

BEHAVIOR IN PREGNANCY STUDY BIPS

QUESTIONNAIRE PACKET - PL

(Revised June 7, 1993)

Subject # _____
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GENERAL INSTRUCTIONS

This packet includes a number of different questionnaires. Please be sure to read the instructions for each separate section. Answer each question as quickly and carefully as possible; do not go back over your answers. Please remember that there are no right or wrong answers, and that your responses are completely confidential. If at any time you have any questions, feel free to ask the Research Associate.

PART 1 - YOUR FEELINGS IN THE LAST FEW DAYS

A number of statements that people use to describe themselves are given below. Read each statement and then circle the appropriate answer to indicate how you have been feeling *during the last few days*. Do not spend too much time on any one statement. Just give the answer which seems to describe how you have been feeling *during the last few days* best.

	NOT AT ALL	SOME-WHAT	MODER-ATELY	VERY MUCH
1. I feel calm	1	2	3	4
2. I am tense	1	2	3	4
3. I feel at ease	1	2	3	4
4. I am presently worrying over possible misfortunes	1	2	3	4
5. I feel nervous	1	2	3	4
6. I am jittery	1	2	3	4
7. I am relaxed	1	2	3	4
8. I am worried	1	2	3	4
9. I feel steady	1	2	3	4
10. I feel frightened	1	2	3	4

PART 2 - YOUR FEELINGS DURING THE PAST WEEK

Below is a list of ways you might have felt or behaved. Please tell me how often you have felt this way *during the past week*, by circling the number corresponding to your response.

<u>DURING THE PAST WEEK:</u>	RARELY OR NONE OF THE TIME	SOME OR A LITTLE OF THE TIME	OCCASIONALLY OR A MODERATE AMOUNT OF TIME	MOST OR ALL OF THE TIME
1. I was bothered by things that usually don't bother me.	1	2	3	4
2. I did not feel like eating; my appetite was poor.	1	2	3	4
3. I felt that I could not shake off the blues even with help from my family and friends.	1	2	3	4
4. I felt that I was just as good as other people.	1	2	3	4
5. I had trouble keeping my mind on what I was doing.	1	2	3	4
6. I felt depressed.	1	2	3	4
7. I felt that everything I did was an effort.	1	2	3	4
8. I felt hopeful about the future.	1	2	3	4
9. I thought my life had been a failure.	1	2	3	4
10. I felt fearful.	1	2	3	4
11. My sleep was restless.	1	2	3	4
12. I was happy.	1	2	3	4

<u>DURING THE PAST WEEK:</u>	RARELY OR NONE OF THE TIME	SOME OR A LITTLE OF THE TIME	OCCASIONALLY OR A MODERATE AMOUNT OF TIME	MOST OR ALL OF THE TIME
13. I talked less than usual.	1	2	3	4
14. I felt lonely.	1	2	3	4
15. People were unfriendly.	1	2	3	4
16. I enjoyed life.	1	2	3	4
17. I had crying spells.	1	2	3	4
18. I felt sad.	1	2	3	4
19. I felt that people dislike me.	1	2	3	4
20. I could not get "going".	1	2	3	4

PART 3 - YOUR FEELINGS IN THE LAST MONTH

1. The next set of questions ask you about your feelings and thoughts during the *last month*. You will be asked to indicate *how often* you felt or thought a certain way.

	NEVER	ALMOST NEVER	SOME-TIMES	OFTEN	ALMOST ALWAYS
1. How often have you felt that you were able to control the important things in your life?	1	2	3	4	5
2. How often have you dealt successfully with day to day problems and hassles?	1	2	3	4	5
3. How often have you felt that you were coping well or effectively handling the important changes that were occurring in your life?	1	2	3	4	5
4. How often have you felt confident about your ability to handle your personal problems?	1	2	3	4	5
5. How often have you been able to control irritations in your life?	1	2	3	4	5
6. How often have you felt that you were on top of things?	1	2	3	4	5
7. How often have you felt difficulties were piling up so high that you could not overcome them?	1	2	3	4	5
8. How often have you felt that things were going well?	1	2	3	4	5

2. How much of the time, *during the last month*, have you . . .

	NONE OF THE TIME	A LITTLE OF THE TIME	SOME OF THE TIME	A GOOD BIT OF THE TIME	MOST OF THE TIME	ALL OF THE TIME
1. been a very nervous person?	0	1	2	3	4	5
2. felt calm and peaceful?	0	1	2	3	4	5
3. felt downhearted and blue?	0	1	2	3	4	5
4. been a happy person?	0	1	2	3	4	5
5. felt so down in the dumps that nothing could cheer you up?	0	1	2	3	4	5

Thank you. Please return this questionnaire to the interviewer who will complete the interview.