Open questions for exploratory conversations

The questions are intended as guidance only and are meant to support the family nurse in exploratory conversations. You may also use the inclusion criteria with explanations as additional support during the conversations.

- What did you think when the referrer told you about *Sammen på vei*?

- What thoughts do you/you (plural) have about being pregnant?

- Can you tell me a little about yourself and your situation?
    - Topics that may be useful to explore include:
        - Work/education
        - Economy/financial situation
            - Need for social welfare benefits?
            - Insight/knowledge about your own personal finances?
            - Single parent?
            - Debt-related issues (credit card debt)?
        - Substance use problems
            - Previous experience with substance use (also partner)?
        - Use of other services
            - What experiences do you have from receiving help previously?
        - Social support in family and network
        - Relationship with partner and wider network
            - High level of conflict in the relationship?
            - High level of conflict in other relationships?
            - Difficult communication in relationships?
            - Many broken relationships?
        - Mental and physical health
        - Contact with child welfare services during your own upbringing
            - Have you lived in a child welfare institution/emergency foster home or with a foster family during your upbringing?
            - Do you know if concerns about your family were reported to child welfare services or similar agencies during your childhood?
            - Do you know if your family received in-home support measures from child welfare services or similar agencies?
        - Description of your own upbringing

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        - Experiences of domestic violence
            - Neglect
            - Physical violence
            - Psychological violence
            - Abuse
            - Bullying
        - Did this occur during your upbringing, or is it happening now?

- What expectations do you have about becoming a mother?
    - What are you looking forward to?
    - What are you worried about?

- Do you have any thoughts about what kind of help you may need?

- What are your dreams for the future?

- In what way do you think participating in *Sammen på vei* could help you?

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