3 DAYS OLD-Maternal Questionnaire

STUDY NO [redacted]

1=Breast
2=Bottle
3=IV drip

How is your baby feeding? ☑ Breast ☐ Bottle **G100_P_FEED**

What milk is your baby drinking? ☐ Breast ☐ Artificial **G100_P_MILK**

1=Breast
2=Artificial
3=IV drip

Is either parent from a multiple birth themselves?

Mother ☑ No ☐ Yes **G100_PM_TWIN**

Father ☑ No ☐ Yes **G100_PF_TWIN**

TRAUMA

0=NO
1=YES

Have you been involved in a motor vehicle accident since you became pregnant? ☐ Y ☑ N **G100_P_MVA** **G100_P_MVAW**

[redacted] _____ Gestation: ___ weeks

Have you suffered any other physical trauma since you became pregnant? ☐ Y ☑ N **G100_P_PHYS** **G100_P_PHYSW**

[redacted] _____ Gestation: ___ weeks

Have you suffered any emotional trauma since your update questionnaire? ☐ Y ☑ N **G100_P_EMOT** **G100_P_EMOTW**

[redacted] _____ Gestation: ___ weeks

As part of the Raine Study, we are interested to know how you are feeling a few days after having had your baby, in order to collect information about the frequency of the "Post-Natal Blues". Please tick the box next to the answer which comes closest to how you have been feeling over the past two days (including today).

1. **I have been feeling anxious or worried for no good reason** **G100_WORY**

   0 ☑ No, not at all
   1 ☐ Hardly ever
   2 ☐ Yes, sometimes
   3 ☐ Yes, very often

2. I have felt sad or miserable **G100_MIS**

   0 ☐ Yes, most of the time
   1 ☐ Yes, quite often
   2 ☐ Not very often
   3 ☑ No, not at all

3. My mood has been very changeable and unpredictable **G100_MOOD**

   0 ☐ Yes, all the time
   1 ☐ Yes, quite often
   2 ☐ Only occasionlly
   3 ☑ No, not at all - it has been very stable

4. I have found myself having crying episodes

	☐	Yes, most of the time
0	☐	Yes quite often
1	☑	Only occasionally
2	☐	No, none at all
3		

G100_CRY

5. As far as my appetite is concerned, I have been eating normally

	☑	Yes, all meals
0	☐	Yes, most meals but not all
1	☐	No, mostly I am not very hungry
2	☐	No, I can't eat at all
3		

G100_EAT

6. I have been so upset that I have had trouble sleeping

	☐	Yes, most of the time
0	☐	Yes, sometimes
1	☐	No, only very occasionally
2	☑	No, not at all
3		

G100_SLEP

(Please try not to include sleep disturbances in order to care for the baby.)

BLUES SCORE (Sum items 1-6): G100_BLUE1

"Blues score (Sum of variables- WORY, MIS, MOOD, CRY, EAT, SLEP)"

Below is a list of some different feelings that you may have experienced over the past two days. Please mark the relevant section for each one.

I have been feeling:

	3 Very much	2 Moderate	1 A little	0 Not at all	
Frustrated	☐	☐	☐	☑	G100_FRUS
Unloved	☐	☐	☐	☑	G100_UNLV
Happy	☐	☑	☐	☐	G100_HAP
Tired	☐	☑	☐	☐	G100_TIR
Angry	☐	☐	☐	☑	G100_ANG
Over-sensitive	☐	☐	☐	☑	G100_SENS
Wonderful	☐	☑	☐	☐	G100_WOND
Sad	☐	☐	☐	☑	G100_SAD
Irritable	☐	☐	☑	☐	G100_IRR
Lacking confidence	☐	☐	☐	☑	G100_FID
Excited / Elated	☐	☐	☐	☑	G100_ELAT
Apprehensive	☐	☐	☐	☑	G100_PREH
Confused	☐	☐	☐	☑	G100_FUS
Anxious	☐	☐	☐	☑	G100_ANX
Proud	☑	☐	☐	☐	G100_PRD
Vulnerable	☐	☐	☐	☑	G100_VULN