

Pregnancy Experience Scale

Below is a list of things you may experience during your pregnancy that may affect you in a variety of ways. They may make you happy, positive, uplifted or they may make you feel unhappy, negative or upset. Or they may make you feel some of each.

Circle how much this event or issue has been both an uplifting experience and/or an upsetting experience at any time during your pregnancy. Make sure that you circle a number on both sides of each question. If an item has not occurred or is not applicable write NA(not applicable) before it.

Here is an example:

How much has this made you feel **happy, positive or uplifted**?

0 1 2 (3)

1. Your pets

How much has this made you feel **unhappy, negative or upset**?

0 (1) 2 3

Say your cat has been very uplifting to you in general, so you circle 3. However, sometimes your cat doesn't use the litter box, so it can be somewhat of a hassle, so you circle 1. If you don't have a pet you would put NA before it. NOTE: THIS EXAMPLE IS OPTIONAL

0 = Not at all
1 = Somewhat
2 = Quite a bit
3 = A great deal

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2 = Quite a bit
3 = A great deal

How much has this made You feel **happy, positive, or uplifted**?

0 1 2 3

1. Clothes/shoes don't fit

0 1 2 3

2. Your weight

0 1 2 3

3. Getting enough sleep

0 1 2 3

4. Baby showers for you

0 1 2 3

5. Baby's sex

0 1 2 3

6. Ability to do physical tasks/chores

0 1 2 3

7. Driving a car

0 1 2 3

8. Making or thinking about nursery arrangements

How much has this made you feel **unhappy, negative or upset**?

0 1 2 3

0 1 2 3

0 1 2 3

0 1 2 3

0 1 2 3

0 1 2 3

0 1 2 3

0 1 2 3

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0 1 2 3	9. Purchasing infant equipment	0 1 2 3
0 1 2 3	10. Childbirth classes	0 1 2 3
0 1 2 3	11. Visits to obstetrician/midwife	0 1 2 3
0 1 2 3	12. Body changes due to pregnancy	0 1 2 3
0 1 2 3	13. Physical intimacy	0 1 2 3
0 1 2 3	14. Normal discomforts of pregnancy (heartburn, incontinence)	0 1 2 3
0 1 2 3	15. Concerns about physical symptoms (pain, spotting, etc.)	0 1 2 3
0 1 2 3	16. Discussions with spouse about baby names	0 1 2 3
0 1 2 3	17. Discussions with own family about baby name	0 1 2 3
0 1 2 3	18. Discussions with in-laws about baby names	0 1 2 3
0 1 2 3	19. Discussions with spouse about pregnancy/childbirth issues	0 1 2 3
0 1 2 3	20. Discussions with own family about pregnancy/childbirth issues	0 1 2 3
0 1 2 3	21. Discussions with in-laws about pregnancy/childbirth issues	0 1 2 3
0 1 2 3	22. Discussions with spouse about childcare/childrearing issues	0 1 2 3
0 1 2 3	23. Discussions with own family about childcare/childrearing issues	0 1 2 3
0 1 2 3	24. Discussions with in-laws about childcare/childrearing issues	0 1 2 3
0 1 2 3	25. Impact of pregnancy/new baby on dealings with other children	0 1 2 3

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0 1 2 3	26. Changes in parenting due to pregnancy	0 1 2 3
0 1 2 3	27. Comments from others about your pregnancy/appearance	0 1 2 3
0 1 2 3	28. Other people touching your abdomen	0 1 2 3
0 1 2 3	29. Other women telling you about their experiences with labor and delivery	0 1 2 3
0 1 2 3	30. Thinking about your labor and delivery	0 1 2 3
0 1 2 3	31. Courtesy/assistance from others because you're pregnant	0 1 2 3
0 1 2 3	32. Maternity leave policy related to benefits	0 1 2 3
0 1 2 3	33. Maternity leave policy related to job security	0 1 2 3
0 1 2 3	34. How much the baby is moving	0 1 2 3
0 1 2 3	35. Thinking about the baby's appearance	0 1 2 3
0 1 2 3	36. Thoughts about whether the baby is normal	0 1 2 3
0 1 2 3	37. Thinking about your own previous pregnancies or births	0 1 2 3
0 1 2 3	38. Hearing about friends/acquaintances pregnancies or births	0 1 2 3
0 1 2 3	39. Changes in social status or network as a result of being pregnant	0 1 2 3
0 1 2 3	40. Feelings about being pregnant at this time	0 1 2 3
0 1 2 3	41. Spiritual feelings about being pregnant	0 1 2 3