she must have had a third one, because she gave birth to my godson, so yeah. Umm and she, yeah things like that have happened in the past but I’ve been one of the lucky ones to not have had any issues, thank goodness.

Researcher: I also wonder when you were pregnant umm, when did you announce it to people?

Participant: Umm, I waited till the twelve week mark, umm told our parents earlier, my sister, my brother, family. Yeah, so definitely umm let them know as soon as possible, but yeah. I mean back then I guess, we were, we feared miscarriage so it’s not something you want to tell everybody. I guess the reason is because if you do have a miscarriage you don’t want to and ahh, it's the same thing, it’s like if you go through something, the loss of a family member or something like that. If you have people that don’t know you can go and be yourself and escape from your head, I guess it’s one of the reasons we don’t tell people early, so but yeah I was like that. I only told family until twelve weeks.

Researcher: May I ask, with the experience that you had with your friend did she tell people about her pregnancy earlier?

Participant: Umm. [Reflective pause] I think she was the same as me if I remember rightly, she waited till twelve weeks. I think she had her miscarriage around about that time actually. Oh, wait, no, hmm, I can’t really remember.

Researcher: That's okay.

Participant: Yep.
Researcher: Yeah, and did umm, through that experience as well did she talk to a lot of people about it or keep it quite closed?

Participant: Umm, so that was twenty-five years ago, so.

Researcher: [Chuckle] Thinking back a while.

Participant: Yeah, not even that like the times that we went through back then, I guess friends were her support, umm. I don’t actually know what she was offered, support wise so, umm I can’t really remember but I remember her being quite strong. Umm, she was, yeah quite a strong person, so she managed to get through it. Umm, but support wise I don’t know. I don’t know whether she ever saw a therapist. So yeah, that’s a bit of a scary thought, isn’t it?

Researcher: Times are definitely changing, but it’s still very prevalent that that still happens.

Participant: Hmm, it’s crazy. I mean possibly she did see someone and I can’t remember because it’s my brain but I don’t remember her ever doing. She was my best friend so, I don’t remember it and then when the triplet was born he had an allergy. He had a birthmark in his throat that was growing, so they had to do a tracheotomy. She went through all that too and had to suck out all the umm, what do they call it?

Researcher: The phlegm? Like the…

Participant: The phlegm, that’s it. [Chuckle] For quite a few, for a few months until they were able to do something about the birthmark and get rid of it and close it up again, so yeah.

Researcher: Wow…

Participant: Yeah, it was a very traumatic experience for him and her, yeah.

Researcher: It sounds like you were a very supportive friend for her at that time.
Participant: Yeah, I guess back then I don’t know whether we truly realised. Hey, times are different now aren’t they? So if we were going through that now I think, it's just you know a bit of a light bulb moment, isn’t it? Like if we were going through that now, I’m sure she would be offered all the support in the world and yeah, it’s funny, isn’t it?

Researcher: Definitely. May I ask have you ever received any health advice or accessed any health services for health difficulties that could impact your ability to be pregnant or has impacted your ability with your pregnancy?

Participant: No, no I haven’t needed any health services no.

Researcher: No… and from what you’ve told me with your friend you have known someone that has gone through that experience. Would you say maybe how it impacted them maybe, like a story about their emotional impact for them or?

Participant: Hmm. Yeah no, there was, I don’t remember any umm. I obviously was fine having a supportive partner is a really good thing. Umm, but she, she had a couple of really good friends I think and I think that was her vice and her mum was quite supportive, so umm yeah, I don’t remember her ever needing anything more than that. And has it affected her over the years no because she never talks about it, but she can talk about it because we only brought it up two weeks ago. She talked about it fine so yeah. Yeah, interesting isn’t it?

Researcher: Yeah, definitely.

Participant: Hmm.

Researcher: My next question is would you be able to tell me a time when you’ve attended an event celebrating a pregnancy? So it could be like a baby shower or…

Participant: Ahh yes okay. Umm, the last two baby showers that I’ve been invited to I couldn’t go…Oh no I have. I have been invited to three, umm two of them I couldn’t go
because I had a covid scare and umm, yep. But the one I did go to, umm it was just like a kitchen tea or a shower tea or something but it was for babies so we gave presents and had food and played baby games. And you know all the signage that they have up these days when you're doing a baby shower and they have … oh what is it name the, gender announcements and those sorts of things.

Researcher: Yes…

Participant: It’s so different when we were getting pregnant but [chuckling]. But yeah I have been to a baby shower recently yeah. It’s not much different, it’s just more full on than it used to be.

Researcher: What kind of conversations do people have at the baby showers that you have been to?

Participant: Well sometimes there is people with young kids so umm, yep and you talk about … kids [chuckle]. Umm, but other than that, it’s friends catching up with friends and having chats about where they are in life, so they might not have kids and might not be pregnant and they might not be looking at getting pregnant right now so their just chatting about their stuff and then you’ll play games and umm you know usually the mother or the grandmother gives little speech and umm, yeah so just what’s going on peoples lives at the moment, I guess. Just trying to think if there was anything else. The speech from the grandmother, the speech from the mum, umm yeah that’s about it.

Researcher: Did you happen to notice if they accommodated umm, for anyone that may have a pregnancy history that may have made them emotional attending that event?

Participant: I don’t know of any, umm. I feel that if the mum to be knew that…if she didn’t know she wouldn’t have made allowances. If she had known then she may have, ahh made allowances then. I don’t know but I feel like that’s a good issue to like, as in you wouldn’t
think of it. If your invited to a baby shower, it’s just not something that I think about because I’m not someone that has experienced it. I don’t think I would have thought about it even twenty-five years ago going to a baby shower because I hadn’t experienced it. I still, like before I had kids, umm I would still have gone to a baby shower with a fear of miscarriage. Umm, you know, like so maybe miscarriage may have came up in a conversation back then but these days probably not because I don’t fear it anymore. I don’t have to think about it anymore.

Researcher: Yep.

Participant: Hmm.

Researcher: It is interesting to think about.

Participant: Very, yeah.

Researcher: Yeah definitely. Umm, have you ever been involved in something that commemorated the loss of a baby due to miscarriage?

Participant: I’ve not been involved but I have umm, a couple of friends who ahh. Not eh, one who yearly on Facebook commemorates it and I’m obviously offering my support that way but I think these days in the world we live in today with social media, people don’t talk as much as they used to. So yes, you talk to your best friend or a couple of friends but acquaintances and friends that are friends but not close friends don’t have those conversations face to face anymore. They do it on social media and then they get a lot of support from that obviously because people are always supportive, usually. Most of the time. [Chuckle] But, yeah that’s all like I have never been involved in. Now I have got to actually rack my brain because I don’t think, I know a couple of people have had stillborns

Researcher: Yep…
Participant: And I have had one friend who umm, who was quite a way in to her pregnancy and had a miscarriage and the baby actually came out before she managed to get to the hospital, so have had a couple of traumatic ones but they’ve not been close friends. So it’s not something that I would have been invited to anyway. Umm, and not that I, I don’t know what they did because a lot of people like to keep that between immediate family and best friend kind of thing. At least that’s my opinion obviously, who knows? [Chuckles] Umm, but I think that’s possibly why I haven’t been invited to one yet, I haven’t had someone really close to me do it.

Researcher: Yeah and it’s umm, recently with work and stuff like that they allow, cause for a while it wasn’t recognised if you had a miscarriage as a reason to have bereavement time off work and they’ve only recently recognised it in 2021 and you get…

Participant: Are you serious?

Researcher: Yep. So if it had gone past twenty weeks it was recognised, before that it wasn’t recognised, umm and now you only get two days bereavement leave.

Participant: Oh my gosh, that is crazy! When you, when you want, when you get pregnant and you conceive, that’s your child. Your in love with your child straight away aren’t you?

Researcher: Mmm

Participant: Oh my god that is terrible.

Researcher: Yeah so have you ever heard of it, like kind of in the work place or anything like that? Umm…

Participant: No, never and again my brain, like over the years of working in the bank when I was younger, the only experience that I had was my friend who gets on with things, you know? So, she’s, some people just have that strength to just keep powering through. And I
haven’t had, yeah I haven’t had to defend anybody and I definitely would be a big supporter and defender. I’ve never had to defend anyone that was told they couldn’t have time off or anything like that, so no I can’t, yeah I don’t. That’s just terrible though.

Researcher: [Chuckle] Yeah, it was a surprise when I saw the statistics and that it has only just been changed, myself so…

Participant: Wow

Researcher: The other part is regarding a certificate, have you ever heard of anyone requesting a certificate?

Participant: Ahh, death certificate?

Researcher: Yes.

Participant: Umm, probably more at the stillborn stage, I think they get a death certificate anyway don’t they?

Researcher: Yes, so ahh only recently they have now allowed you to receive a document saying that you have experienced a miscarriage before that it was not available and this document cannot be used for any legal purposes.

Participant: Ohh I see what you mean, just a statement that you have… mm okay wow. Yeah, I didn’t know about any certificate. Umm, so that’s why I just assumed you meant death certificate.

Researcher: Yes a death certificate sorry.

Participant: It would be really helpful, something like that wouldn’t it. Yeah, no I haven’t come across anyone being denied one or asking for one.

Researcher: What do you think would be helpful about a certificate?
Participant: Umm, I guess like for somebody that needed to, uhh and you shouldn’t have to prove that you’ve had a miscarriage to get time off work but for someone that needed to have some emotional. An emotional break from work, it would be really handy to have some proof, wouldn’t it?

Researcher: Yeah, definitely. Definitely. Ahh, my next question is I would like to ask you, if you’d be able to share a comment you may have heard someone say to someone that’s experienced a miscarriage or if you haven’t heard a comment that someone’s said what do you think would be an appropriate comment to say to someone who has had a miscarriage?

Participant: Umm, I guess the appropriate comment, I can’t think of any that I’ve heard someone say I guess, umm when you know, to me comments on Facebook mean nothing because your not face to face with someone but not, they don’t mean nothing, you know what I mean? They are not the same. Umm, but my comment to somebody, just because I would not, I would not, I would understand but I wouldn’t truly know how their feeling so umm, you know I’d probably be saying I wish there was something I could do or umm, I wouldn’t know what to do, I don’t know what to say kind of thing, that would be my. It’s really hard, I guess for somebody that hasn’t been through it, its really hard for someone to know what to say because it’s such a big thing that for me, my opinion of it is it’s a big thing, so it’s not nothing, so it’s really hard to verbalise. To make someone feel better because your not gonna make them feel better.

Researcher: Yes. Have you heard of any umm. So we’ve discussed appropriate comments to say, have you heard of any inappropriate comments, that you’ve heard of that’s been said to someone whose had a miscarriage?

Participant: I’m happy to say no. [Laughing]
Researcher: No. That’s good. [Chuckle] Okay, no beautiful I’m very happy to hear that, that’s a positive.

Researcher and Participant: [Laughing]

Participant: Yes we have some really, really nasty people in the world but I have not heard any bad comments for that.

Researcher: Umm, my next one was, I was actually curious, umm can you describe to me what type of a person you would consider to be likely to experience a miscarriage and why?

Participant: [Reflective pause] Hmm, okay so that’s a very good question because I don’t think, mm the type of person to experience a miscarriage. You would wonder whether stress is involved, that would be my first, my first, what went into my head when you asked that question was. Well, what can cause a miscarriage I have no idea but would stress have caused a miscarriage that would be an opinion someone uninformed would have, so someone that was stressed out, umm. Umm, obviously somebody that might have a medical, underlying medical issues that they didn’t know about, umm.

Researcher: Yep.

Participant: The type of person, I don’t know whether people who are doing drugs have a higher, that’s an interesting question too, do people that are in the drug scene have a higher instance of umm miscarriage?

Researcher: Smoking and Alcohol is a risk factor that does contribute to the cause of miscarriage. Umm, technically miscarriage doesn’t actually discriminate, ahh it happens in one in every four confirmed pregnancy, there are factors that do increase, obviously the likelihood of miscarriage but the most common cause is chromosomal abnormalities.

Participant: Yeah, okay.
Researcher: Yeah, but I find it interesting because it seems a lot of people have an assumption of what type of an individual may experience one and because we don’t speak about it a lot, we don’t quite know the frequency as much sometimes.

Participant: Yeah, so it's interesting isn’t it because I would not have thought that I felt that way, but when you asked me a question about who do you think gets miscarriages I think I have to answer so…oh god what can cause it and now I’m giving you reasons that it might be caused but not really because I don’t think it discriminates, if you know what I mean, so yeah. Yeah that’s interesting.

Researcher: Yeah, beautiful, so following the experience of a miscarriage research demonstrates that individuals experiencing a miscarriage predominantly feel negative emotions of grief, devastation, and anger. Are there any factors related to the miscarriage experience that you have been told or that you believe lessen the amount of negative emotions a person may feel?

Participant: Okay so, I guess and to someone that is uninformed you would think that someone would feel, umm anger, why me? Yes, but you, if it was me I would think that I would feel guilt like I would feel like what did I do wrong.

Researcher: Mmm.

Participant: I don’t think that’s a thing that they should feel, I’m just thinking that you know, you try. I would think that you would try and find a reason why it happened and I guess because the reason why it happened can sometimes be unexplained, that’s really hard. That’s really hard to worry about what you could have done differently and come back from that, so it’s one of the biggest reasons it can cause so many, so much, have such an impact on an individual, I guess?
Researcher: Definitely. Do you think their age? Like the age of the individual that had the miscarriage would influence their emotions afterwards?

Participant: Uhh, I wonder if an older person, ooo I don’t know this is probably judgemental too but I wonder if an older person would have more tools to cope.

Researcher: Yeah.

Participant: Umm, just from experience, life experience maybe, umm. [Son arrived home] [Brief acknowledgment of son’s return home from work and then son left the room in which the interview was being conducted. The interview then proceeded.]

Participant: Umm so age, umm yeah that would be my first reaction, would be to wonder if somebody older would umm, first of all maybe they might have a bit more life experience to cope but umm, also because of their age maybe because I guess somebody who hasn’t had a child and does it later on in life, they could worry that they might have a miscarriage because of their age so they may blame themselves more for their miscarriage. Mmm not that they should, I don’t mean they should just I wonder if that might be a feeling that they have but then yeah, I don’t know. [Chuckle]

Researcher: It’s hard to know, umm.

Participant: I just think out loud. [Laughing]

Researcher: That’s what, I want to know your thought processes and stuff … it’s interesting. Do you think even relationship status would impact the person's emotions afterwards?

Participant: Umm, well, oh yes absolutely because as a single person your only one person coping, umm as a partnership, even though females gone through the ahh, healthy, the health aspects of a miscarriage, umm they both go through the loss, umm.

Researcher: Yeah.
Participant: So can lean on each other, yeah I guess that would be the difference, definitely. Yeah.

Researcher: Umm, do you think whether they were actively trying to become pregnant would be a factor?

Participant: Ahh, as in, yeah well and actually go back to the one before. I wonder if the couple experiencing the loss, the female would feel more guilt. [Reflective pause] That's just a thought, not that I think they should. Just that it entered my head, umm and then moving on to actively, yeah so if somebody has struggled to get pregnant and experiences a miscarriage I would feel that, that would definitely make the emotional distress worse.

Researcher: Yeah.

Participant: But yeah, worse is a harsh word because losing a baby. Having a miscarriage is hard, like it’s not, yeah. It’s hard to say that someone should feel something worse because it’s all worse to me, do you know what I mean?

Researcher: Yeah.

Participant: Yeah.

Researcher: It’s just considering the factors that are associated to the experience and what kind of impacts they may have and you’ve demonstrated like the emotional support network in terms of relationship status and stuff like that it impacts that so, it impacts the, umm miscarriage experience.

Participant: Yes, I would, I would think so, yeah.

Researcher: Yeah, ahh do you think their culture might have any impact?
Participant: Umm. [Reflective pause] Mmm probably not as much so, I wouldn’t think because every culture has different things but if somebody who. There's no culture that doesn’t, well that I know of, probably really uninformed again. That doesn’t allow people to have babies. [Chuckle] But do you know what I mean? I guess and then yeah. [Reflective pause] So I would say no, but I, I would say no because everybody who has a baby no matter from what culture wants their baby so, if they have a miscarriage they will all be dealing. How they dealt with it might be different but the scale of needing to deal with it shouldn’t be different.

Researcher: Yeah. Do you think their religion might impact it either? Or also? [Chuckle]

Participant: Umm. [Clears throat] Yeah I don’t think so. Impact, impact how they, how they cope maybe because maybe some religions don’t allow. I don’t know, don’t fully understand the coping process, umm so maybe some people who are part of a culture that is like that would have less support. You know, I guess living in Australia. One of the best places to live. Really we still have a long way to go with our support networks. I feel like we realise at least the necessity, more than lots of other cultures out there.

Researcher: Yeah definitely.

Participant: Yep.

Researcher: Beautiful. Ahh well on services. What services do you know that provide support to individuals who’ve miscarried? Could you maybe give me a name, or tell me about them?

Participant: Can you ask that question again? Sorry. [Chuckle] I still have the last one in my head.

Researcher and Participant: [Laughing]
Researcher: Umm, what services do you know of that provide support for individuals that have experienced a miscarriage and can you tell me anything about them?

Participant: [Reflective pause] No. I don’t know of any, I would think most people that need help and support and therapy, umm. Start off with their GP, so that would be my thought to start with. A lot of positions or jobs out there have their own support networks with regards to therapies and support in that way. Umm, yeah no that’s a good thing because a lot of companies that have a lot of support network, so that’s good. [Reflective pause] Umm, but other than that no, I don’t know where I would. I wouldn’t be able to direct anybody, I don’t think.

Researcher: That’s okay. It’s just out of curiosity. It’s also, yeah like the more that maybe you’ve heard about it, maybe it’s you know like sometimes with advertisements out in public. It’s not really one of those advertisements that you see publicly a lot.

Participant: No, that’s right. Correct. It’s a definite topic that’s less talked about for sure.

Researcher: Yes. Do you, umm. What, why would you think that it is less talked about?

Participant: Umm I think, I think from what I was saying earlier and it’s not just miscarriage, it’s things that you go through that are tragedies, you know? You don’t tell people until you know that the birth is going to go ahead and you know that’s still can happen later on down the track but the less people that know. The less people, I think when your trying to heal, if you can walk into a group of people that you don’t know. You can, you can put it away, for a bit, do you know what I mean? And I think to me and my healing that’s. It’s like when my husband’s parents passed away and you know the tragedy you have to learn to heal from. Umm, we find going somewhere, where people didn’t know me to well and putting a sales representative hat on for instance would take me away from that for a few hours and make me feel like a normal person. And I think that to me. When I go back into my life, ahh I don’t
really know but this is how I feel. If I go back through my life, that one instance of three hours gives me a bit of a… umm, thought that maybe I’m gonna be okay.

Researcher: Yeah.

Participant: Because I was able to do that, I don’t know.

Researcher: I’m really sorry for your loss.

Participant: Aww thank you. That was umm quite a few years ago now. People just, like time just flies. [Chuckle] It’s crazy.

Researcher: It does and I feel I understand what you’re saying, in terms of umm, sometimes it’s nice to be in a place where people know you differently and where you can wear a different hat for a while.

Participant: That’s it. Exactly. And I’ve been doing sales repping for years. I can actually walk into a door and turn into a performer and walk out that door and my troubles are still in the car, so I’ve lived that life. So for somebody that has never experienced that to the extent that I have, probably wouldn’t see that as a, as a helpful thing, possibly.

Researcher: We all cope in different ways.


Researcher: A couple more questions, ahh. Have you heard of any ways to prevent a miscarriage and would you be able to share them with me?

Participant: [Reflective pause] So it’s straight away I thought of umm, [giggle] listeria. There is no way to prevent a miscarriage that was gonna happen, medically. Umm, but I guess there’s the whole listeria thing, you know if you eat something that’s off then that can bring on a miscarriage. Umm, that’s the only thing I would ever suggest to somebody is to follow
their doctor's advice, umm. To give it the best chance possible. But the important thing is you know, I think the blame thing would be the biggest part in, in the person that experiences the miscarriage, so but yeah. I would not yeah, nah I couldn’t tell you because that’s the only thing I would think of. I wouldn’t be able to think of any other thing that would prevent it. Can you answer that question? [Chuckle]

Researcher: [Chuckle] Umm, I can. So miscarriage is actually not preventable but like you're saying there are certain factors, umm you know we discussed earlier drug use and smoking and stuff like that, that can amplify the risk of having one but once a miscarriage has begun or you know if there is chromosomal abnormalities there from the get go, unfortunately, it will miscarry.

Participant: Can’t stop it yeah. I would say, I would have thought that would be the case. You can’t stop a miscarriage, you can only alleviate the risk factors.

Researcher: Yes, yes. Definitely, but I ask the question because umm, there are often you know some old wives tales regarding how to prevent a miscarriage and stuff like that so it is interesting to hear what other people have heard. And the knowledge surrounding that.

Participant: Yes.

Researcher: Yeah.

Participant: There you go.

Researcher: Umm, are there any comments that you would like to share with me, with. So we’ve come to the end of my questions, is there anything you think would be umm, important to share with me?

Participant: Umm. [Reflective pause] I don’t think so. I did mention you know like because I live my life and I don’t think of this issue. Doing this for you and bringing this issue to my
mind made me feel like. It made me feel like empowered that I could be supportive of somebody, umm because I’ve you know, I’ve just mentally, obviously thought about it…

Researcher: Yeah.

Participant: And that’s what’s made me think there’s so many people out there that are non-professional support that could be available to people that they don’t know that are there, so you talk about your best friends being your support and your vice, umm. Someone that you don’t know that has a lot of empathy and someone, some people can’t umm, open up to close people and some people can and those people could find support in people that don’t, that are non-professional if you know what I mean?

Researcher: Yeah.

Participant: So if we haven’t got enough professionals to help and support, you know this is something that could be available from volunteers. That would have to be vetted obviously, umm. For people that don’t have a lot of support or can’t talk to people close to them, you know I guess that’s, that’s something else to consider is those people that can’t, ah. I don’t know, some people aren’t as lucky and don’t have a loving family as well so, it worries me that people like that go through it and may go through it a lot worse, hmm. But just thoughts really, no questions. [Laughing]

Researcher: It’s true it impacts the, your social network definitely impacts the experience. Your completely correct there, definitely.

Participant: Yeah. Yep that’s it and so you experience in doing this? Is that scary, like you know doing a study on this. This, is this good for you do you think?
Researcher: I definitely, yes it’s definitely interesting for me umm it’s something that I hold very personally so, I just see it as an honour and privilege to be able to hear your stories and for you to be able to feel comfortable with me to share your experiences.

Participant: Yeah.

Researcher: And to have everyone's perspective, it’s a very umm, empowering, like it feels very empowering position and umm just an honour.

Participant: Yeah. Absolute and you know I have really enjoyed it. Like I don’t know, it’s probably weird to say. [Chuckle]

Researcher: No…

Researcher and Participant: [Laughing]

Participant: It’s not a happy subject but it’s really good. I love, I love interacting with people about issues and things and especially knowing that it could help and you know find answers and find support out there somewhere. [Chuckle]

Researcher: Definitely, definitely.

Participant: For sure.

Researcher: Well…

Participant: How many people are you interviewing?

Researcher: Ahh so, well I’m qualitatively analysing the data, it will be when I see a certain amount of themes consistently keep on popping up, that I will stop. So generally that happens at about fifteen people.

Participant: Okay, yep.

Researcher: Yep. So got a little while to go. [Chuckle]
Participant: Yep.

Researcher: But hopefully, hoping to finish the whole of the study by October 10th.

Participant: Ahh okay. No that’s a good goal. [Laughing]

Researcher: Well it’s the university’s deadline, not mine. [Laughing]

Participant: Oh okay, that’s fair. It’s been really interesting. Thank you so much.

Researcher: I really appreciate you participating. Thank you so much for sharing your time, time is the most valuable thing, so I really appreciate you giving it up to me.

Participant: No problem. Good luck, I hope it goes really well.

Researcher: I’ll be in contact with you. I'll send you a transcription of what we spoke about today and just if you, you know have a read through it and make sure that it is correct and that it is what we’ve said umm. And send a confirmation email back to me.

Participant: Nah, all good. Bye.

Researcher: Bye.

Participant S146 Transcription:

Researcher: Here we go. Beautiful. So if you could just repeat that you consent?

Participant: I consent to this being recorded, yep. Do I get rid of this person thing off the screen?

Researcher: Ooo what’s happened on your screen?

Participant: Umm, the, this meeting is being recorded so the. Okay le-got it, got it. Ahh there we go, yep.
Researcher: [Chuckle] Perfect. Technology these days.

Participant: I know, it’s all a bit too much. [Chuckle]

Researcher: So the first couple of questions is just to determine your suitability for this study. Ahh so the first one is, what was your age on your last birthday?

Participant: Seventy.

Researcher: Seventy?

Participant: Yep.

Researcher: Lovely and umm, are you fluent in English?

Participant: Yes.

Researcher: Yes.

Participant: Yes.

Researcher: Ahh, for the purpose of this study a female means an individual with female sex characteristics and also a female gender identity. Are you female?

Participant: I am.

Researcher: You are female lovely. Ahh if you don’t mind me asking you cultural background?

Participant: Ugh, what do you mean Australian?

Researcher: Australian, yeah.

Participant: Yep, yeah.

Researcher: It’s interesting most of us when we say Australian were a little bit hesitant at first, were like is it a culture? Is it a…
Participant: Yes! [Laughing]

Participant: My father was born in Wales but you know? But, yep.

Researcher: Yes. And do you permanently reside in Western Australia?

Participant: Yes.

Researcher: Lovely. You’ve been here for a while?

Participant: My whole life.

Researcher: Whole life. Ahh and for the purpose of this study pregnancy loss refers to a spontaneous and uncontrollable pregnancy losses, so stillbirth, miscarriage, ectopic, neonatal death and termination due to foetal anomaly. It does not include a pregnancy loss due to elective termination that was not deemed medically umm necessary.

Participant: Yep.

Researcher: Have you ever had a pregnancy loss?

Participant: No.

Researcher: No. Okay, so you’ve met the criteria of the study as I assumed you would.

Researcher and Participant: [Laughing]

Researcher: Ahh are you comfortable to proceed?

Participant: Yes, definitely.

Researcher: Lovely, so for the next little but were still just collecting some demographic information because I just want to get an understanding of you as an individual.

Participant: Yep.

Researcher: So the first one is, is what is your sexual orientation?
Participant: Female.

Researcher: Ahh sorry sexual orientation is ahh your interest in partners, male or female…

Participant: Oh, oh. Oh sorry, yes, male.

Researcher: Male. [Chuckle] Okay. Ahh religious or any spiritual beliefs?

Participant: No.

Researcher: No. Your ethnicity?

Participant: Ugh, Australian.

Researcher: Australian?

Participant: Yep.

Researcher: Ahh the highest level of education completed?

Participant: Ahh Year Eleven.

Researcher: Year Eleven, lovely. Ahh, your occupation? Or your most, your most frequent occupation throughout your life?

Participant: Ahh I was a bank officer but I'm retired now though.

Researcher: Retired.

Participant: Yep.

Researcher: Beautiful. Ahh your social class? It doesn’t have to be specific.

Participant: No. [Laughter] I'm not quite sure what to answer that one.

Researcher: It's hard isn't it? Yeah, it is maybe just say high, low or mid.

Participant: Middle-class family probably?
Researcher: Yep, umm and this one same thing again very broad. Household income?

Participant: Say about fifty thousand.

Researcher: And the members living in the household with you?

Participant: Just one, my husband.

Researcher: Husband?

Participant: Yep.

Researcher: Have you guys been married long?

Participants; Ahh, fifty years.

Researcher: Aww, gorgeous!

Participant: [Laughter]

Researcher: That's beautiful! Well that is all of umm demographic questions.

Participant: Cool.

Researcher: Well shall we move on?

Participant: Yes, definitely.

Researcher: [Chuckle] So now I kind of want to get a gist of you as a person and how you would describe yourself. So the first question I'm going to ask is how would you describe yourself in a sentence?

Participant:[Laughter]

Researcher: It's a loaded question. [Laughter]

Participant: It's a very loaded question. Ask my children.
Participant and Researcher: [Laughter]

Participants: Oh god I don't know. Uhmm, a good sense of humour. Uhmm, I don't know. Just a normal person really.

Researcher: Normal person?

Participant: Yeah…

Researcher: That's perfect. Umm, well, what are five of your core values?

Participant: Ahh, mhmm. Let me think. Well I, honesty umm, decency, umm being true to people, being respectful umm, mhmm. Have I, how many was I supposed to give you five?

Researcher: Ahh five, yes. [Laughter]

Participant: Hmm, ah what else? Ahh, hmm oh god I don’t know umm. Fun-loving.

Researcher: Fun-loving.

Participant: Yeah. [Laughter]

Researcher: Lovely. This is hard when someone says five core values it makes you…

Participant: It does very much so, yes.

Researcher and Participant: [Laughter]

Researcher: Umm, another little bit of a loaded question how would you describe your view of the world? So to help you out some people use the analogy ahh, cup half full or cup fully full.

Participant: Yeah. Ahh, I’m a pretty optimistic person.

Researcher: Yeah?

Researcher: Do you think your view is unique from other people's view of the world?

Participant: No.

Researcher: No? You think most people are optimistic?

Participant: I- I would hope so, yeah.

Participant and Researcher: [Chucking]

Researcher: Umm, what do you think has shaped your view of the world?

Participant: Ahh, probably upbringing. Umm, yeah how, how much my husband and I have achieved in our time together so yeah. So yeah, yeah. Optimistic.

Researcher: Optimistic. So your life experience?

Participant: Yep.

Researcher: Yeah. Lovely. Ahh, next one we're gonna go and kind of look at what it means for you to be female. So, I was going to ask what are your thoughts about yourself as a female?

Participant: Oh gosh.

Researcher: [Laughter]


Researcher and Participant: [Laughter]

Participant: Ahh, I don’t know. That's something I've not really thought of really. But I mean I love the fact that I've got three lovely gorgeous daughters, ahh who I get on very well with so. Ahh, I've got lots of friends so, yeah I mean, uh I don’t know. Funny question really.
Researcher: It is a funny question. Often it's not something we think about, till we're kind of asked.

Participant: Exactly. [Chuckle]

Researcher: Yeah. Beautiful, umm. Well, this is another bit of a hard one then. What aspects of yourself would you consider contributing to your female identity? So like what would you relate about yourself that you would consider female?

Participant: Oh god.

Participant and Researcher: [Chuckle]

Participant: I mean yeah. That's really a strange question, isn't it? It's just not something I ever think about.

Researcher: Yeah…

Participant: It's just, yeah I don’t know. It’s just I am. I don’t, I can’t tell you. That’s a very unusual question.

Researcher: That's completely fair. It is a hard one. I mean we've all grown up generally with our gender and…

Participant: Yep.

Researcher: It just is what it is, I guess?

Participant: That's it!

Researcher: Yeah. Umm, what do you think? Could you maybe rather than your self's female identity, what do you think makes up a females identity? Like what is a female identity?

Participant: Ohh. Ohhh. I mean obviously the fact that women can produce children which is definitely obviously different to men. Uhh.
Researcher and Participant: [Chuckle]


Researcher: Yes. No, I apologise, I don't mean to make you uncomfortable either.

Participant and Researcher: [Chuckling]

Researcher: Umm, and so in saying that what do you think ah has shaped your kind of view of what a female means?

Participant: Well I mean obviously you're bringing, your parents. Umm, the way you're treated or have been treated in work. Umm, work sense. The way your husband treats you, but yeah I mean that all contributes.

Researcher: Yeah. Yeah, definitely. Ahh just touching on your husband, and umm and your relationships. Have you always been in relationships where you’ve wanted children?

Participant: Ahh, yes. Yes I always knew I wanted children, I didn't rush to have children but yeah always knew I wanted [cough]. Excuse me.

Researcher: That’s okay. So you waited a little bit later to have children?

Participant: Ahh, yeah. We were married seven years before we had kids.[Cough] Sorry. A scratch in my throat.

Researcher: No, you're completely okay. You poor thing. If you need any time like to go get some water or a tea or anything. Just let me know.

Participant: Yeah [cough]. Excuse me I've got some water. But yeah that's fine.

Researcher: Beautiful. Umm, so I was wondering then if you would be comfortable discussing a little bit of your pregnancy history with me?
Participant: Yeah that's fine.

Researcher: Yeah, umm. Can you maybe tell me a story about your pregnancy experience or experiences? You said you had three lovely children?

Participant: I’ve had three. Umm, and every time we've decided to have a child we were very lucky. As soon as we decided we wanted a child. We, we had no problem with producing it. So we are very fortunate that I could fall pregnant very easily. Umm, so yeah in that respect very lucky.

Researcher: May I ask did you have any complications throughout your pregnancy?

Participant: Umm. [Reflective pause] Not really, no. Only the third child, I put on a huge amount of weight. I think I was carrying quite a lot of fluid. Umm, no most of them were umm, no. Basically fine. I used to have morning sickness but that's pretty normal. Umm, no. I was very lucky.

Researcher: Ahh, can I also ask umm when you fell pregnant with your children, how long did you wait to tell people that you were pregnant?

Participant: We used to wait for that so called magic twelve weeks.

Researcher: Twelve weeks. [Chuckle] The twelve week rule.

Participant: Yeah, the twelve week rule. We sure did.

Researcher: And did you tell people before twelve weeks, like closer friends or family?

Participant: Ahh, no.

Researcher: Yeah… Do you know why you would've waited for the twelve weeks personally? Because I know there's that rule but…
Participant: Yeah I think it was just, yeah that you sort of thought. Just you know if something happened between, between that first twelve weeks, well umm. It was, it wasn’t going to and I mean this sounds awful, so.

Researcher: No.

Participant: But it just, you didn't think of it as actually carrying a baby at that stage, do you know what I mean? And so if you lost it. If you had a miscarriage then I wasn't going, well I didn’t know how I would feel but in my head I thought well you're not gonna be that upset because you're not really umm excited or expecting, expecting that it’s a child.

Researcher: Yes…

Participant: It sort of complicated. Yeah I know, which is obviously why you've done because that’s…

Researcher: Yes, yes it definitely is. So umm yeah, do you think maybe you held off then umm. I heard what you were saying was it was umm because you didn’t conceptualise it as a baby it was maybe a little bit easier to umm…

Participant: Yes.

Researcher: Emotionally cope?

Participant: Yeah, yeah I think so.

Researcher: Aww lovely. Umm, that is most of my questions from that one. So the next one is have you ever received any health advice or accessed health services for health difficulties which may have impacted your ability to fall pregnant?

Participant: No.

Researcher: No? You said that you fell pregnant quite umm easily?

Researcher: Do you know of anyone that has had that experience?

Participant: Of difficulty?

Researcher: Yeah…

Participant: Oh yes. Yes, I have one daughter who has extreme difficulty.

Researcher: Ahh, maybe, could you please share an experience of how that affected them?

Participant: [Reflective pause] Well it was, it has affected them emotionally certainly, monetary because they had to go through IVF and so that was very expensive umm, way to have children.

Researcher: Definitely…

Participant: And emotional problems as well, yeah.

Researcher: Yeah. Do you know if they ever sort services for support regarding the emotions?

Participant: I think so. I think so, yeah.

Researcher: Yeah. Umm, would you be able to tell me a story of a time when you celebrated a pregnancy?

Participant: Oh gosh.

Researcher: [Chuckle]

Participant: [Chuckle] I mean we were always just extremely happy when we found out. Especially with my first child yeah. Umm, we were just wrapped that umm because we had, we had. We went overseas in 1978 in June and because I was working for a travel company
so I had a free round the world trip which was fabulous. My husband and I paid 10% for and we got back after six, eight weeks of that and then our daughter was born on the 26th of August 1979.

Researcher: Aww.

Participant: So that’s how quickly.

Researcher: Yes.

Participant: We were absolutely wrapped that we came home and said right now we've had our trip overseas we're ready to have a baby and boom. It’s what we did. [Chuckle]

Researcher: [Chuckle]

Participant: Very cool.

Researcher: Beautiful. Umm, have you ever been to an event that celebrates pregnancy like a baby shower or something?

Participant: Yes, yes, yes. Yeah.

Researcher: Do you know what kind of topics of conversations and stuff like that happens at those events?

Participant: Well I mean it was with our daughter who's got the twins and she had loads of people from her work and it was just fabulous because it had taken so long to happen so it was at our house here, it was fabulous. We had, it was a lovely day, it was really, really really great.

Researcher: Aww. Did you, when you hosted it at your house did you make any accommodations for someone who may be coming that has had or was having difficulty falling pregnant?
Participant: That thought would not have ever entered my head, no.

Researcher: It’s a, it’s one that. If you haven’t thought about it it’s yeah…

Participant: Exactly and unless I had been told you know from our daughter's point of view, that she knew someone that was in that situation than I wouldn't know. It wouldn't have crossed my mind.

Researcher: Yeah. Do know of maybe something that would be appropriate to kind of do? Like a accommodation that might be appropriate?

Participant: [Reflective pause] No, I don’t really know to tell you the truth. It would be rather, you feel rather bad that you're celebrating someone who's actually having twins and then there was someone who had had a miscarriage. Yeah, I don't know quite how I would do that, no.

Researcher: Hmm, okay. Umm, has anyone ever disclosed to you had a missed carriage and discussed aspects of it with you?

Participant: Ooh, probably years and years ago at playgroup we always used to talk about those things, umm but you know yeah, but nothing that I could specifically say. It’s a long time ago since I’ve been having children.

Researcher and Participant: [Chuckle]

Researcher: Did you always feel comfortable though when they discussed those things with you?

Participant: Oh yeah. I mean cause, were all very close-knit at playgroup as you are so yeah it was always. We were, yeah, everyone was always very supportive of each other.
Researcher: Yeah. Ahh, do you think umm, for someone who has experienced, whom do you think it's kind of appropriate for them to discuss this experience with?

Participant: I guess it's whoever they want to quite frankly. Yeah, some might choose not to discuss it. It's just up to the individual really.

Researcher: Yeah. And in the choosing not to discuss it is that because you feel it’s umm. You know when some people say, it's a private matter, would you consider it a private matter?

Participant: Ahh, probably yes.

Researcher: Yeah. Lovely. Ahh, so we will go on from that. Are you feeling comfortable so far and happy to continue?

Participant: Yeah, yep. No worries.

Researcher: Ahh, so next one is have you ever been involved in something that commemorates the loss of a baby due to a miscarriage?

Participant: No.

Researcher: No? Umm, if you were to be involved ahh, what kind of things do you think would be appropriate?

Participant: [Reflective pause] [Sigh] God, umm. I don't know really. It's nothing I've actually ever given thought to. I suppose the person having it, umm and I would assume they would've probably have named their child to be. Umm, so yeah I don't know whether they just you know have some sort of little commemoration. I really don't know. It's not something I've really thought about.
Researcher: Yeah. Umm, do you think that maybe like receiving maybe a certificate, umm to acknowledge the loss would be helpful?

Participant:[Reflective pause] Ahh, do you mean from a, umm from some sort of health or I don’t know, do you mean?

Researcher: Yeah. So they umm. What they have started to do now is before, a little while ago they did not acknowledge that you had a pregnancy loss through a death certificate. But know what they have started to do, is you can get a pregnancy loss certificate if you had lost the baby before twenty weeks…

Participant: Okay…

Researcher: But it can't be used for any legal matters it’s just is a certificate to acknowledge the loss.

Participant: Oh, okay. Well I mean I guess if people want to do that, that's entirely up to them. Umm, going back to my Mum because my Mum had me when she was forty. Now she had lost a child. She had a still-birth child, her third child was stillborn who was called umm, umm. God isn’t it terrible now I'm just talking to you I have forgotten the name, umm but, Maisy sorry. Umm, now she's in, there was never any grave. There was nowhere where my parents could even go. She was, there wasn't a specific grave for her which I think is very sad and that’s happened, and that’s obviously way, way back in the 1940s. So I think that, I don't think they do that these days especially as a full term stillborn obviously you could I'm assuming have a grave for them. So hopefully things have improved in that respect.

Researcher: Umm, In particular, there has been some discussions around umm, when an individual miscarries the foetal tissue and what happens with the foetal tissue. Do you think maybe umm, a person receiving foetal tissue and being able to bury it would be something that may potentially help?
Participant: I think so. Yeah. Yeah, my mother always used to talk about the fact that she had lost this little girl. Yeah. I think so.

Researcher: So having that place kind of would help her acknowledge and be able to grieve?

Participant: I think it would do definitely. Yeah.

Researcher: Mmm. Okay. Umm, thank you so much for sharing that experience with me because I know that would've been a very hard experience.

Participant: Yeah, yeah. It’s a long time ago and my mum is obviously not alive anymore, but yeah. Yeah.

Researcher: Umm, what, would you share with me a comment that you've heard someone say to an individual that has experienced a miscarriage?

Participant: [Reflective pause] Well usually always just yeah people going well don't worry you know you can try again. That's probably the most common you always used to hear.

Researcher: Yeah. What do you think is an appropriate kind of comment to say?

Participant: Well I don't think that's appropriate. [Chuckle] Umm, I would just be very sad for them and yeah. Umm, and tell them how sorry I would be. Yes, I think that's about all I could do, probably.

Researcher: Yeah. Yep. Umm, can you describe to me what type of a person you think, is likely to experience a miscarriage?

Participant: I don't think there is a type. I mean anybody could.

Researcher: That is correct, anyone can. Do you think there's any factors that could contribute to like an increased likelihood that someone would?

Participant: Not that I know of. I am not a medical person.
Researcher: [Chuckle]

Participant: I wouldn't have thought so. I'd say it's pretty random.

Researcher: Yep, yeah. It happens to one in every four confirmed pregnancies.

Participant: Yeah, yeah. Okay.

Researcher: Following the experience of a miscarriage research demonstrates that individuals experience negative emotions of grief, devastation and anger. Are there any factors related to the miscarriage experience that you umm have been told or that you believe would lessen the negative amount of emotions after the experience of a miscarriage?

Participant: Umm. [Reflective pause] No. No. I don't really. No. No, I can’t answer that sorry.

Researcher: No that's okay, umm I’ve got a couple of factors, like their age do you think that would influence it?

Participant: Oh okay. Yeah, yeah, I see what you mean. Umm, could possibly. Yeah, obviously being older I would say there is probably more risk.

Researcher: Yep. Do you think that would impact though the amount of umm… People obviously feel a lot of negative emotions following a miscarriage, do you think that would influence the amount of negative emotions they would experience after, following the miscarriage? The age?

Participant: Yeah, I think it could do.

Researcher: Yep.

Participant: Mhmm.

Researcher: Do you think their relationship status could?
Participant: [Reflective pause] I, yeah. Yeah I think you’d have to have a very umm supportive partner, yeah.

Researcher: Mhmm. Umm, do you think whether they were attempting to fall pregnant would have an influence on the negative emotions they experience?

Participant: [Reflective pause] Umm, gosh. Again, I don’t really know the answer to that.

Researcher: There is no right or wrong answers.

Participant: No, no. I’m, I’m honestly not sure how to respond to that.

Researcher: That's okay. That's okay. I'm just asking.

Researcher and Participant: [Chuckle]

Researcher: Do you think someone’s culture might have any influence on the experience of miscarriage?

Participant: I think it could do definitely. I think yes I think some people would find it. I mean I don't know enough about the different cultures but I would imagine that the umm. What's the word?Ahh, the fact that there are cultures that want their, their children to you know, be pregnant and I suspect that yes their cultures would be very upset at the fact that they couldn’t or they lost a child. Certainly not in our, in my experience but yeah I'm sure there are.

Researcher: You don't think in the Australian culture there are, there is, do you think there is a little more understanding in the Australian culture for miscarriage?

Participant: Yeah. I think so.

Researcher: Okay. Umm and religion. Do you think religion may have any influence? If someone is religious do you think…
Participant: Yes. I think so definitely.

Researcher: What type of an impact do you think it might have?

Participant: I think that they would, again umm would be very umm upset or disappointed in the woman if she had had a miscarriage. There is certainly a lot of expectation, in religious, religions on having kids, yeah.

Participant: Yeah. Umm, It’s so. Do you know of any services that are available for someone that may have experienced a miscarriage?

Participant: [Sigh] No, oh look I’m sure if you rattled them off I would probably but not that I can think of at the moment no. I was thinking of Ngala but Ngala, I don't think it’s there for someone with problems with children, they deal with little babies, don't they? So I’m yeah.

Researcher: No, that's okay. That's completely okay umm. What kind of services do you think would be appropriate?

Participant: I mean ahh probably, maybe counselling. I'm sure some people would need counselling.

Researcher: Yep. And…

Participant: And I mean obviously depending on the, the ahh. What stage of pregnancy then I would assume medical, as well.

Researcher: Yeah. Yep, umm in terms of medical have you heard of any ways to prevent a miscarriage?

Participant: [Reflective pause] Ugh, pfft, umm I mean. I think late-term they obviously put people, women in hospital and do whatever but no [cough] not particularly. No.
Researcher: Ahh, miscarriage is unpreventable, I ask that question to hear if you have heard of any old wives’ tales or anything that may have prevented it. Just to gain an understanding of the perceptions of what could cause a miscarriage but I do disclose to you that miscarriage is unpreventable.

Participant: Right. Mhmm.

Researcher: Umm that is actually all of the questions I have to ask you today. Are there anything else that you would like to share with me?

Participant: Ahh, no, no. [Chuckle] I mean I don't know if I have been any use to you. [Laughter]

Researcher: You have been great. I'm very appreciative for participating in this for me.

Participant: No problem. [Laughter] I mean I know there is no right or wrong answers but also I guess the fact that it's such a long time ago since I was ever around in that situation, you know? Umm, I’m not speaking from any recent experience that’s all.

Researcher: I really appreciate your input.

Participant: Oh well, thank you for that. [Chuckle]

Researcher: That’s okay. Umm, yeah do you have any questions for me before we finish up or anything.

Participant: Ahh, no, no. I mean hopefully, are you going to be able to get enough, [cough] excuse me. My throat is getting a bit scratchy.

Researcher: No that’s okay.

Participant: Hopefully you will get enough women to, umm you know to be able to, to do your thesis.
Researcher: Fingers crossed. [Chuckle]

Participant: Fingers crossed, okay. I will, I’ll keep them crossed. [Chuckle]

Researcher: I am actively recruiting so if you know anyone that is interested and this process did not cause you too much distress you are welcome to ask them if they would like to get in contact with me.

Participant: Ah okay, no problem and yeah. Okay, will think about that. [Chuckle]

Researcher: Beautiful. Well, are you happy to conclude there?

Participant: Yep, yes thanks. No worries my dear.

Researcher: Thank you so much for your time today.

Participant: Okay good luck with it.

Researcher: Lovely speaking, bye.

Participant: Bye.

Participant S236 Transcription:

Participant: Got it. Right, what is it? I give my consent for this process.

Researcher: Beautiful. That's it. So we're just gonna go over the criteria of the study. So I assume by you being here you meet the criteria, but we're just gonna go through a couple of questions regarding it.

Participant: Okay.

Researcher: Ah, first one is what was your age on your last birthday?

Participant: Thirty-seven years old.
Researcher: Wonderful. Are you fluent in English?

Participant: Yes.

Researcher: For the purpose of this study, a female refers to an individual with female sex characteristics and also a female gender identity. Would you consider yourself female?

Participant: Yes, I am.

Researcher: Ah, what is your cultural background?

Participant: I consider myself a born Australian with European descent. I think we came from English, Irish, or Scottish. [Chuckle]

Researcher: [Laughter] No that’s perfect. Do you permanently reside in Western Australia?

Participant: Yes, I do.

Researcher: And have you been in WA for long or?

Participant: Um, I’ve been in WA for I would say, majority of my years over a few different effects but I have lived in other states across Australia. Originally from Victoria but have been in Western Australia I think for about twelve years in this instance.

Researcher: Wonderful. And then for the purpose of this study, pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses this is inclusive of stillbirth, miscarriage, ectopic neonatal death and termination due to foetal anomaly. This does not include pregnancy loss by elective termination that is not deemed medically necessary.

Participant: Okay.

Researcher: Have you ever experienced a pregnancy loss?

Participant: No, I have not.
Researcher: Wonderful, so you meet the criteria of the study. [Chuckle] Shall we move on to a couple more demographic questions?

Participant: Sure.

Researcher: Um, what is your sexual orientation?

Participant: I’m a heterosexual.

Researcher: Would you consider yourself religious or spiritual?

Participant: Ah. Not particularly, if I picked a term I would define myself as agnostic more than anything else.

Researcher: Okay. Ah, your ethnicity?

Participant: Caucasian, is that the ethnicity? Caucasian. [Laughter]

Researcher: [Chuckle] That is. Yes. Ah, your highest level of education completed?

Participant: Um, I still get confused about this. My highest level of schooling completion was Year Ten. However, since I've now completed diplomas.

Researcher: What was the diplomas in?

Participant: I have a, I hold a diploma in Auslan and a diploma of interpreting English Auslan.

Researcher: Oh, that's amazing.

Participant: It’s exciting.

Researcher: That is exciting. I'm, I have a few individuals that are very involved in the deaf community. So yes.

Participant: Yes and I share those links.
Researcher: Ah, your occupation? You said before you're in education?

Participant: Yes. So I am actually an educational interpreter.

Researcher: Ah, what would you consider your social class doesn't have to be specific, low, medium or high?

Participant: I consider myself under the blue collar range, which I believe teeters in the low-middle. [Laughter]

Researcher: Low-middle. Wonderful. And this one again does not have to be specific. Ah, household income?

Participant: Mine is in the range that you're I think it's sort of in between the fifty-five to seventy bracket.

Researcher: Wonderful. Ah, members living in your household?

Participant: Ah, currently there are four.

Researcher: What would your relation be to them?

Participant: I'm in a de-facto relationship with two dependents.

Researcher: And that would be your children?

Participant: Yes, one biological for each of us.

Researcher: Wonderful. Shall we move on to a little bit longer questions now, if that’s okay?

Participant: Sure.

Researcher: So, I want to get to know you as an individual. Would you be able to give me a sentence describing yourself?

Participant: [Laughter] Um, an outspoken, passionate, yet slightly anxious introvert.
Researcher and Participant: [Laughter]

Researcher: I think that’s lovely.

Participant: I'm a nurturer by nature. I'm a giver. I'm a lover. But yeah, but yeah, I project quite, quite loud and outgoing traits. So I've been told and that's because they're there but yes, I'm that, I think I'm a nurturer by nature. [Laughter]

Researcher: Wonderful. What would you consider a five of your core values?

Participant: My values? Um, integrity, honesty, faithfulness and I would say determination. And yeah, and just being trustworthy, trust.

Researcher: Yeah. Um, how would you describe your view of the world, so some people use the analogy their cups half full or the cups fully full? What would you consider yourself?


Researcher: [Laughter]

Participant: So I'm I consider myself a realist. So my cup, my cup is there, and it needs to be filled and that is, that is my job. So my cup fluctuates, but it always has something in it. I know that you can never let your cup get empty and I always aim for a full cup. But um. Yes. I think that's that's a, [laughter] that’s a, that's a day to day fluctuation.

Researcher: I think that's a lovely way to put it.

Participant: If that makes sense. [Laughter]

Researcher: It does. I do. I can say the cup and I can see it going up and down. [Laughter]

Participant: Sorry, you can tell I talk with my hands, can’t you? [Chuckle]

Researcher: [Laughter] Um, would you say your view is unique from others?
Participant: I wouldn't say that I have unique views. I would consider myself more self-aware than others. So I like to think that my view is not as one-sided as, I would like to think that I have. My perception, I guess is a little bit wider.

Researcher: Lovely and what would you say has shaped your view of the world?

Participant: Um, I think exposure. I think that yeah, the more aware we are, and the more knowledge of things we have that, that shapes our view of the world and of individuals. And I find that yes, sometimes people with very strong views and very what tend to be biassed views always come from a very strong, narrow path whereas I feel I have been exposed to probably a wider variety of experiences and cultures, just culturally, socially, all of those things through my upbringing, so.

Researcher: Yeah. Wonderful. I was wondering now if we can consider what it means to be female for yourself. Would you maybe be able to tell me what are your thoughts about yourself as a female?

Participant: For myself and myself alone, why I consider myself a female or what just being a female to me means?

Researcher: Yeah, what it means to you.

Participant: I mean, I, I think from the medical point of view, I don't have to question my gender because I was born as a female with all genitalia. And for myself, that wasn't something I ever had to question morally or ethically. I have always been a female and I've always identified that way and felt comfortable in, in that body medically and I guess emotionally. Um and as that just bout on or to be, what is to be female that’s a bit different. I don't I’ve, I've just, it's something that, it’s something that I identify as, and I accept about myself and I take and I see the pros and cons in that just as I identify as my star sign that holds value to me, and I feel there's a truth of me. So yeah, Femininity isn't being feminine,
being a female link but they are separate things as well. But I think they just, that's just part of my personality and part of me as a person.

Researcher: Yeah. Ah, what would you say are core aspects of your female identity?

Participant: For me, my female identity. Um. [Chuckle] The ability to yeah, being caring and being nurturing and being a provider. I think, for me and being female I, whether that's from traditional whatever, I don't know, but that's it. Being a female. That's what I've known seen, and that's how I feel too, as my role for, is to care and to look after, and to nurture and to provide and to do all of those, those things, I guess. I think. [Laughter]

Researcher: [Laughter] No, lovely. And I was wondering, in general, what do you think are core aspects that contribute to a female identity?

Participant: Oh, dear, I don't want to sound like I'm typecasting female. The opposite of masculine.

Researcher: [Laughter]

Participant: Not really. Just one half. See, just, just one half being a female isn't any different to being a male, but I find it's funny that now I'm just comparing the two, because it seems to be male is to be opposite to female. But I don't know that there's any general rule as to what females are, because we're kind of everything. We're just, we're, we're part of the ecosystem and we make a really good solid, solid half of it, I think. [Laughter] Oh, these are terrible.

Researcher and Participant: [Laughter]

Researcher: No, I think you're answering very well. What would you say has shaped your conceptualisation of what it means to be female?

Participant: Of what it means to be female. I came. My upbringing, I think that female is… holds quite a bit of power. I came from a single Mother, partial family there. So my primary
caregiver was my Mother, not necessarily my Father. That's not to say that they weren’t there. My social group growing up, I was surrounded by strong females. So I feel that, a lot of the leaders in my upbringing were, were females, were independent females, were strong females, were dominant females, so I felt quite empowered and comfortable in being a girl. And then a woman. I make, made strong connections and had nice found friendships at a young age with other females and like-minded people, and I've kept those connections strong. So I think I've just been really fortunate and had an enriching experience where it came to finding other females that had value and added value to my life and hopefully I've had the same. So I feel that I've been really fortunate to forge and have some really nice, strong relationships. So I sort of think that I became, I would consider myself a feminist without actually being fully aware of what that term probably even means. Because to me being a feminist is identifying that I have femininity, and that I'm proud of it. I think that's just a proud term. Or a term of endearment where, yeah, where it may not be used that way in other contexts, I don't really know.

Researcher: Proud to be female.

Participant: Yeah.

Researcher: [Laughter] No, wonderful. I was wondering if we could talk a little bit about your relationship history. Have you always been in heterosexual relationships?

Participant: Yes. Always.

Researcher: And in your relationships have, have you always considered wanting having children?

Participant: Yes. When I was in primary school, I didn't know what I wanted to do when we had to fill out our future selves. I always wrote what will you be when you grow up and I wrote Mother.
Researcher: Aw.

Participant: Three into my…That changed as high school because I never knew what I wanted as a career. And my Mum was a stay at home Mum, but worked as well. So not to say I never saw women as stay at home Mothers or pigeonhole them that way. But I yeah, it was Mother for me. So I knew that I wanted kids. I knew that I wanted a family.

Researcher: I was wondering, maybe can we touch a little bit on your pregnancy history? You said that you've had a child could you tell me a story about your pregnancy?

Participant: [Chuckle] I, my pregnancy was, was, was very easy and clean cut but not the way you go about it. I was twenty years old. I had my, I had my daughter a month before I turned twenty-one. My daughter was conceived while we thought we were having protected sex, we were using a condom. Which did not break and then we moved and I then later found out that I had my period off and on and while I was four to five months pregnant on. Um, so I actually found out after flying interstate and feeling sick and I thought I was jet lagged. I went to the doctors to which he let me know that I came in after blood test and turned out to be sixteen to twenty weeks pregnant.

Researcher: Wow.

Participant: So half of my pregnancy was over before I even knew.

Researcher: Yeah.

Participant: But I had, I had a very, very… Yeah, I had an uncomplicated pregnancy then besides having morning sickness my second trimester, my baby went full term. I, my water…The only thing was that I had to get that. I didn’t, my water broke, but I didn't go into labour. So I had to get the… I forgot what it’s called now. But I had to put that, I had to walk around with a drip in my arm to push it along but yeah, she came out after about sixteen
hours and uncomplicated there so I had to have a, a oh my gosh, my brains gone all fuzzy after work. I ended up having to have an epidural after thirteen hours because things just weren't progressing. I wasn't dilating. I was at three centimetres after about twelve hours and I think that they were concerned about my ability and energy levels when it came time. So I conceded even though I didn't want to have an epidural because I had a perception in my head that about the pain relief and the general worry about having an injection into my spine. So I was scared about that but during my labour, it was my decision and I felt that it had to be done. Um and then my baby turned herself around. She was just back to front and I fully dilated and had a successful natural, natural birth.

Researcher: Aw. Um, I was wondering, when did you announce your pregnancy? I know you found out a little bit later, but?

Participant: Um, well pretty I, I confided in my sister and my, my, my immediate sister and I was basically devastated. Just because it was so unplanned, and I had literally gone and left where I was living and sold all my possessions and moved from New South Wales to Western Australia with a backpack because me and my boyfriend of a year, who I didn't even know I was, how serious I was. Let's just come over and move over here. So I really felt devastated. I felt like I'd left a safety net and a community and my friends who also had children and move over to have nothing, so I kept it quiet. I told my initial…my sister and my brother, and then I had to work really fast because I had to find my boyfriend a job, buy a car and get him and find a house and then seven days later I rang and told my Mother but we just left a small town so my Mother told me that I was lying and I knew that I was pregnant and then hung up on me and didn't speak to me for the remainder of my pregnancy, because she took it personally that I wanted to get away from her. [Laughter]

Researcher: Oh, I’m so sorry for that experience.
Participant: It wasn't the case. But as soon as I told my parents, I just I told everyone instantly. Because that was passed my first trimester. It was… [Chuckle]

Researcher: And um, would, do you think if you knew earlier, would you have waited to twelve weeks?

Participant: Yeah, I would like to say yes, but the reality is no, no, I can't keep a secret. I probably wouldn't have publicly announced but I definitely I cannot keep a secret from my best friend or my sister.

Researcher: Yep.

Participant: So I think I would have at least told my parents had I been over there. My immediate family and my closest friend, For sure.

Researcher: Wonderful. I was wondering have you ever received health advice or accessed any health services for a difficulty which may have influenced your ability to become pregnant?

Participant: No no.

Researcher: Do you know anyone that has had that experience?

Participant: Had to access health-related? Yes, yes, I do. I definitely. My, my oldest. So my sister. I have one sister and she's older. So she has been diagnosed with, sorry this is probably going to get very specific but we can cut out what you don't need. Basically, she's had Ulcerative Colitis and Crohn's. My sister has had eleven major surgeries she and almost lost her life multiple times and has had ended up as an ostomate. So what that means is she has no large intestine and ample bit of her small intestine removed and extensive surgeries. So when her time came to get pregnant, her and her husband had massive issues because of the extensive scar tissue in her body. So yes, she went and had to get hormonal therapy in order
to try and get her ovaries stimulated in order to be producing eggs. They then have gone through IVF treatments, multiple IVF treatments that were unsuccessful, all unsuccessful. I don't know to what degree where miscarriage in her case would say but to me, every time was still a hope that was lost to her. So I consider that every IVF treatment that's unsuccessful. In my opinion, I almost see as a woman would be experiencing a miscarriage because I feel that that woman genuinely with her whole heart, mind and being feels that she's conceiving whether she's doing it and acknowledges it so. So all of that but now I'm proud to say that their beautiful adoptive son has been living with us over here for three and a half years now. They never conceived all their IVF was unsuccessful. I also have friends. Both. So yes, I do know, both straight or heterosexual couples and I know both same-sex couples. And I've been aware and sort of part of their IVF journeys as well. So that is yeah, somewhat familiar to me, the process.

Researcher: Yeah. And I'm I've heard in that as well with your sister and her experiences of miscarriage. Did she ever discuss them with you personally?

Participant: Yes, yeah.

Researcher: I was wondering, did you feel comfortable in those discussions?

Participant: Yes, I felt comfortable. Or when I didn't, it's not to say that I didn’t. I felt discomfort, but it wasn't uncomfortable about the content or the topic of the conversation. I felt discomfort or more sympathy for a loved one or someone that I care about being in pain. I think it’s, it's hard to watch other people struggle be hurt or go and experience loss and how the right way is to console them or support them through that. So I think it wasn't an uncomfortable conversation to have. My, I also had a close friend, have a miss… I was present while she experienced a miscarriage, at my home. And I also went to the hospital with her to follow up with her medical care and finish her procedure that needed to be done
as well. So again there's just it’s, it's and I didn't feel uncomfortable being in that surrounding or being part of that situation. But I did feel helpless. And I think that's more yeah, I more feel proud, not proud. But I felt humbled every time my sister would speak to me, I feel privileged and humbled when people feel comfortable or confident enough to come to me, you know, it's and I and I encourage it. I think it's wonderful. I'm a big advocate for people talking and opening up about what we're experiencing. So I would never, ever turn anyone away and I think that it shows immense strength for anyone to vocalise what we're going through, it's such a hard thing to do.

Researcher: Yeah, and I can hear you're such a supportive person.

Participant: [Chuckle] Try to be, until the patience runs out.

Researcher: [Laughter]

Participant: I put the phone on silent for a good night's sleep.

Researcher and Participant: [Laughter]

Researcher: I was wondering, um what would be a supportive comment to say to someone that has experienced a miscarriage?

Participant: Oh a supportive comment, do you know? I think it's so individual. It would depend on who the person was and what your relationship is to them. Um, I hate the, I don't like the, I'm sorry. I, It's a. I can appreciate the sentiment and I probably would say that to someone I'm so sorry. Because it goes there and you are but I do feel that yeah, it's it's not appropriate. I think if someone was there right now, to me, it… My biggest thing would just be to reach out and just go that's so sad. I can't imagine what you are going through, how can I help? What can I do? Ask the person what? Ask them what they need, which again probably
may or may not be the right thing to do, but it's about them. Not about me so just, you know, I'm here. Would you like a cup of tea? That's usually the go to.

Researcher: [Laughter]

Participant: Do we need tea for this?

Researcher: I’m a coffee.

Participant: Yeah. Do we need tea for this? In my sister's defence she would turn around and say we need a brownie.

Researcher: [Laughter]

Participant: That's our levels. Do we need tea? No, I think we need a brownie. [Laughter]

Researcher: [Chuckle] Just on that. Have you ever heard of any unhelpful comments being said?

Participant: Yes, yes, I have. I have heard lots. Through whoever I did, don't even I couldn't even quote on what but yes, I have had lots. I think in regard to… Natural miscarriage or people that are going through a process in order to try and get pregnant and lose or have unsuccessful pregnancies, I think there's a lot more negativity or I've heard more negative blasé comments made on that side of pregnancy and pregnancy loss, rather than the people that have naturally conceived and then for whatever reason, at so many weeks, they're pregnant, they have lost their baby. I feel that people have been more sympathetic to that in relation to IVF I've heard what went wrong? Why was it unsuccessful? Did it even take? So I feel that it's a, it's a, it's a procedure. It's a medical thing. It's, it's there for the loss. I don’t, I don't know. I don't but yeah, I have heard and maybe that's just because I have been more aware of that though too. There are more people in my life that I've known that have been going through IVF treatment and had a lot more unsuccessful pregnancies, than I have
experienced people in my inner circle that have, have for whatever reason lost, lost babies, yeah, through conception, and then miscarriage later. Although the people that I have known that have had miscarriages in that sense. The person that I've been speaking, it is that direct person has been giving me their, giving me their perception and their story. I can, I can think of three women, three of my friends, one, our next generation above myself, talking to me about the loss of their, the loss of their children, and then the ladies that I know that have gone through IVF. There has been a lot of other people involved in those conversations. So it hasn't come directly from I guess the woman that's experienced the miscarriage it's come from other people's opinions. On the matter.

Researcher: I would, I'm interested in that in terms of when you said it's come from other people's conversations and stuff. Do you think it's a private or a public matter, miscarriage?

Participant: I think that miscarriage is as private or as public as an individual wishes to make it. However, I do feel that when, when a woman or when it's become or when someone has felt the need to share their story I do feel that somehow, I feel that somehow that’s, that's just as private as what it should be. However, I think that once we're one step removed from it, and it's not our personal experience, other people don't treat it with the right amount of respect and we tend to take something that somebody else's and make it our own and therefore create, make it more public than what it needs to be. I think that, though I feel that that person's experience is actually very private, the whole way through. And I feel that sometimes actually maybe other people make their experience more public than what it needs to be or but then again, it's dependent on how the individual feels about it, I suppose. I think things being public are good. I just feel that once something becomes public, people often go to ridicule. I feel unfortunately, the further someone gets away from an issue or a topic, usually the more unaware we are or disconnected and therefore our comments and our thoughts usually, probably become more about ourselves than then who it's actually directly
affecting and I think that, that's where prejudiced and things starts to fade in so yeah.

[Laughter]

Researcher: I can, I can hear what you’re… [Hand gesturing]

Participant: [Laughter] Makes sense. [Signs in Auslan in conjunction with vocalising]

Researcher: Sorry I make hand…

Participant: [Laughter] Bad way about that but yeah. I think miscarriage should be a public conversation. It should be public, but I think that we need to respect privacy and I think that those are the two factors that don't always go together as well as what they should.

Researcher: Yes. I was wondering on that have, have you ever heard miscarriage being discussed in the workplace?

Participant: Um. Oh, yes, yes, I but I have heard it being discussed from individuals that were either directly affected or it was always from a personal experience or a direct circle. So yes, I have heard it discussed in the workplace.

Researcher: And is that in terms of as well, colleagues taking time off because of a miscarriage?

Participant: Yes, yes or? Yes. They have been. [Laughter]

Researcher: [Chuckle] No, that's okay. I was wondering have you ever been involved in something to commemorate the loss of a baby due to miscarriage?

Participant: Yes, I have. It was…Sorry.

Researcher: Sorry, I was about to say could you tell me a story? Sorry.

Participant: Yeah. It was, I would not say ceremony. Again. A girlfriend of mine was pregnant and she was in a first trimester and yes, she was she was at my home. We'd come
home from a meal and, and something was wrong and she had obviously experienced a miscarriage while using the bathroom, to which I took her to the hospital. I don't know the procedure, but I know it sounds terrible, but they talked about having to have a scrape down or something like that. So I took her to the hospital remained with her to the hospital and then I took her home. And later, I mean, what was beautiful was actually we didn't realise until after her follow-up ultrasound that she was actually pregnant with twins. And later gave a successful birth to her daughter, who she has today. So that was a beautiful outcome. But she came over and rang and came over and just said, I'm just not feeling right. So she looked for comfort and just wanted to come and consolidate those feelings. So we sat and chatted and she just spoke to me and we ended up lighting a candle and just talking about baby, her baby. We talked about that, that soul. I guess it was just a time for her to go through what she was going through. So it wasn't ceremony per se but she did ring because she reached out and felt that she needed closure. And that's how she wanted to do it because I was the person there that experienced that with her so I think that she felt that connectedness then and again in respecting her privacy. So that happened. Um, and my sister usually was, it was not, it wasn't pretty but it was more just I feel the need to grieve. I think the moments that I've been present for people that have needed to um yeah. Have not been to celebrate or ceremony it has more been someone has reached out to me for them for their need to grieve.

Researcher: Yes.

Participant: …Their loss.

Researcher: Have you ever heard of a certificate at any point?

Participant: Um, I haven't heard of a certificate. I did know, I have known of someone that got their babies, um footprints. I know that someone has a charm with their infant's footprints in it. I, I'm aware that some people I don’t, I don't know how it comes to be or again haven't
judged it but I know that some people have named their babies tattooed on them. For people have wanted to, you know baptise or or follow their religious beliefs for what they needed to do. But I haven't been present and don't really know enough about other people's cultures to say what they have but no I know that people have got certificates or, or named their baby or got obviously their remains back and that there have been certain ceremonies that have been done through friends of friends that I've heard off, but I haven't been there to witness those things. But I think that that's beautiful and I do, I agree with anyone's right to commemorate the loss of their loved one in whatever way they see fit. I think that that's necessary.

Researcher: Yeah. And I think in the ones that you mentioned in terms of naming and I think it's actually quite lovely what you've mentioned a lovely acknowledgement.

Participant: Yeah. [Laughter]

Researcher: [Chuckle] Ah, I was wondering, have you ever attended an event celebrating pregnancy?

Participant: [Chuckle] Yes, yes, I have plenty, plenty. [Laughter]

Researcher: Baby showers would they be or?

Participant: Yes, they would be baby showers. They would be um blue or pink parties. There is, what's the, the gender reveal. Yes, so baby showers and general reveals. Yes, plenty of them. [Chuckle]

Researcher: What kind of topics of conversations are had at these events?

Participant: Oh, really stereotypical ones. [Chuckle] Other. I mean, predominantly they are women run. Predominantly, they are more women heavy. A few of them that I have been to have had co-sex and had the men which I still…for the way the events run. If you're going the traditional path, I still kind of haven't really agreed with it because I've sort of said who wants
to sit there and watch someone for an hour open up gifts. Anyway, the only time we as a society really allow it is Christmas and that's because everyone's getting something but I feel that way about ceremonies too. I think that there's only two people that a wedding is really interesting too and that the bride and the groom, everyone else is just there for their well wishing anything fifteen minutes or more it's a bit. [Laughter] It's kind of it's boring. I feel the same way about baby showers, but you come because you want to celebrate and give your best wishes to someone. But it's about everyone's pregnancies. It is about anything physical, there is a lot of physical talk, what happens to your boobs and your body and internally. There's everyone sharing their pregnancy stories. And a lot of did you know fun facts versus horror stories. You know explosive pooping, what's to come? I think.

Researcher: [Laughter]

Participant: Yeah, it's everyone sharing the story of what it is to be pregnant. It's be pregnant, experience pregnancy, experience labour and then a lot of talk about babies.

Researcher: Yeah. I was wondering, have you ever noticed an accommodation been made for an individual attending that might be feeling uncomfortable because they've experienced a miscarriage?

Participant: No, I actually haven’t. I well, I have that's not true. There was an allowance. No, no, I wouldn't say an allowance but I know that someone was present at a baby shower once and I do know that the person whose baby shower was came up and was most gracious and acknowledged them and thanked them for coming. So that person did acknowledge that how hard it may have been, or that that person may have been struggling. So that's not yeah, so I do take that back. I'm terribly sorry, the one, when I have been to baby showers and I have noticed and I have known that someone has experienced miscarriage and whatever else. The host has acknowledged them. But that's not but that person also did need to remove
themselves. Because obviously felt that way. And I actually have known on multiple occasions more so the women that have experienced miscarriages have not attended those events. I know of three occasions where I've spoken to someone and they have recognised they don't feel strong enough in order to attend that event personally, and that was really sad. I completely understood and then known, because they were actually on top of that felt like they had compounded guilt for not going to celebrate someone else’s and then they had this unreasonable amount of burden put on themselves. I feel it's it's really sad that we feel you know that we have to protect ourselves and I think that no one would question that. But then on top of that to feel like you're letting someone else down or guilty or that they there they may see your action as a negative towards them instead of what it is, which is actually about yourself and protecting yourself. So yeah.

Researcher: Yeah. No, I think it's lovely that you've noticed people making accommodations by acknowledging individuals.

Participant: Yeah they do but I just again. I think it's only if we have the knowledge of it. It's only if someone has been aware do they make the accommodation. I have been to other ones, I have been there and I've known that someone has obviously experienced but then there's been no accommodations because nobody had that foresight or maybe they weren't aware. So again without awareness. How do we have? Yeah, I think it was. I don't think it's come from a disrespectful way. I think it's just we act on what we know and when we don't know we act a certain way but hopefully when we know better, we should do better. So.

Researcher: Yes. I was wondering what kind of an individual do you think is likely to experience a miscarriage?

Participant: I don't think you can specify. I don't know what kind of an individual. I think. I think medically there are probably people that are at greater risk than others where I think
that you know, age, for example, would become a factor. I think that physical health, underlying health issues would become a factor and then things like, things like choices like substance abuse or something. When you look at things like that, I think that would… They're the ones I would say, I would know or feel confident saying, you know, anything from that realm would have maybe evidence or maybe have some sort of impact or on the life on the increased or decreased chance of miscarriage. But I would say for one to pick a person as an individual based on just being an individual. I don't think that anyone is more or less likely.

Researcher: I will disclose to you miscarriage does not discriminate, you are correct. And the most common reason why it actually occurs is chromosomal abnormalities. But I only asked just to hear if there's any perceptions regarding the type of an individual that may experience a miscarriage, but you are correct certain factors can influence the likelihood of a miscarriage.

Participant: That’s my understanding. I feel that there are other opinions, but that's where I'm. I don’t. Yeah, I just don't know. I think the age one would probably be the biggest thing again with as least proof but we don’t. You're probably getting into greater risk or whatever and things like that there though. Yeah.

Researcher: Yeah. Following the experience of a miscarriage, research demonstrate that individuals who experience miscarriage commonly feel grief, devastation, and anger. Are there any factors related to the miscarriage experience that you've been told or that you believe would lessen the amount of negative emotions an individual might experience?

Participant: [Sigh] Would lessen them?

Researcher: Mm.
Participant: I don't, I don't know if anything anyone says can change. I do feel like. I do feel like there still is. I don't even know how to word it. I feel like part of being a female is being self-critical or something like that. I do feel that when something happens, even though it is completely out of control, or for no apparent reason, and you can't link it to something, I do feel that humans or myself or particularly women or something like that, when something doesn't succeed, where it just should under all normal circumstances. We feel that we have failed. I feel that it should just work because it does. We should just make babies, we are biologically and physiologically, you know physically, where our physiology is made to do that, that when that doesn't happen through no fault of our own. Unless there is a reason unless there is an explanation as to why we must link it to something. So I feel that if you lose your baby, because of a, you know, a chromosome here, it there was a hole in the heart, there was a different, there was something there that that links and you can attribute to why this happened. But when there's nothing there, the only the…I feel that a lot of people would identify. I don't think that though too, but I've seen that in my own self in other things too is just we are self-critics. So where do you place blame where there is no place to blame? We would naturally place it on ourselves. And I don't think that anyone can say or do anything to lessen that. I do feel that maybe from a clinical side of things, I do feel like it's very cold in the uploading though to again because it should just be all okay. So, and I think that sometimes from my experience, I was very stressed and I was very nervous and I had questions though too and a lot of people just gave what they think was support. So it was just you know, it was everything's going to be all right. This is okay. Everything is completely normal. So in order to buffer, I feel like that would make the blow harder. Being misled in a way and if you felt that you weren’t. Yeah, you know, to have all these questions when it’s fine, it's, it's all normal. Nope, the baby's perfectly healthy. Oh, it's growing at a great rate. No, you're doing fine. This is completely normal. So I think to hear a lot of that positive and
then for the outcome to be the complete opposite. I feel that that would, perhaps that attributes to some of the some. Yeah, a little bit maybe. But again, I don't know if there's a better way to go about it. That's what you want to hear is that everything is all right and fine. But yeah, I do feel like it. But yeah, I just, I can't imagine what it would, a big curve ball it would be for everything to be fine and then to just not. So I don't know how that would feel or what…

Researcher: I think will always be negative emotions. We're just considering certain factors that may have an influence on those negative emotions, like would you consider an individual's age would have an impact?

Participant: Yeah, actually, probably, um, perhaps, perhaps. I feel that perhaps. Perhaps someone that actually has offspring as well to experience a miscarriage, while tragic, may not experience anything less or the same, but, but I still I feel to have the first of your pregnancies be a miscarriage would probably be quite profound. Like most firsts in our life. That would be shocking but yeah, perhaps age with it might just come a little bit more maturity and acceptance or so perhaps. Again, I think, I think awareness to of the situation that you're actually in, to be self aware, aware of your body, aware of your pregnancy, aware of what is happening, as well. May impact that.

Researcher: Yeah.

Participant: I think when we don't know what to expect it would be, I can't you know? A young girl having no idea what’s, a younger girl experiencing pregnancy, probably they just, there are a lot of unknowns. So I can't imagine how that would affect a young girl.

Researcher: Yeah. Do you think as well, maybe the individual's relationship status would have an influence?
Participant: To their negative emotions? Definitely, someone lacking in support versus someone that has more more support? I would, I would think would feel more isolated. Would feel more vulnerable. Not to say that everyone doesn't but definitely someone that has a strong support network and strong family ties too. Um, yeah would probably, would probably definitely lessen the impact. You take an example of someone that's probably fallen pregnant under pretences and the stress that that may have caused. If you talk about, someone that has, it's created a divide or the pregnancy wasn't considered a positive effect. In the first place to then suffer further. From already being in that stressful situation, then that would be extremely devastating and the most negative of all outcomes and then have your, you know, have so many different circumstances flooding into that that would probably contribute to a much. Yeah, a lot of negative emotion, I’d imagine.

Researcher: Yeah. And just on the conception as well. Do you think if someone was actively trying to conceive, that would have an influence on the amount of negative emotions?

Participant: Definitely. Yes, I do. I do. Yes, I once a woman is pregnant again, you sort of say you don't know until you are. So of course, once you become pregnant but for someone that's aiming to be like aiming and wanting to conceive, versus someone that has just spontaneously finds out that they're pregnant, there is a lot more emotion and a longer and deeper investment in that outcome. So perhaps that person that, their loss may, would perhaps feel greater than someone that has found out that they're pregnant, decided how they feel about that and then, unfortunately, experienced that loss or perhaps not so, unfortunately, because that there was acceptance there to the circumstances and their conditioning that really they weren't that invested. So the pregnancy was not the desired outcome therefore the loss isn't as great.
Researcher: Yeah, I think you're very well thought out. Very well thought out. I was wondering if their culture?

Participant: I’m not this person, so I feel terrible. I feel bad speaking about someone else's experience. For the poor las that found out she was pregnant, got so over the moon and then lost it two weeks later, you know, her loss is no greater than someone that has experienced multiple IVF rounds. But yeah, I don't know. Everyone experiences it so differently, doesn't it? That's why it's just so important to be mindful. I think.

Researcher: Definitely. I was also wondering if an individual's culture do you think might have an influence?

Participant: Yes, I, to a degree, possibly. I only have preconceived notions of what I think of other cultures then because I don't pretend to be as aware. My culture, I feel and my environment I do feel that…I don’t even like saying Caucasian, but for my upbringing, now, I feel that we're fortunate we are a more open, accepting, modern thinking, accepting of help, medical help and things like that. I feel that, that our access to facilities to family to friends, is more available where other cultures actually probably are, or can be more limiting. There are certain cultures that just tend to live more remotely than others. There are religious communities that have views restricting medical procedures, and even so, restricting just their ideals and their values differ so greatly that femininity or our value of being female, again, is probably quite relevant in their realm, and their female may or may not be treated in the same way people in my community are. There are people that are from other cultures that are still experiencing pregnancy or trying to conceive at not what my culture considers the, the average or what the average would be for female conception. Or at its highest peak period. There are cultures that attempt to conceive much younger. So yes, I do think that culture as a whole would definitely impact the while I don't want to say outward negative emotions, out
yet but I feel very, very valued and comfortable in my culture and my world. I feel that we compared with others are in a very fortunate state and some others may not have that access or that support or that availability. Yeah, just to seek.

Researcher: I was wondering on that as well. You mentioned services? Do you know of any services specifically, that support individuals that experience miscarriage?

Participant: No, not that supports miscarriage. I wouldn't, I wouldn't know. I do. Obviously, I mean, beyond being able to access our GP and then on and then I know that when you become pregnant, you get bombarded with information then too. Anti-natal clinics and things become available. I do know that I had a you know, a nurse pop out after like after having pregnancy so I do know that there are nurses that pop out and sort of things like that. I thought that the butterfly association or I know that there are associations. I just don't know what the name of them is off the top of my head. And again I don't actually know what services they provide beyond I know that my work obviously can we can seek counselling services or things like Beyond Blue for reaching out that I feel that again for emotion but miscarriage. I know that they are there, I just don't know what they are because again, it hasn’t personally, I haven't warranted the need for that service, fortunately, so.

Researcher: No, no, that's okay. And my last question is, have you ever heard of a way to prevent a miscarriage?

Participant: Um, unforeseen circumstances? No. I have heard of women that when they become deemed a high-risk pregnancy, may either be hospitalised turned into bedridden, turned into light duties, so I have heard of a woman having to take precautionary measures because she is at a higher risk of something happening that could eventuate into a miscarriage. Yes or the fact of having to go and have obviously emergency cesarean with premature babies and things like that. So I, but I think that's more just been my understanding
of when a woman gets to a certain time. She is deemed high-risk and therefore is under but I think that has to… Oh, again, someone said they had a factor-five issue, obviously, someone said they may have an ectopic pregnancy happening or something is flagged there then and I think that there were blood conditions as well and a girlfriend of a girlfriend had been to. So she spent the first, she spent the next two trimesters she was in hospital from about eleven weeks on and then got her baby to about twenty-eight weeks. So but I feel like it's just constant medical care, bed rest, limited movement, no strenuous activity and yeah, keeping the body healthy to keep the foetus healthy and not put it under any duress.

Researcher: Yeah so I will disclose to you miscarriage is actually not preventable, but like you're saying there are certain factors that you can do to reduce the likelihood of a miscarriage but unfortunately, most miscarriages are caused by chromosomal abnormalities which aren't actually preventable. But I ask just in case if you've heard any old wives’ tales or anything…

Participant: Yeah, I get it. You just say no, that's said you just didn't get you never know. You never know. And I don't think that anyone ever thinks that that's going to be their outcome.

Researcher: Do you have any comments for me or anything you would like to share that we haven't touched on or any questions?

Participant: I will, I am interested as to what inspired you to but then I figured if you're going to write this down, I can read the publication. What caused your thinking to go and go down this path to ask these yeah?

Researcher: As I have finished the questioning part I will disclose to you I experienced an ectopic pregnancy. And so yeah, just I've been very much in that world before and I'm interested to kind of know people's perceptions and attitudes around it. And yeah, hopefully,
it's a more talked about, you know, topic of conversation and we can provide more support around it.

Participant: No, definitely. I do agree. Like most things, we need more support about it. It definitely needs to be spoken about. And yeah, the perceptions around it. Unfortunately, I still feel, the way I feel is not the way I've heard others and I feel that there's still, there's still that cloud there and there's still that. That negative, negativity around it where there shouldn't be. I do feel that there is blame and more blame that there needs to be because as you said, for something that is completely unpreventable, but I think that's really hereditary. You go right on back, it was a woman's responsibility to produce heirs, like the control to produce the male or the female. Now we know that is not the case now but so I still feel that our perception on what a woman's body is made to do and what a woman should do is still a little bit archaic.

[Laughter]

Researcher: Definitely. Any other comments or questions you had or?

Participant: Not that I can think of, but if there's anything else you need, would like I would of course be happy to answer everything and anything. I hope that I was of some help for you.

Researcher: You have been very helpful. I sincerely appreciate your help.

Participant: Oh look, it's my pleasure. Yeah, I do appreciate that. That you've taken the time to talk to me and it's worth the read you sparked my interest if nothing else. I know what I think but I'm more interested in what you think and what others think too because I'm, yeah. So I will look forward to getting my transcript and I wish you all the best. I hope it goes really, really well for you. Good luck on your thesis.

Researcher: Thank you so much. I'll be in contact via email.
Participant T236 Transcription:

Participant: I consent to this investigation.

Researcher: Wonderful. So the first couple of questions are to do with the criteria that I mentioned before. Ah, do you mind if I start?

Participant: Sure, go ahead.

Researcher: What was your age on your last birthday?

Participant: Eighteen.

Researcher: Eighteen, wonderful. Are you fluent in English?

Participant: Yes.

Researcher: For the purpose of this study, a female means an individual with female sex characteristics and also a female gender identity. Would you consider yourself female?

Participant: Yes.

Researcher: Ah, what is your cultural background?

Participant: I am English but my Granddad and my Dad were born in India.

Researcher: Oh very interesting.

Participant: [Laughter]

Researcher: Do you permanently reside in Western Australia?

Participant: Yes.
Researcher: Have you been here your whole life?

Participant: I have.

Researcher: Wonderful. And then for the purpose of this study, pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses. This includes stillbirth, miscarriage, ectopic neonatal death and termination due to foetal anomaly. This is not inclusive of pregnancy loss due to elective termination that has not been deemed medically necessary.

Have you ever experienced a pregnancy loss?

Participant: No.

Researcher: No. You meet the criteria. [Chuckle]


Researcher: So we're just going to move on to a couple more demographic questions now. What is your sexual orientation?

Participant: Wait, could you explain what that one is?

Researcher: Who are you sexually attracted to?

Participant: Oh, a male [laughter] and I've been with him for four years.

Researcher: Wonderful. [Chuckle] Are you religious or spiritual?

Participant: I am religious. I was baptised. I have changed my certain beliefs since then, of course, but I still obviously do believe in certain things as well.

Researcher: And when you say you're baptised for someone that's a little bit uninformed. Ah what religion is that?

Participant: So I'm Roman Catholic. So when I was baptised, I was baptised under Roman Catholic. So now basically every time there's an event on like, it's just religious for us to
obviously pay respect, to pray, do stuff like that. And as I've gotten older now, I've kind of eased my way. So now I just pray whenever I can.

Researcher: Ah, thank you for sharing that with me.

Participant: [Chuckle]

Researcher: Ah, your ethnicity?

Participant: So my whole, my Mum's side of me. My Mum's side is all Australian. I will call myself Australian because my Dad, obviously, his family were only born in India and then they came back here so they've been in Australia for quite some time now. But other than that, I call myself a true Aussie. [Laughter]

Researcher: A true Aussie, I like that.

Researcher and Participant: [Laughter]

Researcher: Ah, your highest level of education completed?

Participant: Year Twelve.

Researcher: Year Twelve. Your occupation?

Participant: I’m a medical receptionist.

Researcher: Wonderful. Ah, this doesn't have to be specific. What would you consider your social class? Low, high or mid or low mid or high, sorry.

Participant: I would say between low and middle. So I'd say middle.

Researcher: Yep and same thing here does not have to be specific but your household income?

Participant: Middle.
Researcher: Wonderful. Ah, members living in your household?

Participant: So I have four people. I had… my Dad's here, my Pop is obviously living with me but obviously, he's in hospital. I have my Mum's side my Nan that lives with me at the moment. And me.

Researcher: Wonderful. Those are all my demographic questions. Now. I kind of want to get to know you as an individual. Would you maybe give me a sentence describing yourself?

Participant: I am probably very easygoing, and I love making people happy.

Researcher: Aw, I think that's a wonderful quality.

Participant: Yeah. [Laughter] That's the only thing I can think to describe myself.

Researcher: [Laughter] What would you consider are five of your core values?

Participant: My five core values. I'd say respect is one of my biggest things. I'd say respect, dignity. Um. Happiness. What's another one, pretty much that's the only ones I know, they're not five but that's all I can think of at this stage.

Researcher: No, no, I think they're lovely values that you've selected.

Participant: Thank you. [Chuckle]

Researcher: Um, how would you describe your view of the world?

Participant: My view of the world. Well, at the moment with everything going on. I think it's a bit obviously everyone's in different ways. I think. The world is changing quite regularly, but I still feel of it as a place where everyone can learn and grow. Learn each things. Everyone should feel safe in a world that despite whatever is going on in it. So I look to where I'm living now and I look to what's happening in this world and I'm like, I'm very
grateful that for Western Australia that we get to be able to have so many freedoms to certain things, unlike what other people are very unfortunate to have.

Researcher: Yeah. Would you consider yourself maybe an optic-optimistic person?

Participant: Yes. Yeah.

Researcher: And would you consider your view is unique from others?

Participant: I think so. I really do. I think people have, everyone has different views. Really. They have different opinions on the world, but I think it is pretty unique. [Laughter]

Researcher: [Chuckle] What would you say has shaped your view of the world?

Participant: Well, I've always been someone that's never judged based on what’s happened and so I obviously, I've grown up in a family where criticism is very, like much there, like they criticise quite a bit of things and I think I've just taught myself to not judge so quickly and criticise people on what they do. So I know what's happening in other countries isn't anyone really to blame. Unfortunately, that's just how the world works. I think so. Not everyone is entitled to as much stuff as everyone else is so we all have different values, different perspectives, different freedoms.

Researcher: Yeah. Okay. Um, I was wondering now we could maybe consider what it means for you to be female. What would you consider? What are your thoughts about yourself as a female?

Participant: I personally love it. I know like there comes some doubts when you get your period and when you get the cramps. But to be female to me is amazing. I know there are so many things with body positivity. Everyone's like, just the way the world shapes around females is beautiful. I think I think we need more people to speak about certain things regarding females, but I love the respect that certain people give a female for just doing
something good. The res, like the applause we get in return instead of being treated differently. Unlike if it was a male, they'd obviously just like cheers mate, but for us, it's like congratulations, like we actually get what we deserve, if that makes sense, so I'm very happy to be one and see the, a side to how everything gets treated.

Researcher: Yeah. Lovely. Ah what aspects of yourself would you consider as contributing to your female identity?

Participant: My voice my heart, my body shape. Um, my mindset, obviously my areas of my body as well. I love my eyelashes and I know every female has different eyelashes but if I see a female with beautiful eyelashes, I'm like amazing.

Researcher and Participant: [Laughter]

Participant: And of course the hair like if you have long hair you are perfect. [Chuckle]

Researcher: Oh yes I do love long hair I just can’t grow it.

Participant and Researcher: [Laughter]

Researcher: Wonderful. In general, what do you think are core aspects of a female identity?

Participant: Core aspects would be, obviously mind me but like boobs, obviously the body shape hair face, facial features, lips, nose, all things that a male has but it's different obviously to a female and more enhanced.

Researcher: Yeah. And what would you say shaped your view of what it’s, what is? Yeah. What, what has shaped your conceptualisation of what it means to be female?

Participant: What has shaped it. Well, growing up with my Mum, she was someone that always, how can I say it um…praised women. So when it came to having family friends that are women, she would always tell me like how lucky it is to be a female. Unfortunately, they
do come some doubts of course with like periods and obviously miscarriages, pregnancies, but she's always told me that we are so strong and um being surrounded by a lot of females, I guess that has quite shaped what I believe is a female and just the core values that we have individually. Not all the same.

Researcher: Beautiful. I was wondering now if we could touch a little bit on your present relationship and past relationships. You were in a relationship with a male?

Participant: Yes.

Researcher: Yes.

Participant: Yes. So my current partner now we've been together for four years. We went to school together. So that started off in school and now I think we've kind of gotten away obviously graduating together. We're working in different environments, learning different things. We have become quite a lot stronger than what we were.

Researcher: Aw. Have your relationships always been heterosexual?

Participant: Ah, yes.

Researcher: Yes and have you in your relationship currently considered wanting to have children?

Participant: Yes, I would love to. [Laughter] It is a dream of mine. However, I've seen quite a few things, obviously that have scared me, like miscarriages. Unfortunately, people not being successful with pregnancy. So I think I've been scared to go to that step in the future but that is always something I've wanted to have. Yes.

Researcher: Aw, just on that. Have you actually, have you ever been pregnant?
Participant: No, I haven't. So my sister was and unfortunately, I saw her go through quite a scary loss. So it's kind of pushed me back and obviously hearing about so many of them. I'm just, I've held back my bearings. I don't know if I want to put myself through that. Just in case like the possibility is always there.

Researcher: Yeah. So would that be the reason why you haven't become pregnant yet?

Participant: Yes. Yes. I would love to have a kid right now. I think there's a lot of things that are scaring me and holding me back because I'm not sure of the possibilities.

Researcher: Yeah. And I wonder if you were to become pregnant. At what stage of your pregnancy would you announce it?

Participant: I will probably wait. After the second trimester I know because I've heard a lot of people who have been pregnant on my side that have told me the first, obviously, fourteen weeks are your kind of danger period until you reached your second trimester. Um, I just, I don't want anything. I don't want to get too excited and let my family know and unfortunately, I may lose it. And just to have the disappointment, I guess kind of ruin everything.

Researcher: Yeah. So would you tell anyone before that fourteen weeks?

Participant: I will only tell my partner obviously because we're in this together. But anybody else I think I'd kind of hold off until I'm certain that this baby is going to be very fit and healthy.

Researcher: Yeah. Have you ever accessed any health services um for health difficulties that could influence your ability to become pregnant?

Participant: No, I haven't. I know I've had a lot of personal issues myself with my health. I think that's another reason why I've been quite scared. Obviously suffering from
endometriosis and PCOS I've, I've really, I've seen the side effects and I experienced now and I can only imagine what would happen after so I think I've kind of I've held off talking to someone really that would help me if I wanted to become pregnant just in case I don't really think. I want to rather get my health under control now. Before I start anything, just I don't know. Maybe it may be crazy but I would rather be healthy and fit to bring someone else into this world and be a bit unwell.

Researcher: Yeah and would you say that having that experience has influenced your perception of pregnancy?

Participant: I definitely think so, as well. If I if I didn't have any of endometriosis or PCOS and I was a fit, young female I think I would have that perspective of I want to have a baby, they're going to be beautiful. Nothing's going to happen to me but unfortunately, these consequences to having such illnesses have really shaped my perspective.

Researcher: I'm sorry, you're going through that at the moment.

Participant: Thank you.

Researcher: Ah, you said your sister experienced a miscarriage. Did she ever discuss aspects of it with yourself?

Participant: Um, so she did. Unfortunately, we don't live together but I at that time I was with her. So seeing what she went through really, I guess broke my heart to see someone so happy to finally be able to have a child after so many scares, and then just have it taken away and she did tell me how she felt she expressed obviously things she was feeling...Um, like just unaware of her own feelings I guess but talking to me about I think also made me and her obviously shape a bigger perspective on pregnancy, instead of just having that one. That one word of saying pregnancy is amazing, but there are so many different side effects to it.
Researcher: Yeah. Um, did you feel comfortable in her sharing that experience with you?

Participant: I did. At the same time I didn’t. I think because I was so happy to have a little niece and I was like oh pregnancy can’t be that bad and then obviously to hear unfortunately the break, the heartbreaking things it can bring. I was a bit upset but to have her talk to me about it, I felt comfortable that she was comfortable sharing it instead of bottling up her feelings that she was feeling in one. I was, I was happily able to get her some help because it hit her quite hard. But now she's doing great and she has her first baby.

Researcher: Oh, wonderful.

Participant: Yep. Which is good news.

Researcher and Participant: [Laughter]

Researcher: I wonder did your sister tell many people or did she keep it quite private?

Participant: She kept it quite private. I think this is why I think I'd hold off to the second trimester because she told me as well when she was about sixteen weeks. So she was just about to tell everyone but unfortunately then she lost it. So she didn't tell anyone. I was the only one that knew about her pregnancy and her partner but after that she only told us two, so no one else was aware.

Researcher: Yeah. Do you think it should be something that should more be kept private?

Participant: Personally, I think no. I think each people are to their own, I guess and you may have different values but experiencing something like this I think people should be aware so they can help you. I know I can only imagine how it would feel to go through that. So there is so much help out there and I feel like you should not have to go through it alone.

Researcher: Yeah. And in terms of the help, have you heard of any services that are out there for individuals who are experiencing miscarriage?
Participant: Personally I haven't which is actually quite surprised me, which is I know I have like heard of Beyond Blue, life support and stuff like that, but I wasn't sure if they would help with things like that. I know baby blues and postpartum depression can obviously be a factor as well. But I feel if there was, if there is one campaign that supports women who have already experienced miscarriages and that they can have that help. I feel like it would help so many people and possibly save so many lives.

Researcher: Yeah and on that, what kind of services do you think should be available? I can hear you're saying helplines?

Participant: Yes, I really do think helpline should be there and I'm know one thing my sister wanted when she went through that was someone, she kept on telling me someone professional to talk to. Unfortunately, I'm very inexperienced, and so was her partner so we were no help but to have someone for example, like a paediatric nurse on that helpline, telling her that, you know, wasn't her fault. Unfortunately, there are things that can come into play with pregnancies, just to give her that medical view as well. Instead of just having that one mindset of it's my body, it's my fault. I think would help so many Mums to be when they want to get pregnant.

Researcher: Mmm. And just on that, do you, do you know if there's a type of an individual that you would consider to be likely to have a miscarriage?

Participant: I personally would say myself and my Mum. She's had quite a few miscarriages before me and my sister. I think she had about five. So she was, she did struggle and I know after myself, after she had me she went through quite a lot of depression. So seeing personally, I've witnessed so much side effects to this. I think there should be help to help people through this, and they should not at all feel ashamed to get help. I think it's something
that they should feel happy about to like receive it. Instead of thinking that they're weak or they're stupid for not getting that help.

Researcher: Yeah. Um, would you consider though is there a certain type of person that you think is likely to experience a miscarriage?

Participant: Person that I think is likely to experience one would be any… It's gonna sound very weird, but I feel like a female… I don't know any females myself personally, besides a female who has gone through so much health issues and who obviously has a bit of infertility as well. But I do think health circumstances play a very large part in trying to become pregnant, and a very large majority of females are unaware as well.

Researcher: Yeah. I will disclose to you that miscarriage does not discriminate. It can happen to any individual and it actually happens to one in every four confirmed pregnancies.

Participant: Oh, wow. Wow. It's like they can be unaware as well.

Researcher: Yes so that would be called a missed miscarriage where the baby passes in the individual but it does not get expelled out of the body at that point.

Participant: Oh my gosh. See like all these things like you're so I'm so unaware of and I hope that there are people that are able to tell other people like me who are unaware of what's going on so they have a bit more perspective on miscarriages.

Researcher: Yeah. Ah, have you ever heard of any way to prevent a miscarriage?

Participant: I've never heard about anyway. No. Just from family and me, I guess I think I've always been drilled into my head that if it ever happens, it happens and you can't prevent it.

Researcher: I will disclose to you that you can't prevent a miscarriage. The most common reason why a miscarriage occurs is chromosomal abnormalities. But I do ask that question…
Participant: Yep.

Researcher: Whether you've heard of any old wives’ tales or anything that prevents a miscarriage.

Participant: Oh, okay. Thank you.[Chuckle]

Researcher: That’s okay. [Chuckle] Um, lost a little bit. Um, when you were supporting your sister, did you ever hear anyone say any unhelpful comments regarding miscarriage or any individuals in general?

Participant: Yes, so I’ve, with my sister, especially her partner's not the best of partners. So he would, it would really upset me especially because I'm someone who loves children. It would upset me to hear him say that, ‘think of it as something good’, ‘like we don't have this baby anymore’, ‘no longer we don't have the stress’ and it makes my blood boil to this day. I think it's not something that you should be happy about and you should be praising your partner that she's unfortunately had a miscarriage. It should not be like that at all. I think if anyone has hateful comments say about it, personally, keep it to yourself because it's not something that you should be expressing. My sister at that time was very, very angry and upset because she adored any children as well and to hear her partner say to her, it's such relief she lost it just made things so much more worse.

Researcher: That’s a horrible experience. I'm so…

Participant: Yeah…

Researcher: Sorry you went through that. Just on the back of that then what do you think is a helpful comment to say to someone that's experienced a miscarriage?

Participant: I don't think, I think there are helpful comments, but I think in that time as well. The best thing you could do is just sort of be supportive and listen. So I know when my sister
went through that I told her that it was going to be okay. I said to her that this is just one hurdle you have to go through, there are going to be a time when you will have a baby and you will look back on this as like not a learning step but you'll be happy that you know you've gotten the help and you've spoken to someone and now everything you've been through all the pain was pretty much worth it because you've brought a brand new baby into the world who you love and adore and everything is okay.

Researcher: And she has had a baby now you said?

Participant: Yes. Yes, and she was premature. So she still had preeclampsia, unfortunately so there was still a rocky pregnancy. But now my little niece is one. So my sister talks to me still about this day about her miscarriage, and she tells me she always says I'm so grateful that I had you to tell me everything was okay, in my hardest times and I feel like everyone should have someone like that.

Researcher: Yeah, sounds like you're a very special person to her.

Participant: Yes. [Laughter]

Researcher: [Chuckle] I was wondering with her, um your niece. Did you ever attend like a baby shower celebrating the pregnancy?

Participant: Yes. So my sister had a baby shower and I was obviously helping her set it up. I'm now being Godmother and aunty so I’ve, I've been blessed with the most beautiful niece. I spoil her rotten though. So obviously birthdays are a bit overdone. But I do see her when I can, unfortunately, it's not the best of visits but it's probably like once every two months but I do make sure it's definitely worth it.

Researcher: Aw, and at the baby showers what kind of topics of conversations did you notice happening?
Participant: A lot of people...as weird as it sounds were saying like how young my sister is and how immature it was of her after. I think word got out from her partner that she had a miscarriage. So I heard a lot of negativity when it was meant to be positivity at that baby shower. So having people say to her she's a bit young, you know, she shouldn't be having children after her first incident. Like I just comments like that I think we're quite down putting, I think, okay, she's a bit young, but she's an adult now, she has her own home. She's had a beautiful baby girl. I don't think there's any downfall to that at least everything is healthy. And then of course, there were some good comments like congratulations, you've had such a beautiful baby and those comments I think really do make you feel a lot bubbly inside. [Laughter]

Researcher: Aw. Um, I was wondering, was there any accommodations for an individual that may have found attending the event difficult because they had experienced a miscarriage?

Participant: Yes. So my sister's best friend she had. She's had three unsuccessful miscarriages, unfortunately. So when my sister sent out the invitations, she did give us a call and tell us that she was quite unaware whether she wanted to attend because seeing her be happy and successful with a baby quite upset, and she did mention a bit jealous that she was unable. So my sister did reassure her and we reassured her as well but I know when she came, it was more the fact that we weren't celebrating that my sister was having a baby but we were celebrating that we were all healthy around her. Yeah, everything was going to be okay. So she did eventually ease in like she told us that she wasn't as upset towards the end of it. But having everyone congratulate my sister on the gender and everything like that. She said that when it just gets a bit overwhelming to think that you are unable to do it. While my sister was but I don't think we had accommodated her well enough. I still tell my sister till this day. I wish we had done a bit more because I could only imagine how she felt. I didn't even, I don't think I saw her smile for more than like thirty seconds. It was, it was very sad.
Researcher: Yeah. And when you say a bit more, what do you think would be an appropriate accommodation to do for an individual?

Participant: I think having, just an I can't express enough but having more support around. I know it's my sister's baby shower. And she was obviously celebrating her little one but not making it as profound to someone who's just lost it. So I'm not asking to like keep it private or anything. But maybe if you've lost someone and you know you're getting invited to a party like this, I think let them know that what's happened let them know how you feeling and if you don't feel comfortable to attend, I like personally I don't think you should because you know what you should worry about your own state more and you can always congratulate like your friend after but your health, your physical, your mental ability and your mindset comes first. Like if you do not fill up to coming then don’t. I don't know what else I could have done for my, my sister's friends but I just wish there was something that else we could have done.

Researcher: It sounds like you were very sensitive though to what she was experiencing.

Participant: Very much so like I could see, just seeing her facial expressions made me sad to think after like, I think it was six weeks it was still really hard for her. So to feel, basically by her talking her body language to feel that made me upset to think nothing could really change her mind and make her happy to distract her from what she had experienced.

Researcher: Mmm. I was wondering, have you ever been involved in something that commemorates the loss of a baby due to a miscarriage?

Participant: I haven't. No. I wish I was surrounded by people who would not be like with my sister's partner, the way he went on about the miscarriage I think if you congratulate people for having a miscarriage, I think it's quite wrong. I can, I know it's very, very upsetting, and it
would only make a Mum feel like she's lost her whole world. I don't think congratulating someone on that is the right way to go.

Researcher: No, um what type of a ceremony, ceremony do you think would be appropriate to acknowledge the loss of a miscarriage?

Participant: This may sound a bit like cliche or like off but I think although things that you've done like your ultrasounds, um if you've bought like any clothes or your room like the baby's room, I think it might break your heart, especially as someone's lost someone but to put it in a box and to remember that this was such a gift that you got blessed with. Um and their always going to be there because you will always have these ultrasounds, just looking through those stuff, taking that time for yourself as well. And if you want family members around like gathering, maybe just having like a talk or a couple of drinks and you know expressing like how you're feeling, even doing like a little campfire surrounded by photos like I think that for me if I was in that situation would be perfect.

Researcher: I think that's a lovely idea. I was wondering, um have you ever heard of a certificate?

Participant: No. I've never heard of it.

Researcher: Okay. Um, so in 2021, they have now developed a certificate that you can receive if you are to miscarry, losing a baby before twenty weeks. It can't be used for any legal purposes or anything like that, but it's just an acknowledgement of early pregnancy loss that you can…

Participant: Oh, I think that would is absolutely beautiful. Like to have something like that would be perfect. Not like as a sense like okay, I've had a baby and I've lost it but to know that you've had this little one and unfortunately, heavens gained an angel but you've still got
something to show that you did it. Like you made it this far and you've got the certificate and you've got your photos. I think that would give me some closure as well.

Researcher: Yeah. So following the experience of a miscarriage research demonstrates that individuals who experience miscarriage commonly feel negative emotions of grief, devastation, and anger. Are there any factors related to the miscarriage experience that you've been told or that you may believe would lessen the amount of negative emotions experienced afterwards?

Participant: Oh. That’s a good one. Um, I know, going back again with my sister, seeing how angry she was. How, how much grief she went through. The only thing that sort of like, relieved her anger was just having that thought of the ultrasound photos, people telling her that you know that she actually has done good, it's not her fault and that constant reminder that it's not your fault that you've lost this. I think that’s personally what got her through and she tells me as well. That's the only reason. Of course, she spoke to people like Beyond Blue and she told them the situation but she didn't speak on her behalf. Like saying it was her, she said it as if it was a third person having them saying it's not their fault that they've like they've lost it. It's not anything to do with them. It’s, they called, they called it science. They said it's unfortunately, it's science in the human body and that they are loved and that that baby will always be with them. That got my sister through so much and I think if you're if you're reminded you're a woman out there and you've lost someone. If you constantly remind yourself and surround yourself with people who love you. That it was not your fault. I think eventually, that anger and grief will ease it's not going to happen overnight but I know that it will make you feel that one percent better in that state you're in.
Researcher: Yeah, definitely. I was wondering do you think the individual's age might have an influence on the amount of negative emotions they experience? I know you mentioned earlier regarding your sister's age.

Participant: Yeah. So I do as well. I personally think so if you're quite young and you've experienced a miscarriage, I think that will make you feel more anger as well, especially if you're older and you've experienced a miscarriage and then, of course, you're going to get more angry because you're thinking you're too old. You know you've got a lot of health stuff. [Cough] But when my sister, my sister was twenty when she had her miscarriage. [Cough] She said to me that she constantly told me I was too immature. My body wasn't growing right. I didn't let my body grow first. I've had a baby. This is why because my body wasn't right. And I think it's, I don't think it was your body. I think, unfortunately, it happened. But I do know that how young she was how much anger she felt and she kept on telling herself she was so immature. She was so stupid for having it. And I kept on telling her you're not your perfect age. I told her I said you were like a good age to have it. Your body had stopped growing because she's quite a small girl as well. So she was like, maybe it's because I'm too small. Um, and just the, those negativities I was trying to change for her and see a different view. So I do think an age plays a really big part as well.

Researcher: Yeah. Sounds like you're quite a rock for your sister throughout the experience.

Participant: I think I was as well. And I think that's why I've become a bit stronger for myself and I've developed a view for certain things instead of judging so quickly.

Researcher: Yeah, I was wondering whether someone's relationship status, do you think that might have an influence on negative emotions?

Participant: Yes, If I, If I'm putting it on my shoes. If it was me and my partner and we had a miscarriage, I think he would support me so much so I wouldn't feel as much negativity but if
you're with someone who didn’t love you as much or didn't show as much care what you were going through, I think that plays a very big part on negative emotions as well. You want someone who's going to be supportive when you get pregnant to the day you've had your baby or to the day you've lost it, but, but still continues to be supportive and loves you for who you are. I want, you want someone who's going to be positivity for you and not someone who's just going to say mean things about your baby.

Researcher: Yeah, definitely. I was wondering whether um someone was actively trying to conceive a pregnancy or not. Do you think that might have an influence?

Participant: I think so as well. So if you're like in infertile and you're trying so hard to have a baby and then you finally get fertile, and you've found out you're pregnant after like, months and months of trying, I think that will have such a big impact on your yourself and your relationship as well. To go through all of that and then to find out you've lost it. I can only imagine how much negativity you will be feeling. To think as well, I can, I can think for myself, but if I was doing that, I would tell myself that it was just a waste of time because I've tried so hard to get pregnant. I tried so hard through all the infertility treatments just to have it kind of for nothing, so I can only imagine what someone would go through if they were trying so hard to conceive.

Researcher: Yeah, yeah, definitely. I was wondering maybe their culture, do you think that might have an influence?

Participant: I think so, as well. I think diff, I think basically anything could have an influence as well. I'm not, I don't know about different cultures, and I'm someone who will not judge on different cultures. But I do think different cultures have more different strengths, different values, different beliefs um, So I do think cultures will have a very big influence as well.

Researcher: What do you think about Australia's culture and miscarriage?
Participant: I think as a culture of Australian people. I this may just be me and not hearing about it, but I don't think we spread enough awareness about it. So if someone has a miscarriage, it's just like, alright, like I've had a miscarriage. Let's move on from that. Obviously, being a medical receptionist, I can only, I see a lot of people coming in who have babies and who have unfortunately had a miscarriage as well, but I don't think there's enough help out there for people in Australia and there's, I think, because we've developed the cultural identity of we are strong, and I don't think everyone should be like that. Like, I know there are people who are strong and you know, who may show their hurt differently, but it's okay not to be okay sometimes.

Researcher: Yeah. Yeah, I think, I think you've thought out that very well. And I think that's a good response.

Participant: Yep.

Researcher: Ah, my last question is, do you think if the individual was religious it would have an influence?

Participant: Coming from someone who is, I one-hundred percent agree. I know being Roman Catholic, that's only one thing we cannot conceive at a young age and if we were to conceive at a young age, we would have to get rid of it, or there would have to be a way to stop it. Um, and if there was a miscarriage of some sort, it would be our fault. So I think if, I bless anyone who is baptised and who is religious, I know how much they go through. There are different obviously religions who deal with things differently. I know some, my friend, she obviously is different religion, their family celebrates the life that you've lost. Whereas if it's a Roman Catholic like me, my family have always taught me that if you've lost something, it's your fault and I don't think any religions should be like that. I think if you've
lost it, heavens gained an angel. Any religion has gained a beautiful gift. Unfortunately, it was not your fault and I cannot express that enough. It's never your fault.

Researcher: Thank you for sharing that with me.

Participant: Thank you.

Researcher: That is all my questions I have for you today. Um, do you have any comments that you would like to share or something that you may, we may not have addressed that you would like to mention?

Participant: I just want to say you saying about the help that's out there for like um and telling me about how it's not just miscarriages based on a woman's health, how it can be something else. I think that needs to be said more because I had no idea and I loved how you told me that like now I feel like I've learned something. Instead of just being so biased and going off from what people have told me like, I really do believe I've been taught something that's really helpful. So what your questions are very, very good, and I think they're very strong, valid questions that get really into your thoughts.

Researcher: Aw, I appreciate that. Thank you.

Researcher and Participant: [Laughter]

Researcher: Well if you are comfortable then, are you may be happy to leave it there for today?

Participant: I'm perfect. [Giggle]

Researcher: Wonderful. Thank you so much for your participation today.

Participant: No worries. Thank you so much for letting me join.

Researcher: No problems at all. Have a wonderful day.
Participant: You too, bye.

Participant T306 Transcription:

Participant: I consent to the process.

Researcher: Awesome. So we're just gonna go through a couple of questions regarding the criteria to start off with. As you are here I presume you meet the criteria, but we're just gonna go through them. So what was age on your last birthday?

Participant: Twenty-five.

Researcher: Are you fluent in English?

Participant: Yep. I mean, I like to think so. [Laughter]

Researcher: [Laughter] So for this study a female refers to an individual with female sex characteristics and also a female gender identity. Would you consider yourself female?

Participant: Yes.

Researcher: Wonderful. What is your cultural background?

Participant: I’m from Mauritius, originally.

Researcher: Beautiful.

Participant: Yeah, a mixture of a lot of things.

Researcher: And do you permanently reside in Western Australia?

Participant: Yeah, technically. Yeah.

Researcher: Yeah?
Participant: Yeah.

Researcher: How long have you been here? I know in the email you sent was it five years?


Researcher: So have you, was it Mauritius that you used to live or?

Participant: Yep. Yep, that's right.

Researcher: Awesome. And for the purpose of this study, pregnancy loss refers to any spontaneous or uncontrollable pregnancy loss inclusive of stillbirth, miscarriage, ectopic, neonatal death and termination due to foetal anomaly, it does not include elective termination that was not deemed medically necessary. Have you experienced a pregnancy loss?

Participant: No.

Researcher: So you meet the criteria of the study, so we're going to move on to a couple more demographic questions if that's okay?

Participant: Yep, that's okay.

Researcher: What is your sexual orientation?

Participant: I'm straight, if that's what you're asking? Yep.

Researcher and Participant: [Laughter]

Researcher: Would you consider yourself religious or spiritual?


Researcher: What? Is there a specific religion that you would say you consider yourself?

Participant: Catholic?

Researcher: Wonderful. Ah, your ethnicity?
Participant: Oh, wow. Um. [Laughter] I’m technically half Asian. My Mum is Chinese heritage. My Dad is half Caucasian and half black.

Researcher: You do, you definitely have a lot of, a lot of culture.

Participant: Yes.

Researcher: And your highest level of education completed?

Participant: A bachelor. I have done a bachelor.

Researcher: May I ask what was that in?

Participant: Management and human resources.

Researcher: Awesome. Ah, your current occupation?

Participant: I am a People and Culture Coordinator.

Researcher: Wow, that sounds like a lot of responsibility

Participant: To much.

Researcher and Participant: [Laughter]

Researcher: This one doesn't have to be specific but your social class just low, middle or high?

Participant: I say middle.

Researcher: Middle?

Participant: Yep.

Researcher: And this one again does not have to be specific. Just over a certain, over a certain rough amount. Your household income?
Participant: Do I have to say a specific amount?

Researcher: Doesn't have to be specific. No.

Participant: Well, technically I can tell you mine. I do live with someone else. My brother.

Researcher: Yeah.

Participant: But mine is around seventy-two.

Researcher: Yep. Perfect and just on that is your brother, the only individual that you live with? Participant: Yeah.

Researcher: Yeah. Wonderful. That's all my demographic questions. Now I kind of want to get to know you as an individual. Would you maybe be able to give me a sentence describing yourself?

Participant: Forgetful at the moment.

Researcher and Participant: [Laughter]

Participant: I don't know. I'm pretty bubbly, energetic, fluent in English, multilingual.

Researcher: Yeah. Awesome. What would you consider are five of your core values?

Participant: Oh, sorry. Let me just turn my microphone is just beeping. Um. Well, that's a good question. I think. Like, honesty is very important. I'm very honest. I guess trust as well. Is very important. I don't know family will be counted as a value.

Researcher: Yeah.

Participant: That’s three. I like it when people ask this question and you just don't know what to answer anymore.

Researcher: [Laughter]
Participant: Um, I don't know you just put me on the spot. I'm not sure. [Chuckle]

Researcher: There's no right or wrong answers, I promise.

Participant: Well, I think like honesty, family is very important to me. My career is a very big thing to me. So very career driven and that's pretty much it. I don't know…Healthy, kind of like a good lifestyle, you know, work balance and everything are very important things to me, but I don't know if you would call them values but you know.

Researcher: No, I think they're lovely values that you've chosen.

Participant: Thank you. [Laughter]

Researcher: So how would you describe your view of the world, we have the analogy the cups half full or the cups fully full, what would you consider yourself?

Participant: I think it all depends how I am feeling. Unfortunately, sometimes I just see, I tried to see it half full but I often see it half empty and again it all depends on, of different things around unfortunately some times when it's blue it is just all blue. When it's grey, it's just all grey. But I tried to think that most um, I do believe that it's half full.

Researcher: Yeah. And would you say your view is unique from others?

Participant: Um, no I wouldn't say it's unique. I think it is different depending on who. I think when it comes to other people and me probably giving advice or whatsoever it's more positive, but when it comes to your own, it's a little bit different. So I would say it is unique, but it's not unique [Chuckle] You know, there's other people who would see it like, in a better, more optimistic view than me.

Researcher: Yeah. And what do you think has shaped your view?
Participant: Probably religion, a lot of it has or a lot of it. I was born and raised Catholic. My family as well, I think I would come from a pretty strong family background, where family is very important to me. So I think these two and definitely education as well, I would say.

Researcher: Wonderful. I was wondering now if we can consider what it means to be female. What would you um, what are your thoughts about yourself as a female?

Participant: Oh. [Laughter] I think being a female is great in a lot of ways, I think more female sometime tend to be, to have more empathy. And I think being able to give birth when you can is a it's an amazing thing. I always think about it that a human being able to reproduce another human is a pretty big deal. I do think that being a woman comes with a lot of challenges, unfortunately. Sometimes I do think that being a man could have been easily, ah easier. But yeah, I think it's great to be a woman. Unfortunately, there's a lot of things around being a woman that makes it hard but I think I am pretty happy to be a woman.

Researcher: Nice. What would you… What would you consider are core aspects of your female identity? I do apologise.

Participant: Sorry can you explain that a bit more to me?

Researcher: Ah, so what aspects of yourself would you say are part of your female identity?

Participant: I think. I don't know if that's the right answer, but maybe like, I'm very nurturing.

Researcher: Yep.

Participant: Yeah, I think that's what I would say is the most feminine thing that's not physical, obviously, about me. And I think a lot of empathy, emotional intelligence and usually thinking about other people and putting them first, I think that's a motherly thing that you see mainly women compared to men. Not saying that you don't see it in men but more often in women.
Researcher: Yeah, and in general, what would you say are core aspects of a female?

Participant: You mean physically, or?

Researcher: Physically, mentally…Just if you were to see an individual what makes them female?

Participant: Well, I guess physically, it all depends, like if their feminine, the way they carry themselves, posture and everything. And I think behaviour as well. But, you know, I'm a bit in between in the sense that, you know, like, more ladylike, more polite, I guess, but I'd say the first thing I would look at is definitely the physic and the way that somebody presented themselves.

Researcher: Yeah. And what would you say has shaped your view of what it means to be female?

Participant: Well, I don't know, I guess being brought up in a Catholic environment is if you were born with a vagina, you're a female. [Chuckle] And you know, like the way you grew up and everything like your body and things like that. And also I guess, the attitude and behaviour, like I explained is that a woman is meant to behave a certain way. So I think I would look at these things first.

Researcher: Wonderful. Now I was wondering if we could consider your past and present romantic relationships. Have, are you currently in a romantic relationship?

Participant: No.

Researcher: Have all your past relationships been heterosexual?

Participant: Yeah.
Researcher: Yeah. And in your past relationships may I ask, have you considered having children?

Participant: Yeah, I mean, you know, crossed my mind. [Laughter]

Researcher: [Chuckle] No, no. Would you maybe be able to tell me what conceiving children means to you?

Participant: Well, I guess, most of my life I did think of that I will be a mother, sometime I would say no, because I'm very career driven, like I said and time just goes by and there's a lot of reason why I would consider not having a baby. But I think when I thought of having a baby with a previous partner, it was more because I just felt like there was love there and I just wanted to kind of show that through a baby and I just saw a future with them as well. And saw that we could be a family.

Researcher: Aw.

Participant: Yeah. [Laughter]

Researcher: [Chuckle] So may I ask, have you ever been pregnant?

Participant: No.

Researcher: And so… Can you give me a little bit of understanding as to why you haven't experienced pregnancy as of yet?

Participant: Yeah, absolutely. I think I believe that I'm too young to have a baby now. And I think none of my partners were like, committed. I mean, we were committed but I would say that I would maybe wait until I live with someone or probably, I wouldn't say probably married I would have a baby without marriage, but I just feel like it was not a time in my life. And it's still not a time in my life for me to have a baby yet. I think financially I would like to be financially stable, you know, much more money than I have right now. You know, and
also mentally more prepared for it. And I still want to do further studies and live a little bit more before I commit to, to having a baby.

Researcher: Yeah, thank you for sharing that with me. I was wondering if you were to be pregnant, when do you think you would announce your pregnancy and to who?

Participant: Hopefully my partner if I was happy, if I guess I would tell the Dad first that I’m about to have a baby and then I probably would keep it to myself just for a little bit, but I think I would be probably very excited about it no matter what, even if it's not the right time or I’m financially not ready. And then I probably would tell my Mum about it and my brother as I live with him.

Researcher: Yeah. And may I ask what weeks would you be at before you would say anything?

Participant: Um, I think straightaway, I think straight as soon as I find out but I think I would probably if I was to just do a home test. I will probably go and get a blood test to make sure that I am actually pregnant. And as soon as this happened, I will start telling people but I guess it all depends. I'm saying that right now, if it was like an accident, and it was not expected. But I think if I was somebody who was trying for a long time, and had a couple of failures, if that makes sense? I would wait for it to be safer before me telling people. Just to not get my hopes up and get used to the idea and then there is no baby.

Researcher: Yeah, yeah, definitely. I was wondering on that, have you ever accessed to health services regarding a medical condition that could influence your ability to fall pregnant?

Participant: Yes, it was a medical… I did have an ovarian cyst that resulted in half of my ovary to be taken out but apparently I can still have kids, so.

Researcher: I'm so sorry for that experience.
Participant: That's okay.

Researcher: Yeah. May I ask did that kind of change your conception of what pregnancy means to you?

Participant: Um, yes, I think it happened to me. I was quite, I was quite young. I was maybe eighteen I think? Nineteen? I was nineteen when it happened. Um, and before that, that's funny I said that I didn't want to have children. And then when this happened, and obviously I found out about my ovary and stuff. I just remember I was in a very sad place where I was crying for weeks thinking that I wouldn't have a family. And I think it was more even though before I didn't want to have kids. That thought was not in my mind. I was so young. I think thinking that the choice was taken away from me was a very hard thing. But the more I read and more I heard stories of people, it's not impossible to have children. And I think because of obviously what happened to me, kind of trying to build the idea that being pregnant might not be a possibility in the future and trying to be positive about it thinking that there's other ways for me if I really wanted to be a Mum one day.

Researcher: Yeah. Thank you for sharing that with me. I know that would have been very difficult for you.

Participant: Yeah, thanks.

Researcher: I was wondering if maybe you could tell me about a time when you've gone to an event celebrating pregnancy?

Participant: Yeah, I've been once actually, just once. It was a very close friend of mine and she was pregnant. And I think it was a very, I guess this one was a special moment because she's been trying for years to have a baby and she had to go through IVF and everything. So it was a very good moment to see that she's been able, you know, to have a baby. And she was, I guess a similar story to mine. When she was being told for a long time that she couldn’t, she
wouldn't be able to be a Mum. And you know, her being pregnant and me being there from the beginning to the end was very good. Yeah, good moment.

Researcher: Aw. Did she have a baby shower?

Participant: Yeah, she had a baby shower.

Researcher: Yeah. What kind of topics of conversation were at the baby shower?

Participant: It was like three years ago, so I can't quite remember. People were talking about food a lot. There was a lot of food. There was a lot of games. We were doing a couple of games like guessing the gender, finding names as well and stuff like that. And there was a couple of young Mums around as well who were telling how it is to be a Mum. And there was a couple of kids around and stuff like that. Just yeah, I think just talking in general nothing in particular that is stuck in my mind.

Researcher: Yeah. And how many weeks was your friend when she had the event?

Participant: She was like a couple of months in. Probably six months or seven, you know? Quite. Yeah, she was. Yeah, she was heavily pregnant. [Chuckle]

Researcher: [Chuckle] Yeah. And I was wondering, did you notice any accommodations for an individual that may have been experiencing a bit of discomfort in attending because of their pregnancy history?

Participant: I know that there was a lady who I think had a miscarriage before or maybe two, I'm not sure. But she was fine. She came early, she's the one who brought me there was cooking and stuff but I think at the time I didn't really think of looking and seeing how she was feeling but she was we all work together. So she was there from the beginning and she always expressed happiness for her friend. She did mention once about her miscarriage and how she was hoping to have a baby as well in the future. So I think there was a bit of
probably sadness into it not for the friend but just thinking that this unfortunately didn't happen to her. But she was always quite happy for her friend.

Researcher: Yeah. What do you think would be an appropriate accommodation to make for an individual that might be experiencing a little bit of psychological discomfort in attending because of their pregnancy history?

Participant: Ooff. I don't know. I think it's very subjective to the person. I think and it will all depends. I think personally if I was to have a baby shower, and I know one on my friend or somebody related to me, I will probably have a chat to see how they are feeling. But I think it is pretty much up to the individual as well if they didn't want to come because of that I would totally understand why and I think there's nothing mean or wrong. It's not. I think there will be a bit of envy, but it has nothing to do with the person who's pregnant, it’s more to do with the person who is not. So I think having this conversation and making sure that everybody is comfortable is the right thing to do. But sometime, you might not be aware that this person had been through that.

Researcher: Yeah. And just on that, has anyone ever disclosed to you that they've had a miscarriage and discuss aspects of it with yourself?

Participant: I had somebody who told me that she had a son but he's in heaven. And she did, she, I was like, oh, I'm so sorry kind of thing. Then she was like, yeah, he was never born. So I think it was a miscarriage like in the late pregnancy. So he was born but she never had the opportunity to watch him grow. I think that's what she was saying. But she didn't tell me the details, in depth. No.

Researcher: And have you…

Participant: But I mean, to be fair, recently, I did have a friend who told me about something that I've never heard before. That was an ectopic pregnancy. So she did tell me a bit of the
details like for her it was I guess it was a bit different because she was not aware at all that there was a foetus or a baby growing in her belly. It was all sudden, where she was rushed to the hospital. So yeah.

Researcher: Yeah. And did you feel comfortable in hearing those experiences?

Participant: I felt very sorry and sad for her and thinking that it would have been a pretty traumatic experience for herself and her partner as well. I did feel scared a little bit as well thinking that, you know, because I've never heard of it before. Thinking that this could happen to anyone. And I think I don't know it makes you cautious a bit thinking like, you know, when you see a little something like your period is a bit different that it could be something alarming and you always kind of be thinking maybe I should get check it out. Check out like, just check it out. So I think it kind of brought a bit of like, weariness and I think I'm a very, I'm somebody who has a lot of empathy. So I kind of felt a bit of her pain, thinking that she must be going through something very hard and her partner as well.

Researcher: Yeah, definitely. And I was wondering, did they share that experience with many people or did they keep it a little bit more private?

Participant: I think she would have told it to people who are very close to her. And she's somebody who's pretty open, and I think she could share this story with someone else. But she wouldn't just say it out loud in a room. No.

Researcher: Yeah. And for yourself, do you consider it a public or kind of a private matter miscarriage?

Participant: If it was for me?

Researcher: Just, just in general, like, who do you think is appropriate to tell when you experience a miscarriage?
Participant: If it was me experiencing it, I think if it was me confiding in someone I don't think that person should tell anybody, because I'm a very private person. And I think if I was to experience it, it would take me quite some time mentally to recover from it. So I think I would be quite upset if somebody was telling my story.

Researcher: Yeah, so it should come from the individual themselves?

Participant: Yeah. So I mean, I think everybody's allowed to do what they want. So if somebody wanted to, doesn't mind somebody else telling the story, it's up to them. But I think just personally, I'd rather tell the story myself, unless if the stories being told to somebody who is close to me that deserve to know, then yes, maybe because if I'm not strong enough to tell the story to these people, but I think if it was just to just tell random people I would not be comfortable. If somebody was saying my story, unless they were telling my story without saying my name.

Researcher: Yeah, yeah. And I was wondering, you mentioned before that the baby shower was with work colleagues, have you ever heard miscarriage come up in the workplace?

Participant: Yes. So I do work in HR. So I think sometimes there is stories where people unfortunately have miscarriages and they need to take some time off work.

Researcher: Yep. And do you know how many days is given regarding the experience of a miscarriage, bereavement leave?

Participant: I know that there is on Fair Work, some something around it around miscarriages, but I can't tell you exactly how long it is. I think depending on when it is happening in a pregnancy, it will differ. Somebody who's two months pregnant compared to somebody who's like seven months pregnant will be quite different. So I'm not sure exactly. I actually have no clue how long that will be. But personally, I know if this was to happen in my workplace, the person could take as much time off as they need.
Researcher: Yeah, definitely. I was wondering, what do you think is an appropriate comment to say to an individual that's experienced a miscarriage to support them?

Participant: Ooff. I think I would read a lot of the body language first and I will probably say, thank you for sharing this with me. I'm here if you want to talk about it, because I think if you say, oh, I'm sorry, sometime it could trigger something as well. If somebody didn't think it was a big deal. It was the beginning and being like I was just a foetus or whatsoever. I wouldn't want to upset someone because of that but if I could see that somebody was in a bit of distress, I would probably say sorry, and probably give them a hug. Again, reading the body language and say that I'm here if they want to talk, but I probably wouldn't want to ask question and dig, probably just say, oh, I'm so sorry, I can see that you're quite upset. I'm here if you would like to talk about it.

Researcher: Yeah, I think that's a really nice response. I was wondering have you ever heard any unhelpful comments said in regard to an individual who's experienced miscarriage?

Participant: I wouldn't say so but I would think… I think it was not very much targeted at someone but sometime, you will probably think that people would say for example, if there was a lady who was smoking or drinking, not heavily, not alcoholic, but drinking that people would say that she was not healthy enough and stuff like that. Or, yeah, I think that's the only, the worst thing that I would have heard.

Researcher: Yeah, just on that. Do you think is there a type of individual that is likely to experience a miscarriage?

Participant: Um, I'm not sure I would say I guess you have to be. You have to be more cautious and more healthy if you knew that you were pregnant. But if somebody didn't know they were pregnant, and they just kept on doing things that they would do every day. I
wouldn't say that. I don't know. Like, I would say that, you know, like, if somebody didn't
know it, and they were experiencing miscarriage, I think it's completely innocent that if they
did know they were pregnant, that would have been a bit more careful. You're not meant to
smoke or drink alcohol when you're pregnant but I would say you still have to be healthy.
There's so many women out there who are completely healthy and trying to have a baby and
they still having miscarriages. So I think it all depends on the individual and sometimes it's
just unlucky. But I do believe if a woman was heavily drinking and smoking and not looking
after themselves, they'd be more prone to losing their baby than somebody who's been more
careful.

Researcher: Yeah. And have you ever heard of a way to prevent a miscarriage?

Participant: Sorry, you just cut out, what did you say?

Researcher: Sorry. Have you ever heard of a way to prevent a miscarriage?

Participant: No, unless of like I said, the usual stuff like don't smoke. Don't drink. No, I don't
think so. No.

Researcher: No, that's okay. I will disclose to you. Miscarriage does not discriminate. It can
happen to any individual. It happens to one in every four confirmed pregnancy and the most
common reason is chromosomal abnormalities. But I do ask these questions to kind of hear
your knowledge around it and you are correct, there are certain factors that can increase the
likelihood of an individual experiencing miscarriage and drinking and smoking are factors
that can increase the likelihood, but I do disclose to you that it unfortunately is not
preventable, and it can happen to any individual.

Participant: Yeah.

Researcher: Yeah. I was wondering have you ever heard of any services for miscarriage?
Participant: Um, no, no. But I'm assuming especially with Medicare and everything. If somebody needed to go see a psychologist who's um, a psychologist, sorry, psychologist who's more how can I say who has more experience in this field? They will be able to have access to it. But I'm not sure if there's anything that when it happens to you have somebody come to you and say, what is available to you. No.

Researcher: No, that's okay. I was wondering, have you ever been involved in an event to commemorate the loss of a baby due to miscarriage?

Participant: No, no.

Researcher: What do you think would be an appropriate event to commemorate the loss of a baby due to miscarriage?

Participant: I think anything, anything that somebody would like to do. If they would like to have, I know one of my friend is having a cremation. I think it's the hospital, that’s actually doing it for them. So I don't know. I'm assuming there was consent and everything. They can't just do it without somebody’s consent, but I think that's totally appropriate. If somebody just want to have something casual about it, that's fine. If they don't want to do anything, it's up to them. So I think again, it all depends when it happened in the pregnancy, but even if somebody who was seven weeks pregnant and told me they had a miscarriage and they want to do something, I would definitely be up to it and do whatever the person wants to do. So I think everything is appropriate.

Researcher: Yeah. And just on that, have you ever heard of a certificate?

Participant: No, but I've watched movies, where unfortunately, this happened, and they had to give born to their baby, unfortunately, and I think they do have a certificate of birth and not birth certificate of death, actually. So yes, that's the only reason I know about it.
Researcher: Yeah. So that when the individual has to give birth to the baby that is considered a stillbirth. And with miscarriage, only… Up until 2021, you weren't allowed to receive a certificate. But now as of 2021, you can apply and receive a certificate of early pregnancy loss recognition. It can't be used for any legal services. Sorry, my words tonight. It can't be used for any legal purposes, but it just recognises the loss of the pregnancy.

Participant: Yeah.

Researcher: What do you think would be the purpose of this certificate?

Participant: HR is terrible, but I mean, it doesn't sound terrible. I do work in HR and unfortunately sometimes in order to take a pretty long time off, some employer would ask for it. I don't personally agree with it. Uh, but I think it could be for a way of somebody if they needed to, you know, to have a reasonable time off from it. Or sometimes it could be depending on the countries as well to get access to things like psychologists and a little bit more of help. And sometimes I think it will be for the individual themselves to know that they did have a baby and unfortunately, the baby's not here anymore. It's kind of like a memory.

Researcher: Yeah, yeah. No, lovely. I was… Sorry, I've lost my place.

Participant: That’s okay.

Researcher: So following the experience of a miscarriage research demonstrates that individuals who experience a miscarriage commonly feel negative emotions of devastation, grief and anger. Are there any factors related to the miscarriage experience that you've been told or that you believe may lessen the amount of negative emotions?

Participant: What I think if you think that it was not your fault, you'll be less angry towards yourself and thinking that it's, you know. I don't know how much I fully agree with it but
sometimes it's not that it was meant to happen, no but it's more it was something that was inevitable. Like you said yourself, it could it can happen to anybody. So I think thinking about that and thinking that I guess I'm religious right that your baby is now an angel, and is in a good place. There's no sense whatsoever. There's no reason for a baby to be somewhere bad if your religion again thinking about heaven. And again, a lot of people have religious thinking that the baby would be with people that are close to them like previous relative who passed away. So this will be a good way of, you know, to feel less sad or less guilty. And I think thinking as well that it's because you had one miscarriage that you can't have a baby again that you can try again. So having this little bit of hope, will help and definitely a lot of support, lots of support from family and friend and things like that.

Researcher: Yeah. I was wondering as well, when you said religion. Was that speaking from your own religious values?

Participant: Um, yeah, because I've only know one person who went through a miscarriage and they are religious themselves but a different religion. But I don't know if she would say that. She well, she's technically religious, but I know she actually believes in it. But I would say yes, it would be from my personal experience. But again, I think it's easier to say when the thing that it does not happen to you if it was to happen to me. I don't know how if I will be as positive.

Researcher: Yeah. No, I asked because… I appreciate you explaining to me because I'm a little bit uninformed regarding religion. I was wondering if you were speaking from your specific religion or as well do you think religion in general would have an influence for the individual?

Participant: I think religion in general, but I think I can only speak of mine. And I guess in like, most Catholic have a lot of faith and they believe that not necessarily but that they
believe that everything is in God's hands and that it's so weird to say that he knows what he's doing because I don't think that, you know, like God would actually want you to have a miscarriage. It's a terrible thing to go through. But I think every Catholic person would have doubts in this moment. Definitely. But I think they will have to think that everything they will say that everything is in God's hand and that if they pray and they have faith that they're gonna be pregnant, or maybe it just mean that their life has a different, there's something different coming for them and that could be adoption. Often we see that where people believe that unfortunately, it was not written that they were meant to have their own baby but it was written that they were meant to adopt and do something different. Or sometimes it could be, you know, to be completely devoted to being a priest or being a nun or, you know, helping in another way than being a parent.

Researcher: Yeah. Thank you so much for sharing that with me as well. I really appreciate that. I was wondering, discussing as well, the…So an individual regarding their age, do you think an individual's age would have an influence on the amount of negative emotions they would experience following a miscarriage?

Participant: I think so. I think if you were a little bit older like in and you were ready to be a Mother, I think it would probably impact you a bit more thinking that you might be running out of time. Some people would say they're running out of eggs as well that you know, and things like that. So I think it could impact somebody who's more ready a little bit more some time when you're a bit younger, maybe you don't think about it much and you might think or maybe it was just meant to be I was not ready to be a Mum. Maybe right now it's just a time for me to think about myself and things like that. But I think either way, you know it is a it is a big I think it's a big thing to go through and it would impact anybody no matter how old they are.
Researcher: Yeah, we're definitely not negating the fact that a miscarriage would be an emotional experience no matter what. We're just considering some contextual factors surrounding the miscarriage experience and how that would affect the emotions.

Participant: Yeah.

Researcher: I was wondering if I could ask, do you think an individual's relationship status would have an influence?

Participant: On their, on how they have?

Researcher: Yeah, the negative emotions, yes.

Participant: Um, I think if somebody… I guess if somebody was having a baby and they were single, let's say, and they've lost a baby, and they don't have this emotional support that could lead in them feeling much more lonely compared to someone who could have somebody next to them and being there for them for the whole process. I think that would add that could affect somewhat someone in a more negative. But I do think, you know, like I said, no matter what, I think there will still be something negative, but I think being well surrounded, could help. But again, it would depend on the individual. Sometimes you can be well surrounded but if you're not okay in your head, it doesn't really matter.

Researcher: Yeah. I was also wondering, do you think if someone was actively trying to fall pregnant or not actively trying to fall pregnant would have an influence?

Participant: Again, on their feeling? Is that right?

Researcher: Yeah.

Participant: I don't know. I think sometime if you were not expecting to have a baby and you have a baby and it brings some kind of, you know, happiness and, and sadness or whatsoever. It doesn't matter if you were trying or not because the pain will still be the same. The sadness,
I think if you were somebody who was trying for quite some time and was really expecting a baby, there will be different things that will come into picture like disappointment or guilt, probably a lot of guilt thinking that there's something wrong with them. And also, I guess you will feel extremely tired and overwhelmed. If you've been you keep on trying and it's not working you probably will think there's something wrong with you. Compared to somebody who fell pregnant and then had a miscarriage, they might think that, you know, all these things happen. It's not me. But for somebody who's been trying for quite some time they could feel insecure and thinking that the problem is actually them.

Researcher: Yeah, yeah. I was wondering, well, this is my last question. Do you think someone's culture would have an influence on their experience of miscarriage?

Participant: I don't know. I think I would think so. Yes. I don't want to go too deep into it. Like I'm not sure what like for example, you know, you do have like, some tribes or whatsoever in Africa, different things like that. I think, depending on your culture and how it's seen in society, it would actually it could affect how you feel. For some people, it could be something minor thinking, this happen and if you're not very much emotionally away with not it will not affect you as much. Like I was saying like in Africa when you have tribe and everything. And you know, like, people are still emotional no matter what, like you are humans. You do you have emotions, but sometime if you're not aware, and for you, it's just something natural that just happened. It might not impact you as much. And it could be you had a miscarriage, but your purpose is still to reproduce and things like that. You would just have a look at your children that you already have and just keep on going and keep on being pregnant. If that makes sense. I'm not sure if that's making a lot of sense right now. But I guess yeah, it all depends how it's being seen and things like that. So in some, I would say in some culture, it could be seen as more minor than the others. But the example that I just gave
is a pretty, it's a pretty different one. You know, it's not, it's not everywhere in the world that it is like that. So it all depends on which society you're in.

Researcher: Could I maybe ask you to speak potentially to the Australian society regarding miscarriage? What do you think of the Australian culture?

Participant: I think that people are pretty much aware here and if somebody was going through a miscarriage, people will be very, we have a lot of empathy around it and understanding as well. So I would think that people will take it quite seriously and we think that it is a very hard thing for a woman to go through. But like I said, sometimes if you have not been through it, you might not know and, unfortunately you could have come in like if it was very early in the pregnancy. Some people don't even believe that it's a baby. It's just a foetus, you know. So yeah.

Researcher: Yeah. That is all my comments, all my comments, all my questions I have for you today. Thank you so much for answering. Do you have any comments for me or any questions?

Participant: No, I think it was great. It was good. Thank you. I've, I've heard things that I've never heard before. So that was good.

Researcher: [Chuckle] I hope not too bad things to hear.

Participant: No, no, I think it was more awareness. For example, what was the thing that you said like the birth certificate and stuff like that, which I was already aware of the birth certificates. There was something else that you said, oh the chromosome, and things like that, you know? So I've never, it didn't cross my mind really to think that this was a reason of miscarriage. So I think that was good to know.

Researcher: I'm glad I could share knowledge with you.
Participant: Yeah, that's awesome. Thank you.

Researcher: I really appreciate you. Thank you so much for participating in this with for me today, and I'll be in contact with you then through email and I'll send through our transcription and just email back and say whether it's accurate or not. I also will send you a debrief letter as well.

Participant: Yeah, that's perfect. If you see that I don't get back to you in a couple of days. Please just give me a call. Don’t even message me just give me a call, because yeah, I receive so many emails, it will just get lost.

Researcher: I could imagine… I'm the same way. So if you do email me as well, I try to stay as prompt as possible, but I know you're feeling.

Participant: Yeah, so just don’t hesitate to contact me. That's all good.

Researcher: Awesome. Thank you so much. Have a wonderful evening.

Participant: You too. See ya

**Participant V206 Transcription:**

Researcher: Beautiful. So just if you wanted to repeat?

Participant: Yeah sure. I consent for the recording of my voice.

Researcher: Beautiful. So the first couple of questions are just nice and easy. We are going to start off with the criteria of the study. Umm, I know that you by being here most likely do meet the criteria but, I’ll just ask them, just in case.

Participant: Yeah, no worries.

Researcher: Ahh, what was your age on your last birthday?
Participant: It was thirty-five.

Researcher: Ahh, are you fluent in English?

Participant: Yes.

Researcher: Ah, for the purpose of this study a female means an individual with female sex characteristics and also a female gender identity. Would you consider yourself to be female?

Participant: Yes I am female.

Researcher: Ahh, please state your cultural background?

Participant: Umm, I will just say Australian.

Researcher: Australian?

Participant: Yep.

Researcher: [Chuckle] Do you permanently reside in WA?


Researcher: Have you always been here?

Participant: Yes, always been in Perth, yep.

Researcher: Always been in Perth. [Chuckle] And have you ever experienced a pregnancy loss? For the purpose of this study pregnancy loss refers to all spontaneous and uncontrollable pregnancy losses inclusive of stillbirth, miscarriage, ectopic, neonatal death and termination due to foetal anomaly, it does not include a pregnancy loss by elective termination that has not been deemed medically necessary.

Participant: Yep. No, I have not experienced any of that.

Researcher: Good. You meet the criteria of the study.
Researcher and Participant: [Laughing]

Researcher: Do you mind if we move on to a couple more demographic questions then?

Participant: Sure, yep.

Researcher: Lovely. What is your sexual orientation?

Participant: Umm, straight. What do you call it? [Giggle]

Researcher: Straight, yeah. Heterosexual?

Participant: Yeah.

Researcher and Participant: [Laughter]

Researcher: I have caught a few people on that one.

Participant: I was like hold on I’ve never thought of it. [Laughter]

Researcher and Participant: [Laughter]

Researcher: Ahh, do you have any religious or spiritual beliefs?

Participant: Umm, no. None.

Researcher: No.

Participant: Yeah.

Researcher: Your ethnicity?

Participant: Umm, Caucasian.

Researcher: Yep.

Participant: Yep.
Researcher: Ahh, your highest level of education completed? I know you said before you were studying.

Participant: Yeah so Year 12. Studying at the moment social work.

Researcher: Awesome. Ahh, occupation?

Participant: Umm, so support worker in domestic violence refuge and umm residential care worker.

Researcher: Wow. Sounds like a lot of responsibility.

Participant: Yeah. Yup. It’s going good. It’s just I don’t know why I took two jobs.

Researcher and Participant: [Laughter]

Researcher: We all do these things when we are students.

Participant: Yep. [Chuckle]

Researcher: Ahh, your social class? It doesn’t have to be specific just low, mid or high?

Participant: Umm, mid, maybe?

Researcher: Mid. And the same thing here doesn’t have to be specific your household income?

Participant: Umm, about one ten.

Researcher: One-ten?

Participant: Yep.

Researcher: Ahh, your members living in the household with you?

Participant: Umm, so we’ve got five all together including me. Umm. Two seconds. [Looks at phone] Umm, we’ve got five. We’ve got me, female. We’ve got my husband, male. We’ve
got three kids so a fifteen-year-old male, a ten-year-old daughter and a three-year-old daughter.

Researcher: Aww, lovely.

Participant: [Laughter]

Researcher: A busy household. [Chuckle]

Participant: Yes. [Chuckle] It’s hectic.

Researcher: Ahh, now I would like to learn about you a bit as a person. So I was wondering if you could maybe give me a sentence of how you would describe yourself?

Participant: Umm, sure. I would describe myself probably as umm, outgoing at times but caring and shows empathy well.

Researcher: Hmm.

Participant: Yep.

Researcher: Ah, what are five of your core values?

Participant: Umm, respect, honesty umm, loyalty umm. Oh, that’s only three.

Researcher and Participant: [Giggle]


Researcher: I think they are lovely values.

Participant: [Laughter]

Researcher: Ah, how would you describe your view of the world? So you know that analogy your cups half full or you know the cups fully full. What would you…
Participant: Yeah, umm. Yeah, I’d probably always just try and see the lighter side of things, umm. Not taking everything too serious or to heart and always there has got to be an answer for things as well.

Researcher: Yeah and would you say that your view is unique to others?

Participant: Umm, not all the time no. [Laughter]

Researcher: Yep. What do you think may have shaped your view?

Participant: Umm, probably growing up and from where my Mum kind of came for as well. So her life experience probably led me to similar, like my views probably.

Researcher: Okay. Ahh, just on that where did your Mum come from?

Participant: Well she’s Australian but umm she had a bad relationship so she had like a domestically violent relationship with Dad and left him but I think her just morals. That, how she raised us outside of him, umm and the strength she kind of brought forward was probably, yeah. Where it came from.

Researcher: I am sorry for your experience.

Participant: Aww yeah. It’s okay. I was too young to even know to be honest so it was more her, so yeah.

Researcher: Yeah. Umm, just on that in terms of the strong females. I would like to consider what it means for you to be female. What are your thoughts about yourself as a female?

Participant: Umm, definitely, probably feel like the strong one in the family that has to kind of keep everyone together umm. So I feel like being a female you do carry a lot of things umm. So yeah it is a strength but it is providing like the caring nature to the kids, like as well
so umm. So I guess being strong, being caring umm and having a little bit of a fun side to you as well.

Researcher: Yeah.

Participant: Yeah.

Researcher: What kind of core aspects do you contribute, do you think contributes to your female identity?

Participant: Umm, probably family members. Umm, so like family members who I kind of surround myself around, with friends, similar kind of friendship groups umm. Yeah probably family and friends.

Researcher: Yeah, okay. Umm, what would you describe as core aspects of a female's identity in general?

Participant: Umm. [Reflective pause] Probably, I guess showing. Like having that little bit of fun to you being a female and having umm like a unique personality I would say as well. Like letting everyone be what they want to be umm, you can be strong, you can be fit, you can be yeah. It’s kind of a really broad range that I think that you have got to be female, it’s not like high heels type of thing, it’s kind of any, anything goes.

Researcher: Yeah. And what do you think may have shaped that view?

Participant: Umm. [Reflective pause] Probably again my family, to be honest. Like how you’re raised probably shaped that view.

Researcher: Yeah.

Participant: Yeah.
Researcher: Okay, lovely. Do you mind now if we discuss a little bit about your past and present romantic relationships?

Participant: Yeah sure.

Researcher: Ah, have they always been heterosexual relationships?

Participant: Yes.

Researcher: Ah, in your relationships have you always wanted to conceive children?


Researcher: Could you maybe tell me a bit about wanting to conceive children and what that means for you?

Participant: Yeah sure. So. Did you say in the relationship or in? What was the first… In the?

Researcher: The first one was in regards to your relationship have you always been in relationships that you’ve wanted to conceive children…

Participant: Okay sure.

Researcher: And the second part was what does conceiving children mean to you?

Participant: So umm, considering we were young when we had our first that was not planned umm. Then like because we were quite young we were eight…I think I was turning twenty when I was pregnant umm but then going forward when we got married and things like that we actually wanted to try and conceive. Umm, it was tricky though. So when we wanted it, it wouldn’t happen for both girls. So that was going down the road of fertility and things like that umm. Didn’t need the full injections, so it was probably a time that it, where your actually trying to conceive but you can’t fall pregnant. It is kind of like a daunting time and
your always like watching to see if your pregnant and things like that so. I would say I was probably daunting and not really exciting till you knew you were pregnant. Yeah.

Researcher: And do you think that emotionally impacted you quite a bit, having to go that route of pregnancy?

Participant: Yeah, probably. Not like overly emotionally but it definitely each month you kind of check and then you know your not and your disappointed and all those feelings come.

Researcher: I’m sorry for that experience.

Participant: All good, yeah.

Researcher: Yeah. Umm, maybe can we discuss a little bit about your pregnancy history then?

Participant: Yeah sure, yep.

Researcher: Would you be able to tell me a story about pregnancy?

Participant: Umm, sure I wasn't one to love pregnancy. Umm, I think it just didn't really ever agree with me. So it was either really sick in the start of the pregnancy and then you're obviously growing so much bigger so then you're tired, your belly is growing. Umm, so the uncomfortable stage as well so, I mean, I didn't love it, but the times that you could sit down and like feel the baby move, they were definitely worth it. Umm but yeah, pregnancy overall wasn't great. [Chuckle] Yeah.

Researcher: May I ask, did you have any complications throughout your pregnancies?

Participant: Um, no, they were all fine.

Researcher: They were all fine.

Participant: Yeah.
Researcher: And is it three pregnancies?

Participant: Yeah, yeah. Yep. [Chuckle]

Researcher: May I ask as well when you got pregnant umm at each pregnancy stage, when did you tell people that you were pregnant?

Participant: Um, we told immediate family and like really close friends straightaway umm and then we waited to twelve weeks.

Researcher: Okay.

Participant: Yeah.

Researcher: You know, why did you wait to twelve weeks?

Participant: I think it's just always been instilled in your head. Medically, wait till twelve weeks. The risk of miscarriage before twelve weeks is higher than after twelve weeks.

Researcher: Yes.

Participant: Yeah.

Researcher: Okay. Wonderful. Umm, so we will move on from that one. I was wondering if you could tell me a story of a time when you've celebrated pregnancy?

Participant: Um, I do remember finding out with my 10-year-old, so that’s the middle one when we were pregnant. We celebrated that because that was when we tried in the fertility. So they like called us and actually said, oh, your blood results came back umm. So that was kind of like a big celebration but I guess as in like probably a get together would be like baby showers type of things. Yeah.

Researcher: Yeah.

Participant: Yeah.
Researcher: Umm, I was wondering with baby showers, what kind of topics of conversations happen at baby showers?

Participant: Umm general chitchat. Umm and unfortunately the games happened. [Laughter]

Researcher: Unfortunately, the games! What’s the games?

Participant: Oh it is so boring. [Laughter]

Researcher: [Laughter]

Participant: It's just like do the measurement, like guess the measurement of your belly? Umm, guess what's in them, like they heat it up in like nappies different flavours chocolates so it looked like poo and you had to sniff it type of thing. Yeah.

Researcher: Oh my gosh.

Researcher and Participant: [Laughter]

Researcher: I have never heard of this [laughing].

Participant: Have you not? Oh my gosh, it was so much. Yeah. I've been to a few baby showers and they've all done pretty similar umm. Yeah, and then someone wins a prize or… Yeah, so a few, few games were in there and then just general chitchat.

Researcher: Okay. Do you know what kind of stage the individuals were at when they had the baby showers?

Participant: Umm, yeah, it was definitely after thirty weeks. Umm, I think it was closer to thirty-six, maybe. Yeah.

Researcher: And when you were at the baby showers have you ever noticed anyone making any accommodations for an individual that may be feeling uncomfortable in attending due to their pregnancy history?
Participant: Probably not, to be honest. Yeah. I haven't really, never really gave that much of a thought to it, back then. Yeah.

Researcher: What do you kind of think would be an appropriate accommodation?

Participant: Umm. [Reflective pause] I don’t know you'd probably start with the invite to be honest, throwing out the invite and saying, maybe flicking another message just to say ‘look I know this might be hard for you’. ‘Please don't feel like you need to attend’. Umm that would probably be my first step. Umm and an accommodation at the actual baby shower will probably be bit harder because it's literally will be in your face, like baby stuff everywhere. So yeah, umm I wouldn't know how to make an accommodation at a shower.

Researcher: No, no, that's okay. I just… Yeah, I just ask I like to hear…

Participant: Yeah.

Researcher: Your perspective.

Participant: Yep.

Researcher: I think your idea of sending a message is lovely.

Participant: Mmm. Yeah.

Researcher: Yeah. Has anyone ever disclosed to you that they've experienced a miscarriage and discussed aspects of it with you?

Participant: Umm, yes, yep.

Researcher: Would you be maybe be able to tell me a story about that?

Participant: Yeah, umm so my sister-in-law experienced a miscarriage with her first. Um, I just remember her being pregnant and then she just started bleeding. Like, basically said a chunk came out and went to the… I think she went to the hospital? And they fall her
obstetrician shows privately and umm yeah found out that she had miscarried. Umm, so yeah, it was kind of hard because like you say you don't really know how to support them either, do you? Like yeah, you don't know what to kind of say is the right thing to say to someone either.

Researcher: Yeah.

Participant: Yeah.

Researcher: I’m really sorry that that happened to her.

Participant: Yeah, would have been hard. Yeah.

Researcher: Yeah. Umm, did you feel comfortable when she discussed ah her experience with you?

Participant: Umm, a little bit. A bit hard because it was her first baby and I had already had two. So you do kind of feel a bit guilty speaking to them, umm like trying to give that support when you've already got kids. Umm, but definitely was like comfortable to let her speak and things like that.

Researcher: Yeah. Umm, what kind of a comment do you think it's appropriate to say to someone that experiences a miscarriage?

Participant: Um, probably, definitely sorry for your loss. Umm, I think making sure you acknowledge that it was like their baby still, so not just, not like, ‘oh it wasn't meant to be’ type of comments. They're not going to be helpful at all. Umm, and letting them talk about it, how they want to talk about it, not leading it um. Yeah, just kind of being on the phone sometimes to let them cry.

Researcher: Yep.
Participant: Just let them have it out. Yeah.

Researcher: Yeah. Umm, and just on that where you said a couple of those unhelpful comments, have you heard any unhelpful comments someone said to an individual that...

Participant: Um, I’ve heard them. I don't think they know that they are unhelpful though. I think they're trying to say because they don’t know what to say. Umm. Yeah, so I don't know directly if they know they're being unhelpful or, like, it's actually a painful comment umm but yeah. Yeah, I've heard comments. Say like, yeah.

Researcher: Would you maybe be comfortable with telling me one of the comments?

Participant: Umm, I guess the one that I basically said was, ‘Oh it wasn't meant to be’.

Researcher: Yeah.

Participant: Umm, yeah and I've had, like, now that we're talking about miscarriage, I've had a friend actually say that to me. She miscarried as well and she said, why do people say that? Like, why would they say that? So yeah, that was a bit tricky umm ‘it wasn't meant to be’ and ‘there must be something wrong with the baby’. So that's also quite unhelpful in my eyes umm because they're still not given the choice. They're not. It's just taken away from them so. Yeah.

Researcher: Mmm. I was wondering as well, have you ever heard of an individual disclosing in the workplace?

Participant: No, nup.

Researcher: No.

Participant: Yep.
Researcher: No. That's okay. Umm. Have you ever been involved in something that commemorates a loss of a baby due to miscarriage?

Participant: Umm, I did actually with my friend that I was just talking about. So when she lost, when she miscarried um they knew it was a little boy and we lit a candle for him that night for her. So yeah, so we did that.

Researcher: I think that’s really special.

Participant: Yeah, yep. And she was, she does the same every year and I just posted her one of those…Do you know those little angel things? The angel statues you can get at the chemist or shops. So I just posted her a little boy one of that and she's got that up in her house, so yeah.

Researcher: Aww I think that is really lovely. Um, do you know who else she involved in that ceremony?

Participant: Um, I think it was… So we’re friends because we’re, we're actually not close, she lives in Adelaide. So she did it on Facebook, umm and said to whomever kind of wants to do that um. So yeah, we did that and we just put it on our story type of thing.

Researcher: Yeah. Umm, do you know of the individuals that have experienced a miscarriage if they have discussed their experience with a lot of people or more just people that they're close with?

Participant: Um, so my sister-in-law definitely people who she's only close with. Um, the friend that I was just telling you about. A lot of people like kind of Facebook type of things so she will openly talk about more.

Researcher: Yeah.

Participant: Yep.
Researcher: Umm. What do you think are ways of appropriately commemorating the loss of a baby due to miscarriage?

Participant: Umm, it depends on the individual like depends on the Mum, I guess and the dad. Umm or the two Mums or whatever it is. Umm. Probably just something similar like that. Lighting a candle umm or it could just be something unique to them as well. Just yeah, it could be just going out to the beach, putting something in the water type of thing. Yeah. Could be just anything I guess.

Researcher: Have you heard of a certificate?

Participant: No.

Researcher: So they now um allow you to have a death certificate if the baby was born before twenty weeks. It can't be used for any legal purposes.

Participant: Yeah.

Researcher: It's just an acknowledgement certificate of your loss.

Participant: Oh, that's really cool. When did that come in?


Participant: Ah, that's awesome to know actually. Yeah cool.

Researcher: What do you think the benefits would be of a certificate?

Participant: Um, well it’s like, it’s not closure at all but it's just something. It's nice to acknowledge that they were some-someone like it's nice to acknowledge that a baby was around.

Researcher: Yeah, definitely. Yeah. Um, can you maybe describe to me what type of person you would consider to be likely to experience a miscarriage and why?
Participant: Oh it could be anyone. Yeah. Yeah. I think anyone. It kind of showed because my sister-in-law was very fit and active. Healthy, she was younger back then. Then the other lady that I know lives a different lifestyle to her so it literally could be anyone.

Researcher: Yeah, you are correct. Um, it can happen to anyone. I only ask if you've heard of any um?

Participant: Yeah.

Researcher: Yeah. The most common reason is chromosomal abnormalities.

Participant: Yeah. Sure.

Researcher: And there are factors that can increase the likelihood of a miscarriage but like you said miscarriage does not discriminate.


Researcher: Yeah. Following the experience of miscarriage, research demonstrates that individuals who experience a miscarriage commonly feel negative emotions of grief, devastation and anger. Are there any factors related to the miscarriage experience that you have been told or that you believe would lessen the amount of negative emotions an individual might experience?

Participant: Hmm. [Reflective pause] Not really, maybe. It depends on support around the person. But what that kind of means for each person might be a bit hard to answer though. Um, maybe support. I just yeah. Just kind of would depend.

Researcher: Yeah. Do you think maybe their age would have an influence?

Participant: Oh, gosh, yeah, yeah, definitely.

Researcher: How do you think it would influence it?
Participant: Um, well, the age would depend as well. And it depends if they're at the age that they're trying to conceive or not trying to conceive as well. Um, I mean, if they're a little bit younger, and it was their first umm, I do believe it probably wouldn’t be as much of a shock to the system. Um, but that's just my, I don't actually know if that's right. Um, as you get older, if you have had kids as well you, maybe you do realise a bit more because you've held a baby in your hands before so you actually know what you are grieving as well, that love. Whereas the first time if you haven't ever had that baby in your arms before, um it's probably not as much of like a heart-wrenching thing where you know. Um, the maturity factor of the age um as well, like their emotions and things like that.

Researcher: Yeah. I was wondering on that, you mentioned whether they were actively trying to become pregnant or not. Do you think that would have an influence?

Participant: I think it would. Um, I wouldn't say that someone that wasn't trying to conceive wouldn’t feel as much. But I think someone trying to conceive already feels desperation to fall pregnant. So there is already the higher emotions because they fell pregnant, they've had the big workup before it, they have gone through all the treatment or maybe not the treatment but waiting. Um and then they are finally pregnant so they're happy, and then they lose it. So then obviously, the emotions are probably a bit higher.

Researcher: Yeah…

Participant: Yeah.

Researcher: Yeah. Ah, Do you think maybe an individual's relationship status?

Participant: Um would affect it? Yeah, probably there is um. I guess if you're married if you’re not married. If um. [Reflective pause] I guess with the um status as well, it could be cultural things as well with the marriage. If like they don’t condone it if your not married type of thing. Um, some people might feel like they can't be single having a baby or have the
miscarriage and they might have more support around to if they have a partner to if they don’t have a partner.

Researcher: Yeah. And just on the cultural part as well. Do you think culture would have any influence?

Participant: Um. Yeah, I do. Um, I guess without me knowing too much of like the spiritual and cultural side. Um, I think it would play a part as well but yeah, it will depend on the culture too, I guess.

Researcher: Yes.

Participant: Yeah. Just on that as well you mentioned spiritual. Do you think that religion would have any influence?

Participant: Yeah, yep. Most definitely as well. Yep.

Researcher: How do you think an individual being religious would influence their experience?

Participant: Um, depends on the religion and what they believe in but it could be um how they grieve um. Like what's acceptable, what’s not acceptable on how they do grieve and things like that as well.

Researcher: Yeah. Um, just moving on from that question now. I was wondering if I could ask do you know any services that are available to individuals that experience a miscarriage?

Participant: No, I don’t.

Researcher: Ah, what kind of services do you think should be available?

Participant: Um, possibly a helpline maybe? Just someone, if they wanted to call to chat that’s outside of their group, outside of their family, um might be a good thing. Um, Another
service? Definitely, counselling um which I'm sure would be available somewhere but um counselling might help them as well. Yeah, they'll probably be my two.

Researcher: Hmm, lovely. Ah, and my last question is, have you heard of any ways to prevent a miscarriage?

Participant: No, nup.

Researcher: No.

Participant: Yeah.

Researcher: You are correct. Miscarriage is not preventable um but I do ask that question because often there are old wives’ tales et cetera around, um surrounding how miscarriage occurs. So I do ask to hear if there's anything that you have heard before.

Participant: Yeah, nup. Well, I guess the whole you shouldn't lift heavy things in pregnancy but that I guess is a common rule as well.

Researcher: Yes.

Participant: Yeah. [Chuckle]

Researcher: There are definitely factors that can increase your likelihood but unfortunately if a miscarriage is to occur it is unfortunately not preventable.


Researcher: Yeah. Are there any comments that you wish to add or that you think may not have been addressed that you would love to share with me?

Participant: No, I think you um… Had some really good questions there. Yeah.

Researcher: Okay, wonderful. Um. Yeah, it’s, so there is nothing more that you would like to share with me or…
Participant: Um, no. Nup. I can’t think of anything.

Researcher: Wonderful, well if you're comfortable are you happy to maybe leave that there?

Participant: Yes, sure.

Researcher: So I will be in touch with you and send through a debrief letter and I’ll also transcribe our interview and then I’ll send that through email as well.

Participant: Perfect. No problems at all, all the best with it.

Researcher: Beautiful. Thank you so much for your participation today.

Participant: No problems. See you later.

Researcher: Have a lovely evening.
