

RESPONSES TO STRESS – [ME-P] (SR)

This is a list of things about pregnancy that people sometimes find stressful or a problem to deal with. Please circle the number indicating how stressful the following things have been for you since the start of your pregnancy.

	Not at All	A Little	Somewhat	Very
a. I have felt blue or depressed.	1	2	3	4
b. I have felt tired much of the time	1	2	3	4
c. I am not sleeping well because of my pregnancy	1	2	3	4
d. I feel irritable much of the time	1	2	3	4
e. I feel physically uncomfortable or in pain	1	2	3	4
f. I feel fat or bloated	1	2	3	4
g. I feel ashamed about being pregnant	1	2	3	4
h. When I think about having a baby, I get afraid or anxious	1	2	3	4
i. I feel like my hormones are out of control	1	2	3	4
j. I feel really stressed out about having a baby	1	2	3	4
k. I worry that having a baby will ruin my body	1	2	3	4
l. I feel disappointed in myself for getting pregnant	1	2	3	4
m. Other: _____	1	2	3	4

Circle the number that shows how much control you generally think you have over these problems.

1	2	3	4
None	A little	Some	A lot

Below is a list of things that people sometimes do, think, or feel when something stressful happens. Everyone deals with problems in their own way – some people do a lot of the things on this list or have a bunch of feelings, other people just do or think a few of these things.

Think of all the stressful parts of pregnancy that you indicated above. For each item below, circle **one** number from 1 (not at all) to 4 (a lot) that shows **how much** you do or feel these things when you have the problems about being pregnant like the ones you indicated above. Please let us know about everything you do, think, and feel, even if you don't think it helps make things better.

WHEN DEALING WITH THE STRESS OF PREGNANCY:	How much do you do this?			
	Not at all	A little	Some	A lot
1. I try not to feel anything.	1	2	3	4
2. When I have problems related to my feelings about being pregnant, I feel sick to my stomach or get headaches.	1	2	3	4
3. I try to think of different ways to change or fix the situation. Write one plan you thought of: _____ _____	1	2	3	4
4. When troubling thoughts about my pregnancy arise, I don't feel anything at all, it's like I have no feelings.	1	2	3	4

WHEN DEALING WITH THE STRESS OF PREGNANCY:	How much do you do this?			
	Not at all	A little	Some	A lot
5. I wish that I were stronger and less sensitive so that things would be different.	1	2	3	4
6. I keep remembering about problems related to my feelings about being pregnant or can't stop thinking about what might happen.	1	2	3	4
7. I let someone or something know how I feel. (<i>remember to circle a number.</i>) → Check all you talked to: <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these	1	2	3	4
8. I decide I'm okay the way I am, even though I'm not perfect.	1	2	3	4
9. When I'm around other people I act like the problems never happened.	1	2	3	4
10. I just have to get away from everything when I am dealing with the stress of of being pregnant.	1	2	3	4
11. I deal with the stress of being pregnant by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. I get really jumpy when I am dealing with the stress of being pregnant.	1	2	3	4
13. I realize that I just have to live with things the way they are.	1	2	3	4
14. When I am dealing with the stress of pregnancy, I just can't be near anything that reminds me of what is happening.	1	2	3	4
15. I try not to think about it, to forget all about it.	1	2	3	4
16. When I am dealing with the stress of pregnancy, I really don't know what I feel.	1	2	3	4
17. I ask other people or things for help or for ideas about how to make things better. (<i>remember to circle a number.</i>) → Check all you talked to: <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these	1	2	3	4
18. When I am trying to sleep, I can't stop thinking about the stressful aspects of pregnancy or I have bad dreams about pregnancy.	1	2	3	4
19. I tell myself that I can get through this, or that I will be okay.	1	2	3	4
20. I let my feelings out. (<i>remember to circle a number.</i>) → I do this by: (Check all that you did.) <input type="checkbox"/> Writing in my journal/diary <input type="checkbox"/> Drawing/painting <input type="checkbox"/> Complaining to let off steam <input type="checkbox"/> Being sarcastic/making fun <input type="checkbox"/> Listening to music <input type="checkbox"/> Punching a pillow <input type="checkbox"/> Exercising <input type="checkbox"/> Yelling <input type="checkbox"/> Crying <input type="checkbox"/> None of these	1	2	3	4
21. I get help from other people or things when I'm trying to figure out how to deal with my feelings. (<i>remember to circle a number.</i>) → Check all that you went to: <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these	1	2	3	4
22. I just can't get myself to face the stress of pregnancy.	1	2	3	4

You're half done. Before you keep working, look back at the first page so you remember the aspects of being pregnant that have been stressful for you lately. Remember to answer the questions below thinking about these things.

WHEN DEALING WITH THE STRESS OF PREGNANCY:	How much do you do this?			
	Not at all	A little	Some	A lot
23. I wish that someone would just come and take away the stressful aspects of pregnancy.	1	2	3	4
24. I do something to try to fix the stressful aspects of pregnancy. Write one thing you did: _____ _____	1	2	3	4
25. Thoughts about the stressful aspects of pregnancy just pop into my head.	1	2	3	4
26. When I am dealing with the stress of being pregnant, I feel it in my body. (remember to circle a number.) →	1	2	3	4
Check all that happen: <input type="checkbox"/> My heart races <input type="checkbox"/> My breathing speeds up <input type="checkbox"/> None of these <input type="checkbox"/> I feel hot or sweaty <input type="checkbox"/> My muscles get tight				
27. I try to stay away from people and things that make me feel upset or remind me of the stressful aspects of pregnancy.	1	2	3	4
28. I don't feel like myself when I am dealing with the stress of pregnancy, it's like I am far away from everything.	1	2	3	4
29. I just take things as they are; I go with the flow.	1	2	3	4
30. I think about happy things to take my mind off the stressful aspects of pregnancy or how I'm feeling .	1	2	3	4
31. When something stressful happens related to pregnancy, I can't stop thinking about how I am feeling.	1	2	3	4
32. I get sympathy, understanding, or support from someone. (remember to circle a number.) →	1	2	3	4
Check all you went to: <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these				
33. When something stressful happens related to pregnancy, I can't always control what I do. (remember to circle a number.) →	1	2	3	4
Check all that happen: <input type="checkbox"/> I can't stop eating <input type="checkbox"/> I can't stop talking <input type="checkbox"/> I do dangerous things <input type="checkbox"/> I have to keep fixing/checking things <input type="checkbox"/> None of these				
34. I tell myself that things could be worse.	1	2	3	4
35. My mind just goes blank when something stressful happens related to pregnancy, I can't think at all.	1	2	3	4
36. I tell myself that it doesn't matter, that it isn't a big deal.	1	2	3	4
37. When I am faced with the stressful parts of pregnancy, right away I feel really: (remember to circle a number.) →	1	2	3	4
Check all that you feel: <input type="checkbox"/> Angry <input type="checkbox"/> Sad <input type="checkbox"/> None of these <input type="checkbox"/> Worried/anxious <input type="checkbox"/> Scared				
38. It's really hard for me to concentrate or pay attention when something stressful happens related to being pregnant.	1	2	3	4

WHEN DEALING WITH THE STRESS OF PREGNANCY:	How much do you do this?			
	Not at all	A little	Some	A lot
39. I think about the things I'm learning from being pregnant, or something good that will come from it.	1	2	3	4
40. After something stressful happens related to being pregnant, I can't stop thinking about what I did or said.	1	2	3	4
41. When stressful parts of pregnancy happen, I say to myself, "This isn't real."	1	2	3	4
42. When I'm dealing with the stressful parts of being pregnant, I end up just lying around or sleeping a lot.	1	2	3	4
43. I keep my mind off stressful parts of being pregnant by: (remember to circle a number.) → Check all that you do: <input type="checkbox"/> Exercising <input type="checkbox"/> Shopping <input type="checkbox"/> Watching TV <input type="checkbox"/> Reading <input type="checkbox"/> Doing a hobby <input type="checkbox"/> Listening to music <input type="checkbox"/> None of these	1	2	3	4
44. When something stressful happens related to pregnancy, I get upset by things that don't usually bother me.	1	2	3	4
45. I do something to calm myself down when I'm dealing with the stress of pregnancy. (remember to circle a number.) → Check all that you do: <input type="checkbox"/> Take deep breaths <input type="checkbox"/> Pray <input type="checkbox"/> Walk <input type="checkbox"/> Listen to music <input type="checkbox"/> Take a break <input type="checkbox"/> Meditate <input type="checkbox"/> None of these	1	2	3	4
46. I just freeze when I am dealing with stressful parts of pregnancy, I can't do anything.	1	2	3	4
47. When stressful things happen related to pregnancy, I sometimes act without thinking.	1	2	3	4
48. I keep my feelings under control when I have to, then let them out when they won't make things worse.	1	2	3	4
49. When something stressful happens related to pregnancy, I can't seem to get around to doing things I'm supposed to do.	1	2	3	4
50. I tell myself that everything will be all right.	1	2	3	4
51. When something stressful happens related to pregnancy, I can't stop thinking about why this is happening.	1	2	3	4
52. I think of ways to laugh about it so that it won't seem so bad.	1	2	3	4
53. My thoughts start racing when I am faced with the stressful parts of pregnancy.	1	2	3	4
54. I imagine something really fun or exciting happening in my life.	1	2	3	4
55. When something stressful happens related to pregnancy, I can get so upset that I can't remember what happened or what I did.	1	2	3	4
56. I try to believe that it never happened.	1	2	3	4
57. When I am dealing with the stress of pregnancy, sometimes I can't control what I do or say.	1	2	3	4