**APPENDIX A**

Can you tell me about your overall experience using Immersive Virtual Reality?

* Can you tell me whether you enjoyed your VR experience?
* Can you tell me why you enjoyed the experience?
* If you didn’t enjoy the VR experience, can you tell me why?
* What did you enjoy about the VR experiences? Why?
* What VR scenes appealed to you the most? And why?
* What VR scenes didn’t appeal to you? And why?
* What features of the VR scenes did you enjoy? And why?
* What features of the VR scenes didn’t you enjoy? And why?

In terms of the IVR experiences, was there a particular VR scene where you felt you were ‘really there’ more than the others?

* What VR scene was it?
* What was it about this VR scene that you felt “really there” compared to others?
* Was there anything that stood out in the experience?
* Was there anything about the experience that surprised you?
* Was there anything about your responses that surprised you?

Did you feel more as if you were in the VR scene or in the room?

* Did this change over time?
* If so, how so?
* How do you think you will remember this experience?
* Was the VR scene something you saw or somewhere you visited?

Can you tell me whether you would use VR in labour?

* Why would you like to use it in labour?
* Can you tell me why you wouldn’t want to use it in labour?
* What would you change in terms of the VR experience for labour?
* When in labour do you think you would like to use VR?
* Can you tell me about your comfort level in terms of the headset?
* If you could change the headset how would you do it?
* Can you tell me how you found using the controls during VR?

Can you tell me whether you would use any of these VR scenes in your labour?

* Why would you use these scenes?
* If you wouldn’t use any of these scenes, why not?
* Is there another scene you would like to use in labour?
* Can you give me some examples of features you would like to see in a VR scene for use in labour?

**APPENDIX B**

Phase III Qualitative Interviews Post Birth

Opening question:

Can you tell me about your experience of using Virtual Reality in your labour and birth as if I am your pregnant friend?