

Codebook for TeleObDepression

Codes

Name	Description
Current in-study feedback	During the program, the feedback or suggestions given by the participants
Technical Feedback	In the process of remote treatment, whether there have been equipment technical problems, what kind of technical problems have occurred
No difficulty	During treatment, the equipment was good, and the network was smooth
Noise Problem	During treatment, there was a disruptive sound caused by network problems
Recording Difficulty	At the beginning of treatment, the recording was not possible due to equipment problems
Therapy Duration	The length of time or number of sessions allocated for therapeutic interventions provided to participants as part of the study. In this study, the length of time is nine weeks with frequency of once a week
Therapy Feedback	Participants' feedback on the effects of the talk therapy program on postpartum depression
Neutral Feedback	Opinions provided by participants or stakeholders that neither strongly endorse nor criticize aspects of the study or intervention
Negative Feedback	Some unpleasant medical experiences
Inconsistence Responses	A lack of coherence or reliability in the answers provided by participants of in-therapy questions.

Name	Description
Midway Change of Therapist	The change of therapist during the treatment affects the treatment effect
Tedious Survey	Too many in-therapy and follow-up surveys, which takes time
Positive Feedback	What the participants thought was effective about the treatment
Action Plan	Action plans made people more motivated, encouraging participants to connect with others
Appropriateness of Start Time	Perception of how
Treatment Advantages	Benefits derived from the treatment's specificity, ease of comprehension, and participant engagement in therapy-related activities.
Flexible Schedule	The online treatment allowed for flexible schedules
Therapy Support	Assistance with successful match between therapists and patients, reminders and psychological encouragement
Willingness of Referral (for friends and family)	Participants were willing to recommend this program to their friends
Current pre-study and recruitment feedback	The feedback for the recruitment of participants of the current study, the way they joined the program
Participation Concerns	Instances where the participant expressed uncertainty or doubts about their eligibility or suitability for the study
Appropriate candidate	Moments where the participant discussed whether they met the inclusion criteria

Name	Description
Recruitment Method	Various approaches employed for enlisting participants, noting the effectiveness and participant experiences with different recruitment tools
Physical Flier	Used for recruitment or information about the study
Online registration	Related to study information or online recruitment methods
Participation Motivation	Occasions within the dialogue where the participant expressed their reasons or driving factors for taking part in the study
Free therapy	No-cost counselling or psychological services that the individual was considering for personal mental health care
General interest in research study	Willingness or curiosity of a person to be engaged with the therapy
Regularly scheduled therapy	The sustained form of psychological treatment for in-depth emotional and mental health work
Benefits of Guidance	Support and advice provided to women who have recently given birth, focusing on helping them adjust to motherhood and cope with the physical, emotional, and mental changes during the postpartum period
Lack of physical side effects in talk therapy	No physical discomfort or suffering
Participation Timing	The appropriate or chosen moment to engage in the therapy
Length since Birth	The duration of time that has passed since childbirth

Name	Description
Postpartum duration when participates	The time after childbirth when a person begins to engage in the therapy
Future in-study feedback	For the future new study, the feedback or suggestions given by the current participants
Group & 1-1 Sessions	The comparison between the sessions which consist of multiple individuals and sessions only one individual
1-1 Sessions	Perspectives on the advantages and disadvantages of individually focused sessions
Group Sessions	Advantages and disadvantages of sessions which consist of multiple individual connections
Hybrid Sessions	Perspectives on a mixture of 1-1 sessions and group sessions
In Person & Virtual Sessions	The comparison between face-to-face meetings and online sessions conducted remotely.
Virtual Sessions	Advantages and disadvantages of online therapy sessions
In-person Sessions	Advantages and disadvantages of face-to-face sessions.
Therapy Timeline	The suggestive commencement and length of treatment
Earlier Start	Commencing the program at an earlier time than originally planned
Treatment Duration	
Suggestions and Improvements	Feedback and recommendations provided by participants to enhance the quality or efficacy of the study or intervention.

Name	Description
Clarification of the Roles	Process of defining and understanding the specific responsibilities and duties assigned to participated staff members in the studies
Engagement of Partner	The involvement and active participation of the significant other
Life, work and motherhood balance	The exploration and management of achieving equilibrium between personal life, professional commitments, and the demands of motherhood
Treatment Plan	Suggestive structured approaches in the therapy
Technologies	Various digital tools, devices, or systems utilized within the study
Self-Paced Module	Perceptions of a therapeutic component of the intervention that allows participants to progress through material at their own pace without synchronous instruction.
Software Tools	Perceptions of using digital programs or smartphone applications used to facilitate various aspects of the study, such as data collection, analysis, or intervention delivery.
Text Messages	Perceptions of written communications sent electronically by mobile devices, often used for intervention reminders, support, or communication.
Wearable Devices	Perception of including electronic devices worn on the body, typically capable of tracking biometric data or activity levels, and potentially utilized as part of the study's intervention or data collection
Future pre-study and recruitment feedback	The feedback or suggestions for the process of recruitment in the future, or the way participants could find the program

Name	Description
Ways of Contact	Perceptions of various methods or channels utilized to initiate communication or interaction with participants
External Outreach	Efforts made by the research team to engage individuals or organizations outside of the immediate study environment to participate or collaborate.
Cold Call	Making unsolicited phone calls to potential participants without prior contact or introduction.
Therapy Team (not the doctor's office)	The group of healthcare professionals responsible for administering therapeutic interventions or support services, excluding those affiliated with the primary healthcare provider.
Trusted Sources	Reliable and credible individuals from whom information or guidance is sought or obtained, often regarded as reputable authorities within a specific domain.
Doctor's Office	The healthcare facility or clinic where medical practitioners conduct consultations, examinations, or treatments for patients.
Medical Institution	The academic or healthcare organization serving as the primary location for conducting the research, including facilities responsible for participant recruitment, data collection, and analysis. In this study, it is Weill Cornell Medicine.