

Appendices

Appendix 1 Participant Information

Interview code ¹	Role
WP2- T1-BCP-01	Bereavement midwife co-ordinator (former labour ward midwife)
WP2-T3-BCP-02	Bereavement specialist midwife
WP2-T6-BCP-03	Interviewee 1 – Bereavement specialist midwife Interviewee 2 – Bereavement specialist midwife
WP2-T7-BCP-04	Gynaecology sister
WP2-T10-BCP-05	Interviewee 1 – Section manager of mortuary and bereavement services Interviewee 2 – Bereavement nurse specialist
WP2-T16-BCP-06	Bereavement specialist midwife
WP2-T17-BCP-07	Bereavement specialist midwife
WP2-T18-BCP-08	Bereavement specialist midwife
WP2-T23-BCP-09	Bereavement support nurse
WP2-T24-BCP-10	Bereavement specialist midwife
WP2-T26-BCP-11	Interviewee 1 – Research midwife Interviewee 2 – Antenatal midwife Interviewee 3 – Caseloading midwife
WP2-T27-BCP-12	Interviewee 1 – Midwife in birthing unit Interviewee 2 – Midwife in birthing unit Interviewee 3 – Midwife in birthing unit

WP = work package number

T = transcript number

BCP = bereavement care practitioner

¹ These interview codes are identical to those used on the UK Data Service website
<https://ukdataservice.ac.uk/>

The Bereaved

Type of pregnancy loss	Interview Code ²	Gender	Age
FA	WP4-T1-FA-1	F	41
M	WP4-T2-M-1	F	36
M	WP4-T3-M-2	F	34
M	WP4-T4-M-3	F	38
M	WP4-T5-M-4	F	28
M	WP4-T6-M-5	F	32
M	WP4-T7-M-6	F	34
M	WP4-T8-M-7	F	26
M	WP4-T9-M-8	F	35
FA	WP4-T10-FA-2	F	34
FA	WP4-T11-FA-3	F	26
M	WP4-T12-M-9	F	35
S	WP4-T13-S-1	F	34
FA	WP4-T14-FA-4	F	28
FA	WP4-T15-FA-5	F	43
S	WP4-T16-S-2	F	33
FA (+M)	WP4-T17-FA-6	F	35
FA	WP4-T18-FA-7	F	32
FA	WP4-T19-FA-8	F	37
M	WP4-T20-M-10	F	41
FA	WP4-T21-FA-9	F	33
FA	WP4-T22-FA-10	F	43
S	WP4-T23-S-3	F	34
M	WP4-T24-M-11	F	31
S	WP4-T25-S4	F	37
S	WP4-T26-S-5	F	43
S	WP4-T27-S6	F	39
S	WP4-T28-S-7	F	32
S	WP4-T29-S-8	F	34
S	WP4-T30-S-9	F	40

² These interview codes are identical to those used on the UK Data Service website
<https://ukdataservice.ac.uk/>

FA	WP4-T31-FA-11	F	Not given
FA/S	WP4-T32-FA-P1	M	45
S	WP4-T33-S-P2	M	42
S	WP4-T34-S-P3	M	34
S	WP4-T35-S-F4	F	42

WP = work package number

T = transcript number

FA = termination following diagnosis of foetal anomaly

S = stillbirth

M = miscarriage

Appendix 2

Full list of metaphor categories identified in the dataset

Rank	Metaphor category	Example	No. of instances (out of a total of 2691 annotated instances)
1.	Reification	Be as kind to yourself as you can <u>giving yourself time and space</u> ³	839
2.	Moving through space	it feels impossible to <u>shift and move forward</u> and imagine that they'll ever <u>get beyond</u> this moment	673
3.	Journey	people will I suppose <u>move forward</u> on it in a way that I s'pose is congruent with their conceptualisation of their experience I'm <u>veering one way or the other</u>	461
4.	Physical location	they don't quite grasp <u>where a bereaved person is</u> it's meeting parents <u>where they are in their grief</u> as well	397
5.	Body-related metaphors	what is your <u>gut feeling</u> , what's your, what's your <u>heart saying</u> , are you gonna remain <u>broken</u> forever like this	207
6.	Animacy	my back totally <u>gave up</u>	194
7.	Container	when you're grieving you can sort of <u>enter sort of a grief world</u> where you start to push, push people away	177
8.	Divided self	<u>My brain</u> was obviously still in shock mode I tend to go off on tangents and <u>lose where I am myself</u>	141
9.	Seeing	sort of be there, available to them with u- utter kindness, patience, tolerance, understanding, non-assumptive presence and just <u>witness</u> their struggle	127
10.	Agency, lack of agency	<u>it's like a rollercoaster</u> that's, like, throughout the day, throughout weeks,	106

³ In this paper, relevant metaphorical phrases in each example are underlined. It should be noted that not all metaphors in each example are identified or discussed. This is not restricted to the level of the word; words from the surrounding context may be included for clarity where this is necessary for understanding of the metaphor.

		days, weeks, like that - sometimes in an hour in those first, you know, months	
11.	Being moved, acted upon	<u>It's made me think</u> a lot more about myself It just <u>knocked me</u> again	106
12.	Crumbling, breaking, falling apart, fixing, mending	He totally <u>fell apart</u> Your heart <u>breaks</u> a bit	93
13.	Fighting or Battling or Struggling	You need to <u>stand your ground</u> and you need to <u>fight</u> You kind of think that's it, you've <u>won</u>	86
14.	Physical sensation and pain	It causes me so much <u>pain</u> to know that that's what happened Now I was <u>numb</u> to it	83
15.	Presence and absence	It will always <u>be with me</u> That really <u>stuck with him</u>	82
16.	Opening and closing	I'm quite <u>open</u> I guess it was just a way of <u>closing things off</u>	77
17.	Up and Down	That was probably one of the <u>lowest</u> points	72
18.	Movement	having to <u>go through</u> that knowing your baby is is dead you've sort've <u>pushed back</u>	72
19.	Violence and impact	you're sort of being <u>bombarded</u> with phrases if it was my first pregnancy I really think it would have <u>hit us</u> both harder	71
20.	Nature	before she was an absolute <u>rock</u> you know you've got to try and step into their shoes and see it from their eyes you	64

		know what are they seeing what's their <u>world</u> what's their <u>landscape</u>	
21.	Space	was quite nice, just to kind of um, be able to have the <u>space</u> to process really after that are you gonna have another one to fill the <u>void</u>	57
22.	Ties and bonds	I can only call it a procedure cause I think I've <u>detached</u> myself I'd had time to get <u>attached</u>	55
23.	Machine	your brain <u>shuts down</u> I'm taken upstairs to what I can only describe as a <u>conveyor belt</u>	53
24.	Obstacles	just felt like he had to suddenly just <u>get over it</u> I couldn't get my head <u>round it</u>	52
25.	Order and disorder	I agreed to the natural birth I was tired I was hungry I was really emotional I was just <u>in a mess</u> at the time I just wasn't <u>thinking straight</u>	51
26.	Stages	it was like we <u>passed that milestone</u> sort of <u>plot</u> the <u>next steps</u> forward	46
27.	Liquid-based metaphors	the safest place for him was on the ward getting on with stuff and <u>bottling things up</u> I got to the point where the emotions just had to <u>spill out</u>	46
28.	Closeness and distance	I've lost friends that have that have <u>distanced themselves</u> um because they don't know how to act with me but I feel just that I need to <u>keep them away</u> from this just a little bit	45

29.	Process	<p>it was nice to sort've <u>round it off</u> I guess but beyond that I don't know what they could offer me</p> <p>I knew we would come through it at <u>the other end</u> i never once thought i don't think I'm gonna get out of this</p>	44
30.	Darkness and light	<p>reading through it you can see actually I was in quite a <u>dark place</u> there</p> <p>I've seen some genuine kindness from people. and you know you're thinking at this there are there've been some <u>bright moments</u></p>	43
31.	Carrying	<p>I think I'd just got all the stuff going around in my head that I just needed to say out loud, <u>offload</u> to someone</p> <p>talked through options and kinda gave you lots of things to take away knowing that it might be too much for me to <u>take on board</u></p>	41
32.	Not feeling part of the world, having different realities	<p>you come out of hospital and the world is still carrying on but your <u>world has stopped</u></p> <p>just it's not a nice <u>world to be in</u>. at all</p>	40
33.	Moving time	<p>I knew that this awful <u>moment was coming</u> and I was just avoiding it</p> <p>I find it quite difficult now that the <u>time's moved on</u></p>	30
34.	Sense of touch	<p>I think we're all just <u>feeling our way</u> through really</p> <p>you know I'm <u>touched by grief</u> in a way that I I'd never lost anyone really before</p>	28
35.	Letting go physically, holding on	<p>We were going to scatter his ashes on his due date but I don't feel ready to <u>let him go</u></p> <p>started talking about it she'd <u>held onto</u> that grief for fifty years</p>	28

36.	Project	<p>yeah life isn't perfect and life hasn't <u>gone to plan</u></p> <p>successfully battled infertility and that's the <u>job done</u></p>	26
37.	Conduit Metaphor	<p>hopefully that will get the <u>message across</u> because you know someone says asks you how are you you're like oh god I don't know where to begin</p> <p>yeah that's it's just trying to kind've <u>get that across</u></p>	26
38.	Silence and Noise	<p>We had a couple of friends two of our closest friends or very close friends um <u>radio silence</u> for three? Four weeks? Cause they thought we needed space. We thought they were ignoring us</p> <p>it was you know you get <u>echoes</u> of the first birth and the first pregnancy as well. That was quite traumatic um for both of us</p>	26
39.	Straight and not straight	<p>at the time I just wasn't <u>thinking straight</u>. Everything was such a mess you don't really take in what people're saying properly</p> <p>so it kind of <u>spiralled</u> from there</p>	26
40.	Pressure	<p>I felt so much <u>pressure</u> from them which I shouldn't feel</p> <p>was like trying to <u>force me</u> to do it cause they was thinking I will regret it but I knew what is the best for me in that moment</p>	24
41.	Physical strength	<p>you're meant to be this kind of <u>strong kind of pillar</u> and something like this it can knock you down so easily</p> <p>when I'd finally <u>built up the strength</u> to kind of talk to her about what had happened</p>	23
42.	Fairness, justice	<p>I've thought actually why should I be the one that's <u>spared</u>?</p>	22

		it was just a <u>blessing</u> a real blessing	
43.	Pushing and pulling	you were having to <u>push</u> and battle with the system to get the process started would have to deliver the baby and didn't know if the baby would <u>pull through</u>	21
44.	Hiding	They weren't telling me the whole truth they were <u>hiding behind things</u> Try not to do the thing that we always do which is try and <u>hide grief</u> and try and recognise um that that baby as a real child	21
45.	Size	for me the <u>big thing</u> was the fear of the future life keeps moving on but there's this <u>big chunk of our life</u> which is missing	20
46.	Games, chance, sport	this just seems really pointless doesn't it because all the <u>odds are stacked</u> against me here obviously I knew at one point it was gonna be <u>game over</u> and that really upset me	18
47.	Levels	we're very fortunate that we've got those friends so we've got <u>another layer</u> of understanding this hurts and this affects us on a very <u>deep level</u>	17
48.	Going back and forth	didn't know if <u>I was coming or going</u> oh no I think I've <u>gone back</u> too soon I thought I was okay I wanted to get back some normality	17
49.	Depth	you're hoping for an answer that they can't give you. And you know that <u>deep in your heart</u> Because you've still got to go into <u>depth</u> <u>all of your feelings</u> and emotions and I	17

		think with miscarriage you don't know what they are for a while	
50.	Searching and finding	<p>sometimes you can't <u>find the words</u></p> <p>when you've got through three years of not seeing a positive pregnancy test you don't really have any hope left it's all gone so I'd managed to <u>find this sort've little window of hope</u></p>	16
51.	Guiding, leading, following	<p>someone could help you with the decision. and <u>steer you</u> with it a bit</p> <p>screening can then <u>lead</u> to making really difficult decisions</p>	15
52.	Balance	<p>I had no idea it was going to make me mentally quite so <u>unstable</u> for quite so long</p> <p>the morning of it though I had a bit of a <u>wobble</u> in the sense that I hadn't named her</p>	15
53.	Visibility and invisibility	<p>really want to die in that moment in that room cause everything what I was waiting for just <u>vanished</u></p> <p>All those hopes and dreams overnight suddenly just <u>vanished</u> and that's what I struggled with</p>	14
54.	Speed	<p>I can't really remember it almost it was all a <u>bit of a blur</u></p> <p>understand what <u>pace</u> they want things to happen at</p>	14
55.	Exploring	<p>we both just burst into tears I just ended up going to the GP saying look we don't need to <u>explore</u> this fertility thing any more</p> <p>I never <u>explored</u> those options</p>	14
56.	Weight	<p>I guess I don't know how to explain the emotions really <u>crushing</u> I suppose</p> <p>it wasn't something we took <u>lightly</u> by any means</p>	13

57.	Temperature	<p><u>quite cold</u> I didn't feel there was any kind of empathy</p> <p>I don't want that to <u>sound kind of cold</u> or heartless of anything whatever works for everyone is fine but for me it was remembering that that I had said my goodbyes</p>	13
58.	Finding and losing things	<p>you're excited about the future and you make plans and once that's <u>lost</u> the first time that never ever comes back again</p> <p>feel part of me is <u>missing</u></p>	13
59.	Life and Death	<p><u>that kills me</u> cos I I cannot imagine kind of erm carrying on you know with with my life as it is</p> <p>I'm just doing what I'm doing to <u>survive</u> really</p>	12
60.	Tangling and untangling	<p>Try and <u>untangle</u> that all from yeah the trauma of what happened to me</p> <p>the other um lady I saw was just very good at helping me <u>unpick</u> how I felt about a lot of these</p>	12
61.	Cleanliness, dirtiness	<p>had a massage and a facial felt like I was cleansing and <u>purifying myself</u></p> <p>I wanted a <u>fresh start</u></p>	9
62.	Changing, adjusting, developing and evolving	<p>you have to try and <u>rebuild yourself</u> and your confidence and everything</p> <p>as we've been going along <u>you evolve</u></p>	9
63.	Safety, protection, danger	<p>I just like to be at home and prefer the quiet life so home's been <u>my sanctuary</u></p> <p>for us it felt as if that was <u>enough security</u> um it was like we we passed that milestone of twelve weeks and everything was gonna be fine</p>	8
64.	Circular motion	<p>an <u>impossible circle</u> trying to find out information</p>	6

		she apologised for the wording in the letter and you <u>just go round in circles</u> you know	
65.	Medical cure	the baby is <u>kind of the antidote</u> to the misery really <u>it's a plaster</u> it's not gonna solve the problem	6
66.	Transparency and opaqueness	During the first session we make all the <u>boundaries clear</u> well once a <u>test comes back clear</u> it's fine	5
67.	Physical injury	some kind've like <u>healing moment</u> I don't really know what happened but they were obviously all in this room with this dead baby and um [NAME] was really proud that it was her son I don't feel the need to keep <u>opening that wound again</u> and again for me what's important is that we heal and we move forward	3

Appendix 3 Topics identified in the data and the number of times metaphor was used to talk about each of these topics

These topics were identified in interviews with women who had experienced pregnancy loss, their partners, and those who support them.

Topics	Number of times metaphor was used to talk about each of these topics
Advice	22
Anger	24
Asking for support	10
Attitudes towards others	15
Awareness, self-awareness	21
Baby and absence of baby	129
Becoming a different person	64
Becoming a supporter	4
Becoming pregnant	36
Becoming pregnant again	87
Behaviour in support group meeting	18

Being reminded of the loss	31
Communication	346
Community-forming - not alone	75
Continued existence of baby (treating the baby as if s/he were still alive)	116
Dads	101
Dealing and not dealing with the loss	349
Decision-making about pregnancy	127
Diagnosis	88
Disenfranchised grief - not given permission to grieve	11
Distinction between miscarriage and stillbirth	5
Emotional effects - other, general	404
Ensuring that something good came out of it	29
Existence of baby	92
Failure and guilt	33
Family, partners, relationships	152
Fear, anxiety	31
Feelings of 'going crazy'	12
Funeral and or cremation	20
Grief, sadness and upset	178
Helping others	23
Hopes and expectations	15
Images, symbols	88
Isolation	25
Judgement	8
Labour, birth	75
Lack of care, insufficient care	53
Lack of choice, options, control	21
Lack of information	39
Language and terminology	86
Law	7
Loss of future	43
Making choices	124
Marking time & dates	25
Meaning-making	18
Medical care unmarked	186
Medical support organisations	3
Memory-making	254
Miscarriage	60
Mother's body, intuition about	67
Nonsensical ideas, ideas accepted to be illogical	8
Normality	23
Not knowing	22
Parenthood	17
Pregnancy (unmarked)	114

Pregnancy loss (unmarked)	366
Reactions of others	204
Recovery, improvement and acceptance	142
Remains and decisions about remains	113
Rites and rituals	139
Shared understanding (or lack of)	24
Siblings	42
Support (general)	239
Support Organisation or Group	82
Methods of support offered	17
Taboo or silence in society	66
Talking about it - the bereaved	218
Termination	129
Types of loss	29
Unexpectedness	7
Validation, loyalty to baby's memory, and legacy	122