Born in Bradford Questionnaire for Pregnant Women (v1)

Date

_____

Are you currently pregnant?

◯ Yes - go to question 1
◯ No

If you answered no, please accept our apologies for contacting you. This questionnaire is for women who are currently pregnant. Thank you for your time. If you would like to get in touch with us please email us at bib.surveys@bthft.nhs.uk or call us on 01274 364474.

About your household

The first few questions are about your household and where you live. If you have moved home temporarily because of coronavirus then please answer these questions about where you usually live most of the time.

1) Which of these best describes your current relationship status?

◯ Married
◯ In a relationship
◯ Single - go to question 3
◯ Do not wish to answer

2) Are you currently living with your partner?

◯ Yes
◯ No

3) Do any children aged 16 or under live in your home?

◯ Yes
◯ No - go to question 7

4) How many children aged between 0 and 4 years live in your home?

_____
(Enter a number of children)

5) How many children aged between 5 and 10 years live in your home?

_____
(Enter a number of children)

6) How many children aged between 11 and 16 years live in your home?

_____
(Enter a number of children)

7) How many adults (people aged over 16 years) live in your home?

_____
(Enter a number of adults)

8) How many weeks pregnant are you?

_____
(Enter the number of whole weeks)

Your home

9) Do you (or your household) own or rent the home you live in?

- ◯ Own it outright
- ◯ Buying it with the help of a mortgage/loan
- ◯ Part own and part rent (shared ownership)
- ◯ Rent it (includes all those who are on Housing Benefit or Local Housing Allowance)
- ◯ Live here rent-free (including rent-free in relative's/friend's property but excluding squatters)
- ◯ Squatting

10) Who is your landlord?

- ◯ Private landlord or letting agency
- ◯ Housing association, housing co-operative, charitable trust
- ◯ Local authority, local council
- ◯ Relative or friend (before you lived here) of a household member
- ◯ Employer (individual) of a household member
- ◯ Employer (company) of a household member
- ◯ Another organisation
- ◯ Don't know

11) How many bedrooms are there in your home?

_____

(Enter a number of bedrooms)

12) Can you access the internet from your home (e.g. broadband / data on phone)?

- ◯ Yes
- ◯ No

13) Does your home need any major repairs doing to it right now?

- ◯ Yes
- ◯ No

14) Are all of your large electrical appliances (e.g. washing machine, fridge) in good working order?

- ◯ Yes
- ◯ No

15) Do you have any damp or mould in your home?

- ◯ Yes
- ◯ No

16) Do you have trouble with any vermin (mice or other rodents, cockroaches, etc.) in your home?

- ◯ Yes
- ◯ No

Job security of the main earner

A lot of people's work has been affected by the coronavirus lockdown. We would like to know how your family has been affected. To make it easier to answer these questions, we are asking about the person who usually contributes the most money to your household. If you and your partner contribute the same amount, please think of yourself when answering these questions.

17) Is anyone in your home classed as a 'Key Worker'

- ◯ Yes
- ◯ No - go to question 19

18) Who is classed as a 'Key Worker'?

- ☐ Myself
- ☐ My partner
- ☐ Other household member

(Tick all that apply)

19) Who is the main earner in the household?

- ◯ Me - go to question 23
- ◯ My partner
- ◯ Other household member
- ◯ Me and my partner earn the same amount - go to question 23

20) Is the main earner in your household currently...

- ◯ Employed
- ◯ Employed but not working (on furlough)
- ◯ Self employed and working
- ◯ Self employed and not working
- ◯ Unemployed
- ◯ Don't know

21) Are they mainly working from home, or going out to work?

- ◯ Working from home
- ◯ Going out to work

22) How much do you agree/disagree with the following statements today:

I worry about the job security of the main earner

- ◯ Strongly disagree
- ◯ Disagree
- ◯ Neither agree nor disagree
- ◯ Agree
- ◯ Strongly agree

In the next 12 months, do you expect the income of the main earner is likely to be unstable and uncertain?

- ◯ Yes
- ◯ No
- ◯ Don't know

In 12 months time, do you expect the main earner to still have their job?

- ◯ Yes
- ◯ No
- ◯ Don't know

23) Are you currently...

- ◯ Employed
- ◯ Employed but not working (on furlough)
- ◯ Self employed and working
- ◯ Self employed and not working
- ◯ Unemployed
- ◯ Don't know

24) Are you currently on leave from work?

- ◯ Yes, maternity leave
- ◯ Yes, annual leave
- ◯ Yes, unpaid leave
- ◯ No, not currently on leave

25) Are you mainly working from home, or going out to work?	◯ Working from home ◯ Going out to work

26) How much do you agree/disagree with the following statements today:

I worry about my job security	◯ Strongly disagree ◯ Disagree ◯ Neither agree nor disagree ◯ Agree ◯ Strongly agree
In the next 12 months, do you expect your income is likely to be unstable and uncertain?	◯ Yes ◯ No ◯ Don't know
In 12 months time, do you expect to still have your job?	◯ Yes ◯ No ◯ Don't know

Your household essentials

The next questions are about food and money.

Below are several statements that people have made about their food situation and about shopping for things they need. For these statements, please tell me whether the statement was often true, sometimes true, or never true for (you/your household) since the coronavirus lockdown

27) I have been able to buy what I need for when the baby comes

- ◯ Often true
- ◯ Sometimes true
- ◯ Never true
- ◯ Haven't tried to buy anything
- ◯ Don't know
- ◯ Do not wish to answer

28) For these statements, please tell me whether the statement was often true, sometimes true, or never true for (you/your household) since the coronavirus lockdown

	Often true	Sometimes true	Never true	Don't know	Do not wish to answer
I have been able to buy the food I needed in the shops.	◯	◯	◯	◯	◯
The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more.	◯	◯	◯	◯	◯
(I/we) couldn't afford to eat balanced meals.	◯	◯	◯	◯	◯

29) Did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?

- ◯ Yes
- ◯ No - go to question 31
- ◯ Don't know
- ◯ Do not wish to answer

30) How often did you or other adults cut the size of meals or skip meals?

- ◯ Almost every day
- ◯ Some days but not every day
- ◯ Only 1 or 2 days
- ◯ Don't know
- ◯ Do not wish to answer

31) Did you or other adults ever eat less than you felt you should because there wasn't enough money for food?

- ◯ Yes
- ◯ No
- ◯ Don't know
- ◯ Do not wish to answer

32) Were you ever hungry but didn't eat because there wasn't enough money for food?

- ◯ Yes
- ◯ No
- ◯ Don't know
- ◯ Do not wish to answer

33) How well would you say you are managing financially right now?

- ◯ Living comfortably
- ◯ Doing alright
- ◯ Just about getting by
- ◯ Finding it quite difficult
- ◯ Finding it very difficult
- ◯ Don't know
- ◯ Do not wish to answer

34) Compared to 3 months ago, how would you say you (and your partner) are doing financially now?

- ◯ Better off
- ◯ Worse off
- ◯ About the same
- ◯ Don't know

35) Did you know that some households can apply to take mortgage holidays or rent relief at the moment?

- ◯ Yes
- ◯ No - go to question 37

36) Are you taking the mortgage holiday or the rent relief loan at the moment?

- ◯ Yes
- ◯ No
- ◯ Don't know
- ◯ Do not wish to answer

37) Do you think you will take the mortgage holiday / rent relief in the next month?

- ◯ Yes
- ◯ No
- ◯ Don't know
- ◯ Do not wish to answer

38) How much do you agree/disagree with the following statements today? Please choose just one option for each statement.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I worry about paying the rent / mortgage	◯	◯	◯	◯	◯
I worry about getting evicted / having my home repossessed	◯	◯	◯	◯	◯

Your health at the moment

Next we'd like to ask a bit about your health at the moment. We'll start by asking you about self-isolation, that is, not leaving the house at all, even for shopping. This is different from social-distancing that everyone should be doing, that is, going out as little as possible and only for essential needs.

39) Are you currently self isolating (that is, not leaving the house at all, even for shopping)?
- ◯ Yes
- ◯ No - go to question 41

40) Why are you self isolating?
- ☐ Contact with someone with symptoms of coronavirus
- ☐ Had coronavirus symptoms yourself
- ☐ Someone in the household had symptoms of coronavirus
- ☐ To protect a vulnerable person in the household
- ☐ To protect myself as I am/feel vulnerable
- ☐ Other

(Tick all that apply)

41) Have you been told by a health professional that you are a high risk or vulnerable person when it comes to coronavirus?
- ◯ Yes
- ◯ No - go to question 43
- ◯ Don't know

42) Was that because you are pregnant or for another health reason?
- ☐ Pregnant
- ☐ Another health reason
- ☐ Don't know

43) During this pregnancy, do you usually smoke?
- ◯ Yes
- ◯ No - go to question 45

44) Over the past week have you smoked...
- ◯ About the same
- ◯ Less than usual
- ◯ More than usual

45) During this pregnancy, do you usually vape or use e-cigarettes?
- ◯ Yes
- ◯ No - go to question 47

46) Over the past week have you vaped or used e-cigarettes...
- ◯ About the same
- ◯ Less than usual
- ◯ More than usual

47) During this pregnancy, do you usually drink alcohol?
- ◯ Yes
- ◯ No - go to question 49

48) Over the past week have you drunk...
- ◯ About the same
- ◯ Less than usual
- ◯ More than usual

49) How often do you currently do any kind of physical activity?
- ◯ Every day
- ◯ Most days
- ◯ 1 or 2 days a week
- ◯ Never

50) Is this more, less or about the same as you did before lockdown (before 23rd March)?
- ◯ More than before
- ◯ Less than before
- ◯ About the same as before

51) How often do you do any kind of physical activity outside?

- ◯ Every day
- ◯ Most days
- ◯ 1 or 2 days a week
- ◯ Never

52) Which of the following best describes how you've been feeling over the past week?

- ◯ I do not worry about my health
- ◯ I occasionally worry about my health
- ◯ I spend much of my time worrying about my health
- ◯ I spend most of my time worrying about health

53) How would you describe your health generally?

- ◯ Excellent
- ◯ Very good
- ◯ Good
- ◯ Fair
- ◯ Poor
- ◯ Don't know
- ◯ Do not wish to answer

54) How would you describe your pregnancy so far?

- ◯ Very straightforward, with no problems so far
- ◯ Mainly straightforward, with only a few problems
- ◯ Quite difficult, with quite a lot of problems
- ◯ Very difficult, with lots of problems

Next we would like to ask some questions about your mental health and wellbeing.

55) Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Little interest or pleasure in doing things	◯	◯	◯	◯
Feeling down, depressed, or hopeless	◯	◯	◯	◯
Trouble falling or staying asleep, or sleeping too much	◯	◯	◯	◯
Feeling tired or having little energy	◯	◯	◯	◯
Poor appetite or overeating	◯	◯	◯	◯
Feeling bad about yourself	◯	◯	◯	◯
Trouble concentrating on things, such as reading the newspaper or watching television	◯	◯	◯	◯
Moving or speaking so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you have been moving around a lot more than usual	◯	◯	◯	◯

56) If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

- ◯ Not at all
- ◯ Somewhat difficult
- ◯ Very difficult
- ◯ Extremely difficult

57) Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on an edge?	◯	◯	◯	◯
Not being able to stop or control worrying?	◯	◯	◯	◯
Worrying too much about different things?	◯	◯	◯	◯
Trouble relaxing?	◯	◯	◯	◯
Being so restless that it is hard to sit still?	◯	◯	◯	◯
Becoming easily annoyed or irritable?	◯	◯	◯	◯
Feeling afraid as if something awful might happen?	◯	◯	◯	◯

We would like to know how stressed you have felt during your pregnancy so far.

On the following scale 1 = feeling no stress and 10 = feeling extremely stressed (as stressed as you could possibly imagine)

58) How stressed were you feeling during...

	1	2	3	4	5	6	7	8	9	10
Early pregnancy (0-12 weeks)	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯
Mid-pregnancy (13-27 weeks)	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯
Late-pregnancy (from 28 weeks)	◯	◯	◯	◯	◯	◯	◯	◯	◯	◯

Accessing services

We'd now like to ask you about whether you have needed to access healthcare or other related support services since the coronavirus lockdown period began. If you have needed to access the same service more than once, please think about your most recent experience.

Have you needed to access any of the following healthcare or other related support services, since the lockdown began:

59) A planned appointment with your midwife or consultant, as part of your usual maternity care	◯ Yes ◯ No - go to question 60
Did you see the midwife/consultant in person, talk on the phone or by video call?	◯ In person ◯ On the phone ◯ By video call
Did you receive the support you needed from the midwife/consultant?	◯ Definitely ◯ Mostly ◯ No
60) Other maternity services e.g. Maternity Assessment Centre, maternity clinics, scans?	◯ Yes ◯ No - go to question 61
Were you able to get an appointment with the maternity service?	◯ Yes ◯ No - go to question 61 ◯ Haven't tried - go to question 61
Did you see the midwife/sonographer in person, talk on the phone or by video call?	◯ In person ◯ On the phone ◯ By video call
Did you receive the support you needed from the midwife/sonographer?	◯ Definitely ◯ Mostly ◯ No
61) Your doctor (GP) or nurse	◯ Yes ◯ No - go to question 62
Were you able to get an appointment with your GP or nurse?	◯ Yes ◯ No - go to question 62 ◯ Haven't tried - go to question 62
Was the appointment with your GP or nurse in person or over the phone?	◯ In person ◯ Phone
Did you receive the support you needed from your GP or nurse?	◯ Definitely ◯ Mostly ◯ No
62) Mental health services	◯ Yes ◯ No - go to question 63
Were you able to access support from a mental health service?	◯ Yes ◯ No - go to question 63 ◯ Haven't tried - go to question 63

Was mental health support given in person or over the phone?	◯ In person ◯ Phone
Did you receive the mental health support you needed?	◯ Definitely ◯ Mostly ◯ No
63) A health visitor or nursery nurse	◯ Yes ◯ No - go to question 64
Were you able to access support from a health visitor or nursery nurse?	◯ Yes ◯ No - go to question 64 ◯ Haven't tried - go to question 64
Did the health visitor or nursery nurse provide support in person or over the phone?	◯ In person ◯ Phone
Did you receive the support you needed from a health visitor or nursery nurse?	◯ Definitely ◯ Mostly ◯ No
64) Early Help or social services	◯ Yes ◯ No - go to question 65
Were you able to access support from Early Help or social services?	◯ Yes ◯ No - go to question 65 ◯ Haven't tried - go to question 65
Was support from Early Help or social services provided in person or over the phone?	◯ In person ◯ Phone
Did you receive the support you needed from Early Help or social services?	◯ Definitely ◯ Mostly ◯ No

Your worries and concerns

We'd now like to ask you about worries relating to changes that have happened because of coronavirus. This might be things like worries about getting coronavirus, changes to maternity services and changes in preparing for when your baby is here through things like groups or getting things you need for the baby. For each of the following things, please indicate how worried you are about each one on a scale of 1 to 5, where 1 is not at all worried and 5 is very worried.

65) How worried are you about each of the following?

	1 Not at all worried	2	3	4	5 Very worried
Getting the virus	○	○	○	○	○
Passing on the virus to my baby (even if I don't know I have it)	○	○	○	○	○
The risk of getting the virus during appointments or assessments in pregnancy	○	○	○	○	○
Not having someone with me during appointments or assessments in pregnancy	○	○	○	○	○
Getting to the hospital when I am in labour	○	○	○	○	○
Having who I want with me when I give birth	○	○	○	○	○
Being separated from my birthing partner during labour	○	○	○	○	○
The risk of me or my baby getting the virus if we have to stay in hospital after the birth	○	○	○	○	○
Being on my own in hospital after having my baby	○	○	○	○	○
Not having friends or family around me at home after having my baby	○	○	○	○	○
Not being able to access antenatal classes like NCT, parent education or pregnancy exercise classes	○	○	○	○	○
Buying or getting things I need for the baby	○	○	○	○	○
Who will look after my child(ren) when I am having my baby	○	○	○	○	○

66) And on a scale of 1 to 5 where 1 is strongly agree and 5 is strongly disagree, how much do you agree/disagree with the following:

	1 Strongly agree	2 Agree	3 Neither agree nor disagree	4 Disagree	5 Strongly disagree
I am aware of all of the advice given by the government about coronavirus and pregnancy	○	○	○	○	○
I have been given clear information about how coronavirus affects me and my pregnancy	○	○	○	○	○
I have experienced many changes to my care in pregnancy since the coronavirus lockdown began	○	○	○	○	○
As a pregnant woman, I am a high risk or vulnerable group when it comes to coronavirus	○	○	○	○	○
I would like more information about how coronavirus affects me and my pregnancy	○	○	○	○	○
The care I have received during my pregnancy has been good	○	○	○	○	○
I am in touch with other pregnant women	○	○	○	○	○
I use online groups or forums for pregnant women and/or new mums	○	○	○	○	○
I feel part of a community of pregnant women and/or new mums	○	○	○	○	○
I have all the support I need right now in my pregnancy	○	○	○	○	○
I would like more information about how to prepare for the birth	○	○	○	○	○
I would like more information on parenting	○	○	○	○	○

Your plans

67) At the start of your pregnancy where did you plan to have your baby?

- ◯ In hospital or a midwife led unit
- ◯ At home
- ◯ I hadn't decided - go to question 68

Have your birth plans changed?

- ◯ Yes
- ◯ No - go to question 68
- ◯ Don't know

Why have your birth plans changed?

- ☐ I changed my mind
- ☐ For medical reasons (not related to coronavirus)
- ☐ As a result of changes to services because of coronavirus
- ☐ Other
- ☐ Don't know

68) Now we would like to ask about your plans for feeding the baby. To what extent do you agree with the following statements?

	Very much agree	Somewhat agree	Unsure	Somewhat disagree	Very much disagree	Don't know
I am planning to only formula feed my baby (I will not breastfeed at all)	◯	◯	◯	◯	◯	◯
I am planning to at least give breastfeeding a try	◯	◯	◯	◯	◯	◯

People around you

We'd now like to move on to talk about the people you have around you.

69) How many people can you count on in times of need?

- ◯ 0 - go to question 71
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10 or more

70) How many of these people live in your local area? That is, within about a mile or a 20 minute walk from your home.

- ◯ 0
- ◯ 1
- ◯ 2
- ◯ 3
- ◯ 4
- ◯ 5
- ◯ 6
- ◯ 7
- ◯ 8
- ◯ 9
- ◯ 10 or more

71) How easy is it to get practical help from friends/family/neighbours if you should need it?

- ◯ Very difficult
- ◯ Difficult
- ◯ Possible
- ◯ Easy
- ◯ Very easy

72) How often have you felt lonely during the past week?

- ◯ None, or almost none of the time
- ◯ Some of the time
- ◯ Most of the time
- ◯ All, or almost all of the time
- ◯ Don't know
- ◯ Do not wish to answer

If you are currently singe, please go to question 75

73) How would you describe the quality of your relationship with your current partner?

- ◯ Excellent
- ◯ Good
- ◯ Average
- ◯ Poor
- ◯ Very poor
- ◯ Do not wish to answer

74) What are the kinds of things you struggle with in your relationship? Please answer yes or no to the following things:

No/poor communication (e.g. silent treatment)

- ◯ Yes
- ◯ No

Arguments now and then about trivial matters

- ◯ Yes
- ◯ No

Regular disagreements (e.g. about chores, children, finances, etc.)	◯ Yes ◯ No
Unpredictable but severe conflict	◯ Yes ◯ No
Struggle with something else	◯ Yes ◯ No

We are almost at the end of the questionnaire. We wanted to finish by giving you the opportunity to tell us about your three biggest worries right now and what you are most looking forward to in the next year.

75) What are your three biggest worries right now?

Worry 1: _____

Worry 2: _____

Worry 3: _____

76) What are you most looking forward to in the next 12 months? _____

That's the end of the questionnaire. Thank you so much for taking part. Your answers are really important to help us understand the impact of coronavirus on pregnant women and to help shape services right now. We would like to do another questionnaire like this a couple of months after you have had your baby.

77) How would you like us to get in touch with you about this?

◯ By phone
◯ By post
◯ By email
◯ I don't want to do this

Please provide the best contact telephone number: _____

Please provide the best email address to contact you at: _____