

Maternal Experiences

Below is a list of things you may experience as a mother of an infant which 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. Please respond to each of them. Make sure that you circle a number on **both** sides of each question.

0 = Not at all 1 = Somewhat 2 = Quite a bit 3 = A great deal How much has this made made you feel happy, positive, or uplifted?		0 = Not at all 1 = Somewhat 2 = Quite a bit 3 = A great deal How much has this made you feel unhappy, negative, or upset?
0 1 2 3	1. Meeting your baby's needs	0 1 2 3
0 1 2 3	2. Your weight	0 1 2 3
0 1 2 3	3. Getting enough sleep	0 1 2 3
0 1 2 3	4. Discussions with partner about baby care	0 1 2 3
0 1 2 3	5. Feeding the baby solid foods	0 1 2 3
0 1 2 3	6. Being a new parent	0 1 2 3
0 1 2 3	7. Taking care of your own personal needs	0 1 2 3
0 1 2 3	8. Your baby's developmental progress	0 1 2 3
0 1 2 3	9. Your baby's weight	0 1 2 3
0 1 2 3	10. Discussions with own family about baby care	0 1 2 3
0 1 2 3	11. Visits to the pediatrician	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. Leaving your baby with babysitter or child care	0 1 2 3
0 1 2 3	15. Your baby's health/physical symptoms	0 1 2 3
0 1 2 3	16. Fitting into pre-pregnancy clothing	0 1 2 3

0 1 2 3	17. Breastfeeding or bottle-feeding	0 1 2 3
0 1 2 3	18. Discussions with in-laws about baby care	0 1 2 3
0 1 2 3	19. Interaction of partner with new baby	0 1 2 3
0 1 2 3	20. Getting your baby to sleep	0 1 2 3
0 1 2 3	21. Your baby's level of fussiness	0 1 2 3
0 1 2 3	22. Other people giving you advice on baby care	0 1 2 3
0 1 2 3	23. Sharing baby care responsibilities with partner	0 1 2 3
0 1 2 3	24. Your baby's activity level	0 1 2 3
0 1 2 3	25. Impact of new baby on your other children	0 1 2 3
0 1 2 3	26. Interaction of own family with baby	0 1 2 3
0 1 2 3	27. Comments from others about your appearance	0 1 2 3
0 1 2 3	28. Other people touching/holding your baby	0 1 2 3
0 1 2 3	29. Interaction of in-laws with baby	0 1 2 3
0 1 2 3	30. Changes in parenting other children due to new baby	0 1 2 3
0 1 2 3	31. Courtesy/assistance from others because you have a baby	0 1 2 3
0 1 2 3	32. Maternity leave policy related to benefits	0 1 2 3
0 1 2 3	33. Finding time to spend alone with partner	0 1 2 3
0 1 2 3	34. Interacting with your baby	0 1 2 3
0 1 2 3	35. Your baby's appearance	0 1 2 3
0 1 2 3	36. Thoughts about whether your baby is normal	0 1 2 3
0 1 2 3	37. Finding quality child care	0 1 2 3
0 1 2 3	38. Hearing about babies of friends/acquaintances	0 1 2 3
0 1 2 3	39. Maintaining friendships	0 1 2 3
0 1 2 3	40. Balancing work and parenting	0 1 2 3
0 1 2 3	41. Getting/keeping the baby on a schedule	0 1 2 3
