**Pregnancy-Specific Anxiety Measure**

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**Description:** This pregnancy-specific anxiety measure was first developed for the Behavior in Pregnancy Study (BIPS study) and examines the extent to which participants feel anxious, concerned, afraid, and panicky about their pregnancy. These items are embedded in a list of adjectives of pregnancy-specific affective states, both positive and negative. Each item is answered on a 5-point scale, in which 1 is “never” and 5 is “always”. These four items are scored together to measure pregnancy-specific anxiety as reported in the following papers. Other versions of it have been used in subsequent studies but with largely the same approach.

**Published Measure:**

Guardino, C.M. & Dunkel Schetter, C. (2014). Understanding pregnancy anxiety: Concepts, correlates, and consequences. *Zero to Three, 34*(4), 12-21.

**Original citation:**

Roesch, S.C., Dunkel-Schetter, C.D., Woo, G., & Hobel, C. J. (2004). Modeling the types and timing of stress in pregnancy. *Anxiety, Stress, and Coping,* *17*(1): 87-102.

**Theoretical and Review Papers:**

Dunkel Schetter, C. (2011). Psychological science on pregnancy: Stress processes, biopsychosocial models, and emerging research issues. *Annual Review of Psychology, 62,*531-558. <https://doi.org./10.1146/annurev.psych.031809.130727>

Dunkel-Schetter, C., & Glynn, L. (2011). Stress in pregnancy: Empirical evidence and theoretical issues to guide interdisciplinary researchers. In R. Contrada & A. Baum (Eds).*The handbook of stress science*(pp.321-343). Springer Publishing Company.

**Brief overviews:**

Julian, M., Ramos I.F., Mahrer, N.E., Dunkel Schetter C. (in press). Pregnancy anxiety. In Gellman M. (Eds*.) Encyclopedia of Behavioral Medicine*. Springer.

Ramos, I. F., & Dunkel Schetter, C. (2018). Pregnancy anxiety and stress. Invited entry in M. H. Bornstein (Ed.), *The SAGE encyclopedia of lifespan human development*. SAGE Publications

**Empirical Studies in our Lab:**

Mancuso R.A., Dunkel-Schetter, C. D., Rini, C.M., Roesch, S.C., & Hobel, C. J. (2004). Maternal pregnancy and corticotropin-releasing hormone associated with timing of delivery. *Psychosomatic Medicine, 66*, 762-769.

Gurung, R.A.R., Dunkel-Schetter, C., Collins, N., Rini, C.M., & Hobel, C.J. (2005). Psychosocial predictors of prenatal anxiety. *Journal of Social and Clinical Psychology*, *24*(4), 497-519.

[Parker Dominguez](http://www.springerlink.com/content/?Author=Tyan+Parker+Dominguez), T., Dunkel Schetter, C., Mancuso, R., Rini, C. M., & Hobel, C. (2005). Stress in African American pregnancies: Testing the roles of various stress concepts in prediction of birth outcomes. [*Annals of Behavioral Medicine*](http://www.springerlink.com/content/0883-6612/)*, 29*(1), 12-21.

Campos, B., Dunkel-Schetter, C., Walsh, J. A., & Schenker, M. (2007). Sharpening the focus on acculturative change: ARSMA-II, stress, pregnancy anxiety, and infant birthweight  in recently immigrated Latinas. *Hispanic Journal of Behavioral Sciences,* *29*(2), 209-224. https://doi.org/10.1177/0739986307300841

Glynn L. M., Dunkel-Schetter C., Hobel C. J., & Sandman C. (2008). Pattern of perceived stress and anxiety in pregnancy predicts preterm birth. *Health Psychology, 27*(1), 43-51. <https://doi.org/10.1037/0278-6133.27.1.43>

Guardino,C. M., Dunkel Schetter, C., Bower, J. E, Lu, M. C. & Smalley, S. L. (2013).  Randomised controlled pilot trial of mindfulness training for stress reduction during pregnancy. *Psychology & Health 29*(3), 334-349. http://doi.org/10.1080/08870446.2013.852670

Kane,S., Dunkel Schetter, C., Glynn, L. M., Hobel, C. J., & Sandman, C. A. (2014). Pregnancy anxiety and prenatal cortisol trajectories. *Biological Psychology*, *100*, 13-19. https://doi.org/10.1016/j.biopsycho.2014.04.003

Dunkel Schetter, C., Niles, A.N., Guardino, C.M., Khaled, M., & Kramer, M.S. (2016).  Demographic, medical, and psychosocial predictors of pregnancy anxiety. *Paediatric  and Perinatal Epidemiology 30,* 421-429. https://doi.org/10.1111/ppe.12300

Ramos, I.F., Guardino, C.M., Mansolf, M., Glynn, L.M., Sandman, C.A., Hobel, C.J., & Dunkel Schetter, C. (2019). Pregnancy anxiety predicts shorter gestation in Latina and non-Latina white women: The role of placental corticotrophin releasing hormone. P*sychoneuroendocrinology , 99,* 166-173. <https://doi.org/10.1016/j.psyneuen.2018.09.008>

Tomfohr-Madsen, L.M. Cameron, E.E., Dunkel Schetter, C., Campbell, T., O’Beirne, M., Letourneau , N., & Giesbrecht, G. (2019). Pregnancy anxiety and preterm birth: moderating role of sleep duration. *Health Psychology, 38*(11), 1025-1035. https://doi.org/10.1037/hea0000792

Mahrer, N. E., Ramos, I.F., Guardino, C., Davis, E. P., Ramey, S. L., Shalowitz, M.U., &  Dunkel Schetter, C. (2020). Pregnancy anxiety in expectant mothers predicts offspring  negative affect: The moderating role of acculturation. *Early Human Development, 141*, 104932. https://doi.org/10.1016/j.earlhumdev.2019.104932

Dunkel Schetter, C., Rahal, D., Ponting, C., Julian, M., Ramos, I., Hobel, C. J., & Coussons-Read, M. (2022). Anxiety in pregnancy and length of gestation: Findings from the healthy babies before birth study. *Health Psychology, 41*(12), 894–903. [https://doi.org/10.1037/hea0001210](https://psycnet.apa.org/doi/10.1037/hea0001210)

Ramos, I. F., Ross, K. M., Rinne, G. R., Somers, J. A., Mancuso, R. A., Hobel, C.J., Coussons-Read, M., & Dunkel Schetter, C. (2022). Pregnancy anxiety, placental corticotropin-releasing hormone and length of gestation. *Biological Psychology*. *172,* Article 108376, 1-14. <https://doi.org/10.1016/j.biopsycho.2022.108376>

Ponting, C.,Chavira, D. A., Dunkel Schetter C., Urizar Jr., G. G. (2022). Cognitive behavioral stress management effects on prenatal anxiety among low-income Latinas and Black women: A randomized controlled trial. *Journal of Consulting and Clinical Psychology, 90*(2), 148–160. <https://psycnet.apa.org/doi/10.1037/ccp0000699>

For the measure, see below:

8. Let's talk now about how you have felt about being pregnant in the past week including today. I will give you a list of feelings and I would like to know how often you have felt each of them in the past week including today. Please answer using this card (HAND CARD A).

NEVER 1

RARELY 2

SOMETIMES 3

OFTEN 4

ALWAYS 5

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **In the past week, how often have you felt...** | **Never** | **Rarely** | **Some-times** | **Often** | **Always** |
| A. Anxious | 1 | 2 | 3 | 4 | 5 |
| B. Confident | 1 | 2 | 3 | 4 | 5 |
| C. In conflict (had mixed feelings) | 1 | 2 | 3 | 4 | 5 |
| D. Lucky | 1 | 2 | 3 | 4 | 5 |
| E. Concerned | 1 | 2 | 3 | 4 | 5 |
| F. Excited | 1 | 2 | 3 | 4 | 5 |
| G. Upset | 1 | 2 | 3 | 4 | 5 |
| H. Happy | 1 | 2 | 3 | 4 | 5 |
| I. Afraid | 1 | 2 | 3 | 4 | 5 |
| J. Special | 1 | 2 | 3 | 4 | 5 |
| K. Panicky | 1 | 2 | 3 | 4 | 5 |
| L. Pleased | 1 | 2 | 3 | 4 | 5 |
| M. Healthy | 1 | 2 | 3 | 4 | 5 |