

Interview guide – Natural Cycles users

History with Natural Cycles

- To start, could you briefly describe to me your history with Natural Cycles.
 - How long have you been using it?
 - When did you first hear about Natural Cycles?
 - What motivated you to start using Natural Cycles?
 - Did you experience any concerns or doubts?
 - Can you briefly describe your experience of starting to use Natural Cycles?

Daily routines

- Can you walk me through how you measure temperature in the morning?
 - How do you ensure that you remember to do this? (e.g. Is something or someone reminding you?)
 - Is there something you do when for one reason or another you have not taken your temperature in the morning?
 - Have your daily routines around this changed over time?
 - Are there any other things that you track within Natural Cycles?
 - Why?
- Do you have the notifications from the app turned on?
 - Which ones do you get? Did you turn any of them off: Why? (Also try to subtly probe into their relationship with the notifications, if this is an aspect of the product that they value and why, what does it provide to them)
- Do you take the LH tests?

Experiences of Natural Cycles use and bodily awareness

- Have you found yourself noticing differences in your bodily experiences after using NC?
 - Experiences of your menstrual cycle
 - Body and mind: including mood, bodily fluids, etc
 - A new awareness or perhaps new confusions?
- Has using NC in any way changed how you view your body or your relationship with your body?
- Do you ever ignore or doubt the advice from Natural Cycles?
 - For example, if you feel that you are ovulating but the app says that it's a green day
- We'd like to hear some examples of your recent experiences with Natural Cycles. These may or may not be relevant to your experience so of course I'd only like you to answer the ones you'd like to speak to:

- Can you tell me about a time when you doubted Natural Cycles?
- Can you tell me about a time when you felt safe with Natural Cycles?
- Can you tell me about a time when it felt difficult to trust Natural Cycles?

Sharing access and shared use

- Was anybody else, for instance a partner, involved in the decision of adopting NC?
 - How (if at all) is your partner(s) involved in using Natural Cycles? (how, when, why, etc.)
 - Has your relationship(s) changed in some way after adopting Natural Cycles? (For example, a partner might have developed a better understanding about fertility cycles)
 - Who pays for the Natural Cycles subscription?
- Do you share access to the application or your data with anybody?
- Have you used the NC data or information in consultation with a health professional? (if yes - can you tell me about your experiences of doing so)
- Who have you told about using NC?
 - Can you describe what kinds of conversations you have had about your use of NC?
 - Have you ever felt that using NC is taboo or shameful?
 - Can you tell me about a time when your use of the system resulted in a conversation that felt difficult for you?

Demographics (to be asked in the chat window, emphasize they don't need to answer any of these if they don't want to and only the ones they feel comfortable with)

- What is your age?
- Which gender do you identify with?
- Which sex were you assigned to at birth?
- What is your sexual orientation?
- In which country/countries did you grow up?
- What is your current country of residence?
- How would you describe your socioeconomic status?
 - First, think of a ladder with 10 rungs. Think of this ladder as representing where people stand in the country where you currently live. At the top of the ladder are the people who are the best off – those who have the most money, the most education, and the most respected jobs. At the bottom are the people who are the worst off – those who have the least money, least education, the least respected jobs, or no job. The higher up you are on this ladder, the closer you are to the people at the very top; the lower you are, the closer you are to the people at the very bottom. On a scale from 1 to 10, where would you place yourself on this ladder to describe

where you think you stand at this time in your life relative to other people in the country where you live?

- We know it can feel difficult or problematic to describe something as complex as socioeconomic status with just one number. So second, is there something else you'd like to add?
- What is your current employment status?
 - For instance, working full-time, working part-time, caregiver at home, self-employed, unemployed, student, retired...
- How would you describe your relationship status? Please choose all that apply and/or describe in your own words:
 - married, in domestic partnership(s), in relationship(s) but not living together, separated, divorced, widowed, single

Wrap up

- Would you like to share with us anything else that we failed to ask about?
 - Do you have any suggestions for how the app could be improved?
- Would you like to be contacted about future studies, or participate in a design workshop later in the year?