

**Cognitive Interview Evaluation of the  
Pregnancy Risk Assessment Monitoring System (PRAMS) Phase 6:**  
Results of interviews conducted August - October, 2007

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## **1. Introduction**

This report documents cognitive testing results on phase 6 of the Pregnancy Risk Assessment Monitoring System (PRAMS). The project was sponsored by the National Center for Chronic Disease Prevention and Health Promotion, Division of Reproductive Health, Centers for Disease Control and Prevention. Testing took place in two rounds between August and October of 2007.

PRAMS is a state-specific, population-based self-administered survey of women with children between the ages of two and nine months. Topics center around health issues before, during, and after a woman's most recent pregnancy and include smoking, the use of assisted reproductive technologies, gestational diabetes, and Cesarean deliveries among others.

The majority of this report presents a question-by-question analysis of the survey questions. Emphasis is placed on items that have the potential to generate response error, that is, they may not capture the information they were designed to measure. The discussion of these questions includes descriptions of how respondents interpreted question intent and explanations of why and how questions presented problems for respondents. Comments are included for most questions, however, some items were unable to be sufficiently tested. The length of the instrument, combined with the cognitive interview time constraint of one hour, made testing all questions impossible.

Testing took place in two rounds, which is reflected in the analysis discussion. Change in skip pattern instructions is the main difference between the round 1 and round 2 instruments. In addition, sponsors submitted two versions of the questionnaire in order to test alternate wordings on several of the items. Different versions of the questions are noted in the question-by-question analysis. Most questions, however, were the same in both instruments.<sup>1</sup>

The next section briefly describes the qualitative methodology of cognitive interviewing, including the procedures for sampling interview respondents and the interview technique itself.

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<sup>1</sup> See Appendix A for version A of the instrument that was tested and Appendix B for version B. Questions that differ between the two versions are highlighted.

The third section of the report presents a summary of general findings, followed by the more detailed question-by-question analysis.

## **2. Methodology**

Cognitive interviewing, as a qualitative methodology, offers the ability to understand the interpretive process behind answers to survey questions. Different types of cognitive interviewing techniques exist. Respondent narrative and intensive follow-up verbal probing were the primary methods used for the project. Respondents were directed to first fill out the questionnaire on their own, answering as they normally would. Then the interviewer elicited general feedback on the questionnaire, followed by a narrative on the respondent's pregnancy experience. Finally, the interviewer probed the respondent for information about specific answers they gave for various survey items. Follow-up probes are typically initiated when contradictory information is given by the respondent (between, say, her narrative and her answer to a related survey question) as this may indicate points of confusion and misinterpretation. Probes are also useful for exploring pre-identified areas of concern in the instrument. Alternatively, respondent narrative allows for the exploration of unanticipated problems by producing rich and detailed information on how respondents answered the question, what they were thinking when answering, and how they interpreted the meaning of the question.

Shedding light on the question-response process, data from narratives and probes allow the analyst to determine which stage in the process of answering a survey question – comprehension, retrieval, judgment, or response – the respondent had difficulty with, if any. The appropriateness of response categories can be evaluated with this procedure, as can the ability of respondents to draw upon their own experiences and knowledge to answer the questions effectively. Because the intensive interviewing method provides extensive detail on the question-response process, not only does it allow the interviewer to identify *which* questions and/or response categories are problematic, it also shows *why and how* questions are problematic, leading to informed strategies for improving question design and minimizing response error.

Data analysis proceeded according to the grounded theory approach. Rather than using logico-deductive reasoning, this method of analysis begins with the data and, through the constant comparison of data to conceptual themes, systematically proceeds to higher levels of understanding. Systematic comparisons are made within each respondent's answers to different questions and among different respondents' answers to the same question. The method does not aim to test existing hypotheses, but instead generates explanations of response error patterns that are closely tied to the empirical data. Once these patterns are understood, they can inform solutions for question design, with the ultimate goal of creating measures that yield valid and reliable estimates.

### Sampling and Respondent Demographics

Testing took place in the National Center for Health Statistics (NCHS) Questionnaire Design Research Laboratory (QDRL). We conducted a total of 20 interviews, 10 in the first round and 10 in the second. Respondents were selected using a purposive sample frame. The goal of a purpose sample is *not* to obtain a statistically representative sample. Instead, respondents are

chosen according to characteristics that would screen them into or out of the questions. Emphasis is on coverage of the survey questions and topics *not* the survey population. Conclusion may be drawn about patterns of question response, but not about how particular sub-groups answer survey questions.

The sample design targeted women with children between the ages of two and nine months. In addition, if a caller reported 1) having used assisted reproductive technology, 2) delivering her most recent baby via Cesarean, 3) being a smoker, or 3) have more than one child, she was recruited for the study.

In order to obtain the widest variety of interpretations, demographic diversity among respondents was also sought, especially in regard to socioeconomic status and race. Because this was the first time PRAMS initiated a tribal project in South Dakota, we also attempted to recruit American Indians. The demographic breakdown of respondents appears in Table 1.

A newspaper advertisement in a free commuter newspaper was placed to recruit respondents. Additionally, a couple respondents were drawn from the QDRL database of respondents who have participated in previous studies. Prior to participation, respondents were screened over the telephone in order to identify key demographics such as age, race, educational attainment, and income level, in addition to the recruitment criteria mentioned above.

At the time of the interview, respondents filled out paperwork whereby they agreed to the interview being video- and audio-taped. The interviewer then explained the purpose of NCHS, described the survey, and told respondents the manner in which the interview would be conducted. After these introductory remarks, interviewers instructed respondents to fill out the questionnaire on their own. Once the survey responses were obtained, the interviewer elicited respondent narratives about their recent pregnancy experience. This was followed by question-specific probes designed to reveal respondents' interpretation of the question and the ease with which they chose a response category. Through the comparison of respondents' survey responses to both their narrative and follow-up probing, interviewers were able to ascertain whether or not and why a response error had occurred. Interviews were designed to last 60 minutes and a \$50 token of appreciation was given to respondents.

Table 1: Demographic summary of respondents in total and for each round of testing

	<u>Round 1</u> (n=10)	<u>Round 2</u> (n=10)	<u>Total (%)</u> (N=20)
<u>Respondent Age</u>			
Under 30	5	5	10 (50%)
30-39 years	4	3	7 (35%)
40 and Over	1	2	3 (15%)
<u>Race/Ethnicity</u>			
NH-White	3	1	4 (20%)
NH-Black	6	6	12 (60%)
Hispanic	0	2	2 (1%)
American Indian	0	1	1 (.05%)
Asian	1	0	1 (.05%)
<u>Education</u>			
HS or less	3	3	6 (30%)
More than HS	7	7	14 (70%)
<u>Income</u>			
Under 20,000	1	2	3 (15%)
20,000 & Over	9	7	16 (80%)
Don't Know	0	1	1 (.05%)

### 3. Results

#### Analysis Highlights

*Skip Instructions:* Following skip instructions was problematic for most respondents in this self-administered questionnaire. A total of 13 (of 20) respondents made mistakes in following instructions. As a result, respondents either skipped themselves out of sections they should have answered or answered questions they should have skipped. Level of education seemed to have no bearing on a respondent's propensity to make a skip error. Those with a college degree were just as likely to make a mistake as were those with high school diplomas. Some respondents brought their infants to the interview, which impacted their level of concentration. However, respondents without children present were just as likely to miss skips as were respondents who were tending to children. In round 1, seven of ten respondents made skip instruction mistakes.

In round 2 the visual layout was modified in an attempt to make the instructions more noticeable. Originally, instructions were only included next to the response that required respondents to skip past the next question. Version A instructions were modified to tell respondents which question to answer next for *either* response they chose, not just the one that prompted a skip pattern. For example, responses of both yes and no included direction on where to go next. Version B retained the single instruction (associated with skipping a question), but added a white box around both the instruction and the answer in order to link the instruction more clearly to one response option. These changes made little-to-no difference. In round 2, six of 10 respondents had skip pattern errors. Moreover, version A performed no better or worse than version B; each had three errors.

Unfortunately, cognitive testing is not the best method for evaluating why these skip mistakes occurred. Nor can it design the best solution. An experimental design in a pilot study would be better. Sponsors are encouraged to explore that method, as this problem was significant and will surely impact estimates.

*Timeframe:* The PRAMS instrument is organized primarily by time period. Questions about the pre-pregnancy period are first, followed by questions about the pregnancy itself and finally, post-pregnancy questions. This organization was not intuited by most respondents, so mistakes regarding question timeframe were common. Rather than limiting their response to the timeframe being asked about, respondents would sometimes telescope backward, providing false positive responses. For example, respondents who did not take vitamins prior to pregnancy would answer ‘yes’ if they took them during pregnancy. They missed the clause asking them to consider the month before they got pregnant.

Analysis of the data reveals that this problem was not always one of simple telescoping or of respondents not reading the entire question. The data show that the pattern was not random in two primary ways. First, telescoping errors were more likely to occur in the “before pregnancy” questions than in either the “during pregnancy” or “after pregnancy” sections. A total of nine timeframe mistakes were made, six of which occurred in the pre-pregnancy questions. To some extent, this is a function of respondents understanding that the survey topic is about pregnancy. Therefore, it’s logical that they would assume all questions relate to pregnancy in particular, and not health or behaviors in general. Second, these errors were more likely to occur among women who did not plan their most recent pregnancy than among those who did. In fact, all six timeframe errors that were committed in the pre-pregnancy questions were made by women who were not actively planning their most recent pregnancy.

The pre-pregnancy questions functioned somewhat differently for women who didn’t plan their pregnancy compared with women who did. Women who planned their pregnancy were inclined to interpret the questions in relation to getting pregnant and answered on that basis. And the questions themselves supported that assumption, both implicitly and explicitly (see especially question 4, both versions). Depending upon the intent of the questions, this may or may not be response error. For example, one women who planned her pregnancy was eating a healthy diet, not because she was trying to get pregnant but because that’s her usual behavior. Another women was eating a healthy diet specifically because she was trying to get pregnant and was

doing what she could to aid that process. Those answers are reflecting two different underlying constructs that are not clearly communicated by the question.

Women who were not planning to get pregnant had different interpretations. Sometimes, like the respondents who planned their pregnancy, they interpreted the questions in relation to getting pregnant. In this case they were likely to telescope and provide answers that were based on behaviors that occurred during, not before pregnancy. This is clear response error. Other times they would understand the questions as asking about health in general and, therefore, did answer within the correct timeframe. This interpretation may be the closest to reflecting the intended construct.

In the end, although the pre-pregnancy questions seem to be directed at measuring behaviors that occurred prior to a woman's most recent pregnancy, a woman's intent behind those behaviors (i.e., whether she was planning to get pregnant) complicate the measurement by introducing the potential for multiple interpretations and telescoping.

Realistically, the underlying construct of the pre-pregnancy questions should not be connected to whether or not she was trying to get pregnant. As much as possible, the questions should emphasize that they are about behaviors in general, not about behaviors that occurred because the respondent wanted to get pregnant.

#### Question-by-Question Analysis

**First, we would like to ask a few questions about *you* and the time before you got pregnant with your new baby. Please check the box next to your answer.**

**1. During the *month* before you got pregnant with your new baby, were you covered by any of these types of health insurance plans? Check all that apply.**

- Health insurance from a job (your job or the job of your husband, partner or parents)
- Health insurance that you or someone else paid for (not from a job)
- Medicaid
- TRICARE or other military health care
- SCHIP or CHIP (State Child Health Insurance Program)
- I did not have a health insurance plan
- Other source => Please tell us \_\_\_\_\_

Analysis: Unlike many interviewer-administered health insurance questions, respondents generally understood this question. Because respondents can see all the options at once in the self-administered format, they are able to fit their plan into one of the options with little difficulty.

Two problems did arise, neither of which had anything to do with understanding the nature of health insurance. One respondent missed the timeframe and answered the question based on what she had during – not before – her pregnancy. This resulted in response error, because she had no health insurance prior to getting pregnant. Once she became pregnant, the clinic helped her obtain SHIP. The timeframe issue was prevalent in many of the “before pregnancy” questions.

Another respondent answered the question in relation to the wrong child. She initially thought it was asking about her first child. She made the same error for several questions. Some she answered for her first and some she answered for her most recent baby. She tended to make this mistake when the question referred to her “new baby” rather than her “most recent” pregnancy.

Recommendation: The chronological ordering of questions according to before, during and after the most recent pregnancy was lost on some respondents. As a result, they did not pick up on the fact that the first set of questions were about the time *before* their pregnancy. Perhaps this instruction can be made more clear up front, in a brief and direct way. (Respondents generally didn’t take time to read lengthy sentences.) Once she understood questionnaire organization, one respondent even suggested using different color paper for each time period (before, during, and after).

Answering for the wrong child was not an extensive problem. However, the language does switch between “new baby” and “most recent pregnancy” throughout the instrument. Pick one phrase and stick with it for consistency. The latter might be better, since any baby is technically a new baby.

**2. During the *month before you got pregnant with your new baby*, how many times a week did you take a multivitamin, a prenatal vitamin, or a folic acid vitamin?**

- I didn’t take multivitamins, prenatal vitamins or folic acid vitamins at all
- 1 to 3 times a week
- 4 to 6 times a week
- Every day of the week

Analysis: One respondent missed the timeframe on this question, which resulted in response error. She answered “every day of the week,” however, she only began taking prenatal vitamins (Prenate) once she found out she was pregnant. She wasn’t trying to get pregnant and wasn’t taking any type of vitamin (prenatal or otherwise) prior to this pregnancy.

Another respondent answered “every day of the week” because she was taking a children’s multivitamin, such as Flintstones. She didn’t say why she chose a children’s vitamin per se, only that she took it *not* because she was trying to get pregnant, but because it seemed like a healthy thing to do.

Recommendation: First, the missed timeframe can be addressed by the recommendations made earlier. Second, it’s impossible to know the extent to which adults take vitamins designed for children. Sponsors should decide if this inclusion is appropriate. If not, it couldn’t hurt to add the word adult in the question, making it read “an adult multivitamin, prenatal vitamin, or folic acid vitamin.”

**3. What were your reasons for not taking a multivitamin, prenatal vitamin or vitamin containing folic acid in the month before you got pregnant? Check all that apply.**

- I wasn’t planning to get pregnant
- I didn’t think I needed to take vitamins
- The vitamins were too expensive
- The vitamins gave me side effects (such as constipation)
- Other → Please tell us: \_\_\_\_\_

Analysis: One respondent checked an answer that didn't fully capture her experience. She answered "I didn't think I needed to take vitamins." However, she also said she wasn't planning to get pregnant, but didn't check this option. Note that once she found out she was pregnant, she began taking prenatal vitamins. It should be made clear whether the question is asking about the respondent's views of vitamins in relation to pregnancy or in relation to health in general. Otherwise, this question can be problematic for women who weren't intending to get pregnant.

Women who were intending to get pregnant answer the question based on their belief in the value of vitamins *for pregnancy*. For example, another women had a different type of response error because the intent wasn't clear. She answered "I wasn't planning to get pregnant" when she very clearly *was* trying to get pregnant (she took Clomid). She chose the answer she did because she didn't believe vitamins would help her get pregnant. In essence, the response to her meant, "I wasn't planning to get pregnant *with use of vitamins*."

Recommendation: The question intent needs to be clear. It should be specified whether it's asking about respondent views of vitamins in general, or in regard to pregnancy.

**VERSION A: 4. During the 3 months before you got pregnant with your new baby, did you do any of the things listed below?** For each item, circle Y (Yes) if it you did it or circle N (No) if it did not.

- a. Eat a healthy diet.....N Y
- b. Exercise most days of the week.....N Y
- c. Try to lose weight or gain weight so that I would be at a healthy weight.....N Y
- d. Take a vitamin containing folic acid most days of the week.....N Y
- e. Get my vaccines updated.....N Y
- f. Take my prescription medicines as directed by my doctor to control any health conditions such as diabetes, high blood pressure, depression or anxiety.....N Y
- g. Avoid drinking alcohol.....N Y
- h. Avoid smoking cigarettes.....N Y
- i. Avoid using illegal drugs.....N Y
- j. Get counseling about genetic diseases that run in my family.....N Y
- k. Talk to my doctor about pregnancy.....N

Analysis: This question produced interpretation variation among respondents. Some answered in relation to their pregnancy while others answered in general terms. Relatedly (see analysis highlights), several respondents answered in the wrong timeframe. They answered for during their pregnancy, not before it.

For example, one respondent who answered in relation to pregnancy said "no" to item a (eating a healthy diet) because she didn't eat a "specialty healthy diet" to get pregnant (which she was planning to do). Another respondent also answered 'no,' but not because her diet had anything to do with getting pregnant. She was eating a healthy diet because she recently turned 40. She was *not* planning a pregnancy

The lack of clear intent caused one person to leave the field blank. When asked why, she said if she answered yes it would seem like she was making a conscious effort to eat 5 fruits and

vegetables a day (which she wasn't), but if she answered 'no' it would imply she was eating junk food all the time and this wasn't the case either. This respondent was thinking in general terms because she wasn't planning on having a baby. Even so, it was unclear to her what "healthy diet" meant

The word "avoid" created a double-barrel problem in items g, h, and I for respondents who never engaged in those behaviors to begin with. As one respondent commented, "I generally avoid smoking." In other words, she wanted to get pregnant but that's not why she didn't smoke. Another respondent couldn't answer at all. She didn't smoke to begin with and wasn't trying to get pregnant. For her the question was triple-barreled. The word was dropped in the second round and this helped. However, the fundamental problem remains: is this a question about behaviors related to getting pregnant or behaviors in general, regardless of pregnancy aspirations?

Recommendation: This question would produce answers more consistent in meaning if the intent was more clearly conveyed. Some women interpret these questions in relation to planning a pregnancy, while others do not. It produces variations in interpretation (depending on whether or not respondents were planning to get pregnant) and introduces complexity into the definition of "healthy diet" (i.e., healthy for women who intend to get pregnant, or healthy for anyone in general?). In other words, the data suggest that the question functions more as a measure of the *intent* of the actions/behaviors about which it asks than of the actions themselves. The underlying construct of the question needs to be identified before changes can be made. Version B suffers less from this problem, therefore, that question (with modifications) is recommended over this one.

**VERSION B: 4. Before you became pregnant with your new baby, did a doctor, nurse or other health care provider talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, circle Y (Yes) if someone talked with you about it or N (No) if no one talked with you about it.**

- a. Taking a multivitamin with folic acid before pregnancy....N Y
- b. Visiting a dentist or dental hygienist before pregnancy ....N Y
- c. Being a healthy weight before pregnancy.....N Y
- d. Getting my vaccines updated before pregnancy.....NY
- e. Controlling any medical conditions such as diabetes and high blood pressure.....N Y
- f. Getting counseling or treatment for depression or anxiety .....N Y
- g. Getting counseling for genetic diseases that run in my family.....N Y
- h. The safety of using prescription drugs during pregnancy.....N Y
- i. How smoking during pregnancy can affect a baby...N Y
- j. How drinking alcohol during pregnancy can affect a baby...N Y
- k. How using illegal drugs during pregnancy can affect a baby....NY

Analysis: Because this question asks about the actions of a health provider and not the respondent herself, it's not as contingent on the *intent* of the respondent's actions. However, like other questions in the "before pregnancy" set of questions and because individual items emphasize pregnancy, respondents sometimes missed the timeframe. This resulted in response error as respondents gave answers for discussions that were had during their pregnancy, not before.

Second, some terms were unclear. One respondent wasn't sure if taking a multivitamin with folic acid was the same as the vitamin she was taking. She didn't know whether her multi included folic acid or not. Another respondent included non-prescription drugs (Tylenol) in her positive response to item h.

Recommendation: Since the use of multivitamins is established prior to this question, consider dropping item a from this one – or include it as a separate question along with the independent vitamin questions. Also, sponsors may want to open the intent of item h up to any medication, prescription or OTC. It may be difficult to get respondents to think of and include only prescription medication, particularly for those who don't take any.

Overall, however, this version worked better and caused less confusion than version A. If the references to pregnancy are deleted from each sub-item, it will help to take focus away from the intent to get pregnant. (See further discussion in analysis highlights.)

5. *Before you got pregnant with your new baby, did you ever have any other babies who were born alive? Please include babies that died shortly after birth or babies that you placed for adoption.*

No → **Go to Question 8**  
 Yes

Analysis: Response error was detected for one respondent who answered 'no' even though she has older children. She said she first interpreted the question as asking if she had any children who were NOT born alive. She doesn't know why, other than she simply read the question too quickly. Another respondent with multiple children also answered 'no', thinking initially that the question was asking about being a first-time mom at age 18 (the age she had her first child). She said no because she had no children prior to that. Again, the respondent probably read the question too quickly the first time.

Recommendation: Two response errors out of 20 is not trivial, yet given the nature of the mistakes, it's difficult to suggest a remedy. Sometimes respondents simply read too fast and don't see the question as worded. Maybe a shorter sentence would reduce this type of error. Or as one respondent suggested, ask "in addition to your most recent baby, do you have any other children?"

6. **How much time passed between the birth of your *last* baby and the time you got pregnant with your *new* baby?**

0 to 12 months  
 13 to 18 months  
 19 to 24 months  
 More than 2 years but less than 3 years  
 3 to 5 years  
 More than 5 years

Analysis: There were minor problems with two respondents. One respondent was confused by the question and had to read it several times. Even so, she may have answered mistakenly. She answered "more than 2, less than 3 years" but tells the interviewer that her first born was 2

years old at the time her second was born, *not* at the time she got pregnant. This implies the answer may be 19 to 24 months.

Another respondent answered in error because she was thinking of the wrong child. She was thinking of the time between her first and second child (she has nine children). In general, she misses questions with the wording “new baby” and answers correctly when “most recent” is used instead.

Recommendation: Calculation problems may be inevitable with this question, but replacing “new baby” with “most recent baby” may help.

**7. Before this pregnancy began, had you ever been told by a doctor, nurse or other health care worker that you had gestational diabetes (diabetes that started during a pregnancy before this pregnancy) ?**

- No
- Yes

Analysis: Aside from several respondents who did not follow skip instructions correctly, there were no problems with this question. All respondents were familiar with the term ‘gestational diabetes’ and understood the question.

Recommendation: None.

**8. Before you got pregnant with your new baby, did your husband or partner ever try to keep you from using your birth control so that you would get pregnant when you didn’t want to?** For example, did he hide your birth control, throw it away or do anything else to keep you from using it?

- No
- Yes

Analysis: There were no interpretation problems with this question, however, it was double barreled and one person left it blank as a result. Seven respondents weren’t using birth control, when the question assumes they were. This didn’t prevent respondents from answering, however, it means that answers of ‘no’ carry different meaning. ‘No’ could mean the respondent was using birth control and her partner never tried to keep it from her, *or* it could mean ‘no, she wasn’t using birth control.’ (One respondent specifically stated that she didn’t want to use birth control because she wanted to get pregnant.) Perhaps either way it doesn’t matter, but analysts should understand that the same answer given by different respondents will mean fundamentally different things.

Recommendation: The remedy for this question is to unpack it into two, one that establishes whether they ever used birth control prior to this pregnancy and if so, whether their partner ever tried to keep them from using it.

**9. When you got pregnant with your new baby, were you trying to get pregnant?**

- No → **Go to Question 15**
- Yes

Analysis: Interestingly enough, the phrase “trying to get pregnant” is not clear cut and can have different meanings. For example, one respondent made a distinction between “trying” and “waiting” to get pregnant. She said she wasn’t trying so hard as to take fertility drugs, but just thought she would *allow* it to happen when – and if – it happened. She answered ‘no’ to the question. A respondent with a similar interpretation answered no because even though she was trying to get pregnant, she was trying to do so naturally, not with any medical assistance. These are clear cases of response error.

Another respondent answered ‘no’ because her pregnancy was a surprise and she wasn’t thinking about getting pregnant. She was in her late 40’s. Still, she said she should have known better because her cycles were still regular and she wasn’t using birth control. A younger respondent has a similar viewpoint. She answered no, but wasn’t using birth control and knew she could get pregnant as a result. The response error for these two respondents is less clear. Their intent was arguably not to get pregnant, yet their behaviors don’t correspond to their intentions.

Recommendation: The remedy depends on the construct underlying the word “trying.” Is actively pursuing pregnancy considered the same as or different from not minding if it happened?

**10. Did you take any fertility drugs or receive any medical procedures from a doctor, nurse, or other health care worker to help you get pregnant with your *new* baby?** (This may include infertility treatments such as fertility-enhancing drugs or assisted reproductive technology.)

No → **Go to Question 15**  
 Ye

Analysis: Generally there were no problems with respondents understanding this question. Only one response was somewhat questionable. She answered yes because she took Clomid for one month. However, she didn’t get pregnant until after she stopped taking it. She took Clomid for 1 cycle. She didn’t want to keep taking it, plus her insurance would make her pay out of pocket for further rounds. She figured “if it happened, it happened” but wasn’t desperate to get pregnant. She took fertility drugs for one cycle, but didn’t get pregnant with her new baby as a result. Should this count?

Recommendation: Sponsors should decide if this type of inclusion is intended.

**11. How long had you been trying to get pregnant before you took any fertility drugs or used any medical procedures to help you get pregnant with your *new* baby?** Do not count long periods of time when you and your partner were apart or not having sex.

0 to 5 months  
 6 to 11 months  
 1 to 2 years  
 3 to 4 years  
 5 to 6 years  
 More than 6 years

Analysis: This question was generally not problematic. Only one respondent had to stop and consider what it was asking. She initially questioned whether it was asking how long she was trying to get pregnant overall, or how long it was before she decided to use Clomid. She ended up getting it right.

Recommendation: None. There might not be a less complicated way to word this question.

**12. Did you use any of the following fertility treatments during the month you got pregnant with your new baby? Check all that apply**

- Fertility-enhancing drugs prescribed by a doctor (fertility drugs include Clomid<sup>®</sup>, Serophene<sup>®</sup>, Pergonal<sup>®</sup>, or other drugs that stimulate ovulation)
- Artificial insemination or intrauterine insemination (treatments in which sperm, but NOT eggs, were collected and medically placed into a woman's body)
- Assisted reproductive technology (treatments in which BOTH a woman's eggs and a man's sperm were handled in the laboratory, such as in vitro fertilization [IVF], gamete intrafallopian transfer [GIFT], zygote intrafallopian transfer [ZIFT], intracytoplasmic sperm injection [ICSI], frozen embryo transfer, or donor embryo transfer)
- Other medical treatment  Please tell us: \_\_\_\_\_

Analysis: Most respondents skipped out of this question, so it wasn't extensively tested. However, one respondent left it blank because she didn't take Clomid for several months before she got pregnant. She took it for one month then stopped. Then 4 months later she got pregnant. She doesn't think it was because of the Clomid because its effects must have "worn off" by then.

Recommendation: Response option of "no" is needed.

**13. Did you become pregnant with your *new baby* as a result of using any of the treatments listed above?**

- No => **Go to Question 15**
- Yes
- I don't know

Analysis: Most respondents skipped out, so this question wasn't extensively tested. However, no problems were detected.

Recommendation: None.

**14. [VERSION A] How long did you receive fertility treatments before you became pregnant with your *new baby*? Do not count long interruptions in treatment.**

- 0 to 3 months
- 4 to 6 months
- 7 to 9 months
- 10 to 12 months
- More than 12 months

Analysis: Most respondents skipped out, so this question wasn't extensively tested. However, no problems were detected.

Recommendation: None.

**14. [VERSION B] How many cycles of fertility treatments (complete or incomplete) did you have before you became pregnant with your *new baby*?**

- 1 cycle
- 2-3 cycles
- 4-6 cycles
- 7 or more cycles

Analysis: Most respondents skipped out, so this question wasn't extensively tested. However, no problems were detected. Response options in the form of months or cycles didn't seem to matter.

Recommendation: None.

**The next questions are about the prenatal care you received during your most recent pregnancy. Prenatal care includes visits to a doctor, nurse, or other health care worker before your baby was born to get checkups and advice about pregnancy. (It may help to look at the calendar when you answer these questions.)**

**15. Did you get prenatal care as early in your pregnancy as you wanted?**

- No
- Yes
- I didn't want prenatal care

Analysis: One respondent had response error on this question. She answered yes, yet clearly did not receive care as early as she wished. She did a home pregnancy test after missing her first period. It showed positive (she would have been 7 weeks pregnant) and she called her OB right away. He made her wait until she missed 2 periods before scheduling an appointment. By the time she saw her doctor she was 11 weeks pregnant. She didn't like waiting that long. When asked why she answered yes to this question, she said she would have gone earlier "if I had the choice." But the doctor's office made it sound like waiting for 2 missed periods was the norm, so given that rule, she got prenatal care as soon as it was available (which is as soon as she would want it). Her answer in 16b better reflects her feeling – she answers true. Perhaps this is because the emphasis in that question is on the doctor, which matches her experience. The doctor made her wait.

However, question 16b isn't necessarily better because it measures something slightly different. Another respondent answered no to question 15 (which was the correct answer) and false to question 16b. This respondent didn't get care as early as she wanted because she was new to the area and couldn't find a doctor who was accepting new patients. The earliest she could get in to see someone was 3 weeks and this bothered her. Her answer of false in the next question probably reflects the fact that it wasn't one particular doctor who wouldn't start care as soon as she wanted, especially because she said the care she needed wasn't urgent.

Recommendation: None. Not enough data on potential response error exists to make a solid recommendation.

**16. Here is a list of things that can happen when women try to get prenatal care. For each item, circle T (True) if it happened to you during your most recent pregnancy or circle F (False) if it did not happen to you or did not apply to you.**

- a. I couldn't take time off from work or school T F
- b. The doctor or my health plan would not start care as early as I wanted T F
- c. I didn't want anyone to know I was pregnant T F
- d. Other T F

Please tell us: \_\_\_\_\_

Analysis: In this question, item a is double barreled for respondents who neither work nor go to school. They can and do answer the question, but this means answers of 'false' carry different meanings. Some answers will mean respondent could take time off from work or school while others will mean the respondent wasn't working or going to school. Those are two very different things.

Sometimes an answer of false meant that the respondent worked, but didn't have to take time off for any prenatal visits. Several respondents were able to easily schedule their appointments around their work schedule. It's not that they *couldn't* take time off, it's that they *didn't have to*. This was an important distinction to them.

One respondent who worked had difficulty answering and left it blank. She postponed a couple prenatal visits because even though she couldn't take time off, she didn't miss the appointments altogether, which is what she thought would be implied if she answered true.

Finally, many respondents left item d blank and commented that it didn't make sense to answer true or false to "other."

Recommendation: Fixing the double barrel problem requires skipping respondents out of item a if they do not work or go to school. Additionally, it should be made clear whether missing appointments was the outcome of not being able to take time off. It could read "I missed one or more prenatal visits because I couldn't take time off from work or school." Finally, drop item d. It didn't capture anything, didn't make sense to many respondents, and was often left blank.

**17. Did any of these kinds of health insurance plans help you pay for your prenatal care?**

- Health insurance from a job (your job or the job of your husband, partner or parents)
- Health insurance that you or someone else paid for (not from a job)
- Medicaid (state Medicaid name)
- TRICARE or other military health care
- SCHIP or CHIP (State Child Health Insurance Program)
- I did not have a health insurance plan to help pay for my prenatal care
- Other sources => Please tell us: \_\_\_\_\_

Analysis: Only one respondent had response error. She answered for the wrong child and, therefore, for a different time in her life. She was thinking of her first pregnancy when she was 18 and didn't have insurance. For her most recent child she has a job and health insurance.

This respondent had difficulty throughout the instrument understanding what child was being asked about. She went into it thinking that the questions would be about her first child and it was difficult for her to abandon that assumption. No other problems were apparent with this question.

Recommendation: None. The problem shown here is not unique to this question, but is a function of the respondent's misunderstanding from the start about which child to focus on.

**18. During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos.** For each item, circle Y (Yes) if someone talked with you about it or circle N (No) if no one talked with you about it.

- a. How long to wait before getting pregnant again after the birth of my baby.....N Y
- b. The signs and symptoms of preterm labor (labor that starts more than 3 weeks before the baby is due).....N Y
- c. What to do if I feel depressed during my pregnancy or after my baby is born...N Y

Analysis: A few minor issues emerged for this question. First, the definition of "discussion" was under question for one respondent. For example, she answered 'yes' to item b, but noted that this was part of "casual questions" routinely asked by the nurse at the beginning of every prenatal visit (e.g., the nurse would ask if she experienced any bleeding or other abnormality).

A couple respondents tentatively answered no to item a because they weren't sure of it's intent. The discussion they had with their doctor centered more around how long to wait before having sex. They weren't sure if this counted. Both decided that it didn't, but they weren't confident about this conclusion.

Recommendation: None. Ultimately there was little, if any, error in this question.

**19. During your most recent pregnancy, did a doctor, nurse or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos.** For each item, circle Y (Yes) if someone talked with you about it or circle N (No) if no one talked with you about it.

- a. Foods that are good to eat during pregnancy .....N Y
- b. How much weight to gain during pregnancy .....N Y
- c. Exercise during pregnancy.....N Y
- d. Programs or resources to help you gain the right amount of weight during pregnancy....N Y
- e. Programs or resources to help you lose weight after pregnancy.....N Y

Analysis: Generally, there weren't problems with this question. However, one respondent who developed gestational diabetes may have demonstrated response error in item a. She answered 'no' even though her doctor put her on a strict diet to follow. Her understanding of the question was that item a was asking about food discussions with regard to normal pregnancies.

Recommendation: The wording of each item definitely implies a discussion of pregnancy in general and under normal circumstances, which may miss discussions that occur for the specific – and maybe high risk – pregnancy a given respondent may have had. To capture the

experience of the respondent, the question could be couched in terms of her actual pregnancy and discussions that occurred about it in particular.

**20. During your most recent pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?**

- No → **Go to Question 22**  
 Yes

Analysis: Two respondents missed the timeframe of this question. Both answered ‘yes’ thinking of after the baby was born. During pregnancy, they were not participating in WIC.

Recommendation: This may be a situation where it would be beneficial to place questions on similar topics (differing only on timeframe) together. If respondents could see these questions together, the timeframe difference between them might be more obvious.

**21. During your most recent pregnancy, when you went for your WIC visits, did you speak with a breastfeeding peer counselor or another WIC staff person about breastfeeding?**

- No  
 Yes

Analysis: Most respondents skipped out, so this item wasn’t extensively tested. No problems emerged for the four respondents who answered it.

Recommendation: None.

**22. Before your new baby was born, did any of the following things happen? Check all that apply.**

- Someone answered my questions about breastfeeding  
 I was offered a class on breastfeeding  
 I attended a class on breastfeeding  
 I decided or planned to feed *only* breast milk to my baby  
 I discussed feeding *only* breast milk to my baby with my family  
 I discussed feeding *only* breast milk to my baby with my health care provider  
 I planned to breastfeed within the first hour after giving birth

Analysis: This question generally wasn’t problematic. Only one respondent had some debate over the definition of ‘discussion’ in the 6<sup>th</sup> option (I discussed feeding only breast milk to my baby with my health care provider). She said they didn’t discuss it, she just answered their questions. She answered ‘yes’ because she always knew she would breastfeed. But there was never any conversation or debate about it.

Recommendation: None. Not enough evidence exists to suggest specific changes.

The next questions are about your health around the time of your most recent pregnancy.

23. **Before this pregnancy began, were you ever told by a doctor, nurse or other health care worker that you had Type I or Type II diabetes?**

No

Yes => **Go to Question 30**

Analysis: Overall, the question itself wasn't problematic. However, one respondent demonstrated response error. She answered 'yes' because she developed gestational diabetes, but she never had diabetes prior to this pregnancy. As a result, she mistakenly skipped out of the next questions on gestational diabetes.

Recommendation: Maybe the fact that this is not a question on gestational diabetes could be emphasized in the question. It could be worded as follows: "Before this pregnancy began, were you ever told by a doctor, nurse, or other health care worker that you had Type I or Type II diabetes? This is NOT the same as gestational diabetes."

24. **During *this* pregnancy, were you told by a doctor, nurse or other health care worker that you had gestational diabetes (diabetes that started during *this* pregnancy)?**

No → **Go to Question 30**

Yes

Analysis: One respondent answered 'yes' but wasn't sure if this was the correct answer. She said she never received a firm diagnosis. Between 5 and 7 months she wasn't gaining enough weight, so they took a urine sample. It showed high sugar levels and they thought she might have gestational diabetes. They referred her to a specialist (perinatologist), but further tests didn't confirm that she actually had it. She said they never really knew what was going on with her pregnancy and why she never gained weight or kept having severe incontinence.

Recommendation: None. Most respondents understood the question and had no difficulty answering. The one who did doesn't provide enough evidence to change the question.

25. **During *this* pregnancy, when you were told that you had gestational diabetes, did the doctor, nurse or other health care worker tell you to make an appointment with a different doctor because of your gestational diabetes?**

No

Yes

Analysis: Five respondents made skip pattern mistakes that affected this question. Two respondents with (and one without) gestational diabetes skipped out. Two answered the question when they should have skipped out.

Recommendation: None. This problem isn't one of interpretation, but one of layout design.

26. During *this* pregnancy, when you were told that you had gestational diabetes, did a doctor, nurse or other health care worker do any of the things listed below? For each item, circle Y (Yes) if someone did it or circle N (No) if no one did it.

- |  |   |   |   |
|--|---|---|---|
| a. Refer you to a nutritionist .....   | N | Y |   |
| b. Talk to you about the importance of exercise .....                          | N | Y |   |
| c. Talk to you about getting to and staying at a healthy weight after delivery | N | Y | Y |
| d. Suggest that you breastfeed your new baby.....                              | N | Y |   |
| e. Talk to you about your risk for Type II diabetes.....                       | N | Y |   |

Analysis: Not extensively tested. Most respondents skipped out.

Recommendation: None.

27. Since your new baby was born, have you been tested for diabetes or high blood sugar?

- No → Go to Question 30
- Yes

Analysis: Not extensively tested. Most respondents skipped out.

Recommendation: None.

28. Since your new baby was born, did a doctor, nurse or other health care worker tell you that you had diabetes?

- No
- Yes → Go to Question 30

Analysis: Not extensively tested. Most respondents skipped out.

Recommendation: None.

29. Did the doctor, nurse or other health care worker tell you that you had prediabetes, borderline diabetes or high blood sugar?

- No
- Yes

Analysis: Not extensively tested. Most respondents skipped out.

Recommendation: None.

30. Did you have any of these problems during your most recent pregnancy? For each item, circle Y (Yes) if you had the problem or circle N (No) if you did not.

- a. Vaginal bleeding      N      Y

- b. Severe nausea, vomiting, or dehydration .....N Y
- c. High blood pressure, hypertension (including pregnancy-induced hypertension [PIH], preeclampsia, or toxemia) .....N Y
- d. Problems with the placenta (such as abruptio placentae or placenta previa) ...N Y
- e. Labor pains more than 3 weeks before my baby was due (preterm or early labor) .....N Y
- f. Water broke more than 3 weeks before my baby was due (premature rupture of membranes [PROM]) .....N Y
- g. I was hurt in a car accident.....N Y

Analysis: Two respondents had some interpretation issues, especially with item c. One said she had “some high blood pressure readings” during her pregnancy, but they didn’t make a difference in her pregnancy. She made it sound like they weren’t high enough or consistent enough to give the doctor concern. She answered ‘no’ to all items. Another respondent made a distinction between pregnancy and labor. She said she had high blood pressure during labor, but not during her pregnancy so she answered ‘no’ to all items.

Recommendation: If problems during labor should be included, that word could be added to the question. Additionally, it’s not clear that women will always know whether they had a problem or not. They may have had the condition, but not have defined it as a problem. Depending on the intent of the question, the word ‘problem’ could be dropped. It could read: “Did you have any of the following during your most recent pregnancy?”

**If you did not have any of these problems, go to Question 32.**

**VERSION A** 31a. Did a doctor, nurse or other health care worker tell you to stay home in bed for more than 2 days because of the problem(s)?

- No
- Yes

Analysis: Not extensively tested – most respondents skipped out. No problems detected with the 2 respondents who answered.

Recommendation: None.

**VERSION A** 31b. Did you go to the hospital or emergency room because of the problem(s)?

- No → **Go to Question 32**
- Yes

Analysis: Not extensively tested – most respondents skipped out. No problems detected with the 2 respondents who answered.

Recommendation: None.

**VERSION A** 31c. How would you describe your visit(s) to the hospital or emergency room? For each item, circle Y (Yes) if it describes your stay(s) in the hospital or circle N (No) if it doesn’t.

- a. I stayed less than 1 day.....N Y
- c. I stayed 1 to 7 days, but did not deliver the baby N Y

- d. I stayed 1 to 7 days, and delivered the baby N Y
- e. I stayed more than 7 days, but did not deliver the baby N Y
- f. I stayed more than 7 days, and delivered the baby N Y

Analysis: Not extensively tested – most respondents skipped out. No problems detected with the 1 respondent who answered.

Recommendation: None.

**VERSION B** 31. Did you do any of the following things because of these problems? Do count time in the hospital that was for delivery and recovery if your hospital stay ended in delivery. **For each item, circle Y (Yes) if you did that thing or circle N (No) if you did not.**

- | No   | Yes |
|--|-----|
| a. I went to the hospital or emergency room and stayed less than 1 day.....                | N Y |
| b. I went to the hospital and stayed 1 to 7 days.....                                      | N Y |
| c. I went to the hospital and stayed more than 7 days .....                                | N Y |
| d. I stayed in bed at home more than 2 days because of my doctor's or nurse's advice ..... | N Y |

Analysis: One respondent missed the clause "...because of these problems?" She went into the hospital but not because of her nausea or high blood pressure. She just went to the hospital when she went into labor naturally.

Recommendation: None. Not enough data to make a recommendation.

**32. During your most recent pregnancy, did a doctor, nurse or other health care worker try to keep your new baby from being born too early by giving you a series of weekly shots of a medicine called 17P (17 alpha-hydroxyprogesterone)?**

- No
- Yes

Analysis: No response error or interpretation problems detected. However, note that all respondents answered no, so it's impossible to know how the question performs with women who did receive these shots.

Recommendation: None.

**The next questions are about smoking cigarettes. We are interested in the time before you were pregnant, the time during your pregnancy, and the time since your baby was born.**

33. Have you smoked at least 100 cigarettes in the *past 2 years*? (A pack has 20 cigarettes.)
- No → **Go to Question 41**
  - Yes

Analysis: Several problems emerged with this question. One respondent left the item blank because for her it was a double barreled question. She is not a smoker and has never smoked, so it didn't make sense to her to answer this question.

Another respondent said 'no' in error. She made this mistake because she's a self-described on-again-off-again smoker and has no regular pattern. Her baby just turned 8 months old. She said she stopped smoking 6 months prior to taking fertility drugs, and got pregnant 2 months after starting the fertility drugs. By these calculations she would have had her last cigarette 16 months ago and her answer to the question should be yes. This was mostly a recall issue created by her lack of any consistent smoking pattern.

A third respondent described herself as a "social smoker" who smokes mostly when out with friends and very little when by herself. She estimated smoking about 10 cigarettes a week. She remembered that she got pregnant in February and stopped smoking altogether the previous December, just in case she got pregnant. She answered 'no' to the question when she very clearly smoked in the past 2 years. Her response error was caused less by recall problems than by identity issues. She didn't define herself as a smoker and never has.

Recommendation: Two significant response error patterns were identified: recall issues for women who frequently stop and start smoking, and identity issues for women who don't see themselves as "regular smokers." Given the current social climate surrounding smoking, it's not unreasonable to assume many people will fall into one of those two categories and produce false negative response errors that will skip them out of the smoking section altogether.

An obvious solution is not apparent. However, making the question more general may help. Asking respondents to assess "at least 100 cigarettes" may come across as asking for an estimate that's more precise than what they can provide. It may also convey the idea that it's asking about heavy (or regular) smokers. Perhaps the question could simply read, "Have you smoked any cigarettes at all in the past two years?" Phrasing the question this way helps respondents with recall issues, identity issues, *and* double barreled issues.

**34. In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)**

- 41 cigarettes or more
- 21 to 40 cigarettes
- 11 to 20 cigarettes
- 6 to 10 cigarettes
- 1 to 5 cigarettes
- Less than 1 cigarette
- I didn't smoke then

Analysis: Two respondents missed the skip instruction and erroneously answered this question. Aside from that, no problems were detected.

Recommendation: None.

**35. In the last 3 months of your pregnancy, how many cigarettes did you smoke on an average day? (A pack has 20 cigarettes.)**

- 41 cigarettes or more
- 21 to 40 cigarettes
- 11 to 20 cigarettes
- 6 to 10 cigarettes

- 1 to 5 cigarettes
- Less than 1 cigarette
- I didn't smoke then

Analysis: Two respondents missed the skip instruction and erroneously answered this question. Aside from that, no problems were detected.

Recommendation: None.

**36. Did you quit smoking during your most recent pregnancy?**

- No
- Yes, I quit before I found out I was pregnant
- Yes, I quit when I found out I was pregnant
- Yes, I quit later in my pregnancy

Analysis: Response error was detected for one of the six respondents who answered. She answered 'yes' to the question when she cut back from 10 cigarettes a day to 5 during the last 2 months of her pregnancy. However, she did not completely quit.

Recommendation: The response error detected with this respondent is likely to be a common one. People who cut back may see this behavior as similar to quitting and want to convey that experience in their response. Perhaps the idea of cutting back can be incorporated into the response options (e.g., 'no, but I cut back'). This would allow respondents in this situation to express their experience as they see it.

**37. Listed below are some things about quitting smoking.** For each thing, circle **Y** (Yes) if it applied to you during your most recent pregnancy or circle **N** (No) if it did not.

***During your most recent pregnancy, did you—***

- a. Set a specific date to stop smoking.....N Y
- b. Use booklets, videos, or other materials to help you quit.....N Y
- c. Call a national or state quit line or went to a website.....N Y
- d. Attend a class or program to stop smoking.....N Y
- e. Go to counseling for help with quitting.....N Y
- f. Use a nicotine patch, gum, lozenge, nasal spray or inhaler.....N Y
- g. Take a pill like Zyban<sup>®</sup> (also known as Wellbutrin<sup>®</sup> or Bupropion<sup>®</sup>) or Chantix<sup>®</sup> (also known as Varenicline) to stop smoking.....N Y
- h. Try to quit on your own (e.g., cold turkey).....N Y
- i. Other: Please tell us: \_\_\_\_\_

Analysis: Not extensively tested. No problems detected.

Recommendation: None.

**38. During any of your prenatal care visits, did a doctor, nurse, or other health care worker advise you to quit smoking?**

- No
- Yes
- I had quit smoking before my first prenatal care visit

Analysis: Not extensively tested. No problems detected.

Recommendation: None.

**39. Listed below are some things about quitting smoking that a doctor, nurse, or other health care worker might have done during any of your prenatal care visits. For each thing, circle Y (Yes) if it applied to you during any of your prenatal care visits or circle N (No) if it did not.**

**During any of your prenatal care visits, did a doctor, nurse, or other health care worker—**

- a. Spend time with you discussing how to quit smoking           N     Y
- b. Suggest that you set a specific date to stop smoking        N     Y
- c. Provide you with booklets, videos, or other materials to help you quit smoking on your own N     Y
- d. Refer you to a national or state quit line                    N     Y
- e. Suggest you attend a class or program to stop smoking       N     Y
- f. Refer you to counseling for help with quitting               N     Y
- g. Recommend a nicotine patch, gum, lozenge, nasal spray or inhaler.....N
- h. Prescribe a pill like Zyban® (also known as Wellbutrin® or Bupropion®) or Chantix® (also known as Varenicline) to stop smoking.....N Y
- i. Ask if a family member or friend would support your decision to quit       N     Y

Analysis: Not extensively tested. No problems detected.

Recommendation: None.

**40. How many cigarettes do you smoke on an average day now? (A pack has 20 cigarettes.)**

- 41 cigarettes or more
- 21 to 40 cigarettes
- 11 to 20 cigarettes
- 6 to 10 cigarettes
- 1 to 5 cigarettes
- Less than 1 cigarette
- I don't smoke now

Analysis: The identity issue caused response error in one case here. She answered “I don’t smoke now” but told the interviewer that the technically correct answer is “less than 1 cigarette.” Her smoking is irregular. She smokes mostly when out with friends, which is maybe 3 cigarettes a month. She argued, “I don’t qualify as a smoker.” This is not a classic social desirability issue – she had no compunction admitting to the interviewer that she smokes. Nor is it a recall or calculation issue. She was able to estimate how many cigarettes she smokes based on how often she goes out with her friends. However, because the question uses days as the unit of analysis, this may communicate the idea that it’s primarily interested in “smokers” – people who smoke regularly and for whom it’s a habit.

Recommendation: Offering two units of analysis may be helpful. Allow respondents to report by day or month and decrease the number of categories.

**Pregnancy can be a difficult time for some women. These next questions are about things that may have happened before your most recent pregnancy.**

**41. During the 12 months before your new baby was born, did you ever get emergency food from a church, a food pantry, or a food bank or eat in a food kitchen?**

- No
- Yes

Analysis: Not extensively tested. No problems detected.

Recommendation: None.

**42. During the 12 months before your new baby was born, did you miss any doctor appointments because you were worried about what your partner would do if you went?**

- No
- Yes

Analysis: Not extensively tested. No problems detected.

Recommendation: None.

**The next questions are about your labor and delivery.**

**43. Did your doctor, nurse or other health care worker try to induce (start) your labor?**

- No → Go to Question 45
- Yes
- I don’t know → Go to Question 45

Analysis: Two respondents had interpretation issues. One respondent was somewhat unsure because she went into labor naturally, but when it didn’t progress as it should they gave her an injection to speed it up. She ultimately decided this didn’t count and answered no.

Another respondent had to think about her answer. She had a planned cesarean and wondered if the question was asking about when the delivery process began (and whether it began naturally or not). If so, her answer would be 'yes' because the cesarean is a delivery method that is initiated by the doctor. However, she answered 'no,' deciding that the question was asking about labor pains associated with vaginal delivery.

Recommendation: The respondent with a planned cesarean illustrates that this question assumes a woman went into labor to begin with. This will be confusing for some women who didn't. It's essentially a double barreled question, where answers of 'no' will not have consistent meanings. This could be incorporated into the response options: "no, I began labor naturally" and "no, I never went into labor."

**44. Why did your doctor, nurse or other health care worker try to induce (start) your labor?**

Check all that apply.

- My water broke and there was a fear of infection
- I was past my due date
- My provider worried about the size of the baby
- The baby was not doing well and needed to be born
- I had a health problem and needed to deliver the baby
- I wanted to schedule my delivery
- I wanted to give birth with a specific provider
- [ ] Other .....Please tell us:\_\_\_\_\_

Analysis: Not extensively tested. Most respondents skipped out. No problems detected with the three respondents who answered.

Recommendation: None.

**45. During the week before your *new baby* was born, did you expect your new baby to be delivered vaginally (naturally) or by cesarean delivery?**

- [ ] Vaginally
- [ ] Cesarean delivery

Analysis: Two response error were detected. Both answered "cesarean delivery" even though their cesarean wasn't actually decided upon until just before they delivered. One described hers as an "emergency cesarean" (she was bleeding and her placenta started to separate) and the other said the baby's heart rate was elevated too high during delivery so they performed the cesarean. One respondent answers #47, a similar question, with the same error, but the other respondent answered 47 correctly (i.e., she answered "no").

Recommendation: Since #47 produced only one error, and this question produced two, it makes sense to drop this question in favor of 47.

**46. How was your *new baby* delivered?**

- [ ] Vaginally → **Go to Question 50**
- [ ] I went into labor but had a cesarean delivery

[ ] I didn't go into labor and had a cesarean delivery

Analysis: Only one respondent had to ponder how to answer. She debated between the last two options. She went into labor naturally, but it didn't progress normally and they had to give her an injection to help it along (which didn't work). Because her labor was abnormal, she didn't know if that should count as "going into labor." She ultimately checked the second option.

Recommendation: In this question the response options weren't quite right for one respondent. It might be worthwhile to change the options to "My labor started naturally, but I had a cesarean" and "I never went into labor and had a cesarean."

**47. Had you planned or scheduled a cesarean delivery at least one week before your new baby was born?**

[ ] No  
[ ] Yes

Analysis: Only one respondent had trouble with this question. She answers #45 and this question incorrectly, but answers 48 correctly. She wasn't planning on a cesarean, but her doctor recommended it when she was in labor because the baby's heart rate was too elevated. It's difficult to say for certain, but she may have been interpreting this question and question 45 as asking about *any* of her deliveries, because her first child was a C-section.

Recommendation: Perhaps change the wording from "new baby" to "most recent baby".

**48. Whose idea was it for you to have a cesarean delivery? Check one answer.**

- My health care provider recommended a cesarean delivery before I went into labor.
- My health care provider recommended a cesarean delivery while I was in labor.
- I asked for the cesarean delivery before I went into labor.
- I asked for the cesarean delivery while I was in labor.

Analysis: One respondent had error. She chose "my health care provider recommended a cesarean delivery before I went into delivery" when this did not match her narrative. She tells the interviewer that she wanted a cesarean, her two other children were born that way, and her last trimester was very uncomfortable and she wanted it over with. Her doctor agreed with her, but it was *her* decision. The better answer would have been "I asked for the cesarean before I went into labor."

Recommendation: None. Because it's impossible to explain why this error occurred, it's difficult to suggest an informed remedy.

**49. What was the reason that your new baby was born by cesarean section? Check all that apply.**

- I had a previous cesarean section
- The baby was in the wrong position
- I was past my due date
- I had a medical condition that made labor dangerous for me
- My provider worried that the baby was too big
- My provider tried to induce my labor, but it didn't work
- Labor was taking too long

The fetal monitor showed that the baby was having problems during labor  
I wanted to schedule my delivery  
I was afraid to go into labor and have my baby vaginally  
Other reason: Please tell us \_\_\_\_\_

Analysis: Three respondents didn't check all the relevant answers. One respondent checks #8 (which conforms to her story), but doesn't check #6 even though she mentioned that her doctor induced labor (10 days prior to her due date to prevent the baby from getting too big due to her gestational diabetes), but they waited a whole day and it never progressed.

Another respondent checked #8 but failed to check #7, even though the two were related. She had been in labor so long it was putting stress on the baby, which elevated his heart rate.

And finally, one respondent checked #9, which was correct, but didn't check #1 even though she specifically cites her previous cesareans as a reason for this cesarean.

Recommendation: Some respondents missed the 'check all that apply' option. One thing that may help is to make that option consistent for similar questions throughout the instrument.

**50. Did any of these kinds of health insurance plans help you pay for the delivery of your new baby? Check all that apply**

- Health insurance from a job (your job or the job of your husband, partner or parents)
- Health insurance that you or someone else paid for (not from a job)
- Medicaid (state Medicaid name)
- TRICARE or other military health care
- SCHIP or CHIP (State Child Health Insurance Program)
- I did not have a health insurance plan to help pay for my delivery
- Other sources => Please tell us: \_\_\_\_\_

Analysis: No problems detected.

Recommendation: None.

**The next questions are about the time since your new baby was born.**

**51. Is your baby alive now?**

- No => **Go to Question 62**
- Yes

Analysis: No problems detected.

Recommendation: None.

**52. Is your baby living with you now?**

- No => **Go to Question 62**
- Yes

Analysis: No problems detected.

Recommendation: None.

**53. Did you ever breastfeed or pump breast milk to feed your new baby after delivery?**

No => **Go to Question 57**

Yes

Analysis: Two respondents weren't sure what counted as breastfeeding. One respondent answered "no" even though she did try to feed her baby while in the hospital. It just never worked out and she stuck with the bottle. Another respondent in a similar situation answers "no" because even though she tried to breastfeed in the hospital, she couldn't produce enough milk and gave up. Should those instances be counted?

Recommendation: It could be made more clear what counts as breastfeeding. Two respondents answered 'no' because they didn't do it beyond their hospital stay.

**54. Are you currently breastfeeding or feeding pumped milk to your new baby?**

No

Yes

Analysis: No problems detected.

Recommendation: None.

**55. How old was your new baby the first time he or she drank liquids other than breast milk such as formula, water, juice, tea, or cow's milk?**

\_\_\_\_\_ Days \_\_\_\_\_ Weeks **OR** \_\_\_\_\_ Months

My baby has not had any liquids other than besides breast milk

My baby was given other liquids in the hospital after birth, but since then drinks only breast milk

Analysis: No problems detected.

Recommendation: None.

**56. How old was your new baby the first time he or she ate baby cereal, baby food or any other foods?**

\_\_\_\_\_ Days \_\_\_\_\_ Weeks **OR** \_\_\_\_\_ Months

My baby has not had any foods

Analysis: Not extensively tested. Only one respondent admits to having a recall problem. She answered 3 months, but put a question mark. She said that in the first year there are so many things going on you can't remember everything exactly.

Recommendation: None.

**57. About how many hours a day, on average, is your new baby in the same room or automobile with someone who is smoking?**

\_\_\_\_\_ Hours

- Less than 1 hour a day
- My baby is never in the same room or automobile with someone who is smoking

Analysis: No interpretation problems were detected, but several respondents gave two answers – zero and “my baby is never in the same room...”

Recommendation: None. This is a minor problem that can be fixed in post production.

**58. In which *one* position do you most often lay your baby down to sleep now? Check one answer**

- On his or her side
- On his or her back
- On his or her stomach

Analysis: Not extensively tested. However, one respondent noted that the answer depends on whether her baby is sleeping attended (during naps) or unattended (at night).

Recommendation: Because a similar problem is seen in the next question, it might be worthwhile to specify when the baby is sleeping, say at night.

**59. Listed below are some things that describe how your new baby sleeps.** For each item, circle **T (true)** if it usually applies to your baby, or **F (False)** if it doesn't usually apply to your baby.

- a. My new baby sleeps in a crib or portable crib .....T F
- b. My new baby sleeps on a firm or hard mattress .....T F
- c. My new baby sleeps without pillows, bumper pads, plush blankets, or stuffed toys...T F
- d. My new baby sleeps alone.....T F

Analysis: Not extensively tested. However, two respondents noted that the answer depends on whether her baby is sleeping attended or unattended.

Recommendation: It might be worthwhile to specify when the baby is sleeping, say at night.

**60. Since your new baby was born, did a doctor, nurse or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, circle Y (Yes) if someone talked with you about it or N (No) if no one talked with you about it.**

- a. Breastfeeding and how to get help if you needed it .....N      Y
- b. Healthy eating..... N      Y
- c. The importance of exercise.....N Y
- d. How long to wait before getting pregnant again.....N      Y
- e. Birth control methods that you can use after giving birth.....N      Y
- f. Postpartum depression.....NY
- g. Support groups for new parents.....N      Y
- h. Resources in you community such as nurse home visitation programs,  
telephone hotlines, counseling, etc.....N      Y

Analysis: This was not extensively tested, but a timeframe issue was found for one respondent. She answered ‘yes’ to a, b, c, and e. However, for b and c she talked to a dietician just once during her pregnancy and never after delivery.

Recommendation: See discussion of timeframe problems for potential remedy.

**61. Since your new baby was born, have you used WIC services for yourself or your new baby?**

- No
- Yes, both my new baby and I use WIC services
- Yes, only my new baby uses WIC services
- Yes, only I use WIC services

Analysis: Not extensively tested.

Recommendation: None.

**62. How much did your weight change during this pregnancy?**

- I gained \_\_\_\_\_ pounds or \_\_\_\_\_ kilos
- I stayed the same
- I lost \_\_\_\_\_ pounds or \_\_\_\_\_ kilos

Analysis: Not extensively tested.

Recommendation: None.

Sometimes **women have different feelings and experience different emotions after childbirth. Check the choice that best describes how often you have felt the ways listed below.**

**63. [VERSION A] *Since your new baby was born, how often have you felt panicky?***

- Always
- Often
- Sometimes
- Rarely
- Never

Analysis: One respondent thought this was an odd question. She said, “I couldn’t think of what ‘panicky’ meant, especially in relation to a baby.” However, most others interpreted it in relation to being a new mother. One respondent gave an example of when a baby is crying and a mother won’t know what to do or know why it’s crying. Another respondent defined it as the situation “being new to me...what would I do..who would I call.” She sees this as a question about first-time mothers feeling unsure about what to do.

Recommendation: None. Most respondents interpreted this as having that feeling in relation to the baby.

**64. [VERSION A] *Since your new baby was born, how often have you felt restless?***

- Always
- Often
- Sometimes
- Rarely
- Never

Analysis: Many respondents interpreted ‘restless’ as the feelings of being tired that mothers have when their babies are still less than a year old. It’s a result of not getting enough sleep.

Recommendation: None. Most respondents interpreted this as having that feeling in relation to the baby.

**63. [VERSION B] *Since your new baby was born, how often have you felt down, depressed, or sad?***

Analysis: Not extensively tested, but several respondents thought this question was getting at post partum depression.

Recommendation: None. Most respondents interpreted this as having that feeling in relation to the baby.

**64. [VERSION B] *Since your new baby was born, how often have you felt hopeless?***

Analysis: Not extensively tested, but several respondents thought this question was getting at the concept of depression.

Recommendation: None. Most respondents interpreted this as having that feeling in relation to the baby.

**65. [VERSION B] Since your new baby was born, how often have you felt slowed down?**

Analysis: Not extensively tested, but several respondents thought this question was getting at depression like the previous two questions. However, one noted that it could mean that it takes longer to get out of the house when there's a baby in tow.

Recommendation: None. Most respondents interpreted this as having that feeling in relation to the baby.

**The next few questions are on a variety of topics.**

**65. [VERSION A] Have any of your close family members who are related to you by blood (mother, father, sisters or brothers) ever been treated for any of the conditions listed below?** For each item, please circle **N** (no) if no one in your family has been treated for the condition, **Y** (yes) if someone in your family has been treated for the condition, or **DK** (don't know) if you don't know if anyone in your family has been treated for the condition.

- a. Diabetes.....N Y DK
- b. Heart problems.....N Y DK
- c. High blood pressure (hypertension).....N Y DK
- d. Depression.....N Y DK
- e. Postpartum depression.....N Y DK
- f. Anxiety.....N Y DK

Analysis: Not extensively tested. Simply ran out of time.

Recommendation: None.

**66a. [VERSION B] Have any of your close family members who are related to you by blood (mother, father, sisters or brothers) ever been told by a doctor, nurse or other health care worker that they had diabetes?**

Analysis: Not extensively tested. Simply ran out of time.

Recommendation: None.

**66b. [VERSION B] Who was told by a doctor, nurse, or other health care worker that they had diabetes?**

Analysis: Not extensively tested. Simply ran out of time.

Recommendation: None.

**66c. [VERSION B] Have any of your close family members who are related to you by blood (grandparents, parents, sisters or brothers) ever been told by a doctor or other health care worker that they had high blood pressure?**

Analysis: Not extensively tested. Simply ran out of time.

Recommendation: None.

**66d. [VERSION B] Who was told by a doctor or other health care worker that they had high blood pressure?**

Analysis: Not extensively tested. Simply ran out of time.

Recommendation: None.

**66e. [VERSION B] Have any of your close family members who are related to you by blood (grandparents, parents, sisters or brothers) ever been told by a doctor, nurse, or other health care professional that they had depression?**

Analysis: Not extensively tested. Simply ran out of time.

Recommendation: None.

**66f. [VERSION B] Who was told by a doctor or other health care worker that they had depression?**

Analysis: Not extensively tested. Simply ran out of time.

Recommendation: None.

**VERSION A (THIS IS QUESTION 67 IN VERSION B)**

**66. Did your mother or any sister who is related to you by blood have any of the following conditions *during any pregnancy*?** For each item, please circle **N** (no) if no one in had the condition during pregnancy, **Y** (yes) if someone had the condition during pregnancy, or **DK** (don't know) if you don't know.

- a. A baby that was born more than 3 weeks before the due date.....N Y DK
- b. Gestational diabetes (diabetes that started during pregnancy).....N Y DK
- c. High blood pressure during pregnancy.....N Y DK

Analysis: Not extensively tested. Simply ran out of time.

Recommendation: None.

**67. [this is # 68 in VERSION B] During your most recent pregnancy, did you receive counseling or were you informed about sickle cell disease?**

- No
- Yes

Analysis: Not extensively tested. Simply ran out of time.

Recommendation: None.

**68. [this is # 69 in VERSION B] Does anyone in your family have sickle cell disease?**

- No
- Yes
- I don't know

Analysis: Not extensively tested. Simply ran out of time.

Recommendation: None.

**69. [this is # 70 in VERSION B] Was the house or apartment you live in now built after 1977?**

- No
- Yes → **Go to Question 71**
- I don't know

Analysis: Not extensively tested. Simply ran out of time.

Recommendation: None.

**70. [this is # 71 in VERSION B] Have you done any of the things listed below since you moved into your house?**

**IN ROUND 2 CHANGED TO:** Listed below are some things that may have happened since you moved into your house or apartment. For each thing, circle Y (Yes) if it applied to you or circle N (No) if it did not

- I have had the house tested for lead
- I have made changes to the house to remove paint or other things that have lead in them
- The house was remodeled before I moved in

Analysis: Not extensively tested. Simply ran out of time.

Recommendation: None.

71. **[this is # 72 in VERSION B] Who lives in the same house with you now? Check all that apply**

- My new baby
- My husband or partner
- Children aged 5 years and under (not including my new baby)  How many?
- Children aged 6 years and over  How many? \_\_\_\_\_
- My mother
- My father
- My husband's or partner's parent(s)
- Friend or roommate
- Other family member or relative
- Other  Please tell us: \_\_\_\_\_
- I live alone

Analysis: Not extensively tested. Simply ran out of time.

Recommendation: None.

72. ***[this is # 73 in VERSION B]*** How tall are you without shoes?

\_\_\_\_\_ Feet \_\_\_\_\_ Inches **OR** \_\_\_\_\_ Meter

Analysis: Not extensively tested. Simply ran out of time.

Recommendation: None.

**Instrument for NCHS Cognitive Testing  
Pregnancy Risk Assessment Monitoring System (PRAMS)**

**Phase 6 Test Questionnaire  
Version A**

**09/28/2007**

First, we would like to ask a few questions about *you* and the time before you got pregnant with your new baby. Please check the box next to your answer.

**1. During the month before you got pregnant with your new baby, were you covered by any of these types of health insurance plans?**

Check all that apply

- Health insurance from a job (your job or the job of your husband, partner or parents)
- Health insurance that you or someone else paid for (not from a job)
- Medicaid
- TRICARE or other military health care
- CHIP or SCHIP (State Child Health Insurance Program)
- I did not have a health insurance plan
- Other source → Please tell us:  
\_\_\_\_\_

**2. During the month before you got pregnant with your new baby, how many times a week did you take a multivitamin, a prenatal vitamin, or a folic acid vitamin?**

- I didn't take multivitamins, prenatal vitamins or folic acid vitamins at all
- 1 to 3 times a week
- 4 to 6 times a week
- Every day of the week

**If you took a multivitamin, prenatal vitamin or folic acid vitamin 1 or more times a week in the month before you got pregnant with your new baby, go to Question 4. Otherwise, go to Question 3.**

**3. What were your reasons for not taking a multivitamin, prenatal vitamin or folic acid vitamin in the month before you got pregnant?**

Check all that apply

- I wasn't planning to get pregnant
- I didn't think I needed to take vitamins
- The vitamins were too expensive
- The vitamins gave me side effects (such as constipation)
- Other → Please tell us:  
\_\_\_\_\_

**4. During the 3 months before you got pregnant with your new baby, did you do any of the things listed below? For each item, circle Y (Yes) if you did it or circle N (No) if you did not.**

	No	Yes
a. Eat a healthy diet .....	N	Y
b. Exercise most days of the week .....	N	Y
c. Try to lose weight or gain weight so that I would be at a healthy weight .....	N	Y
d. Take a vitamin containing folic acid most days of the week .....	N	Y
e. Get my vaccines updated .....	N	Y
f. Take my prescription medicines as directed by my doctor to control any health conditions such as diabetes, high blood pressure, depression or anxiety .....	N	Y
g. Drink alcohol .....	N	Y
h. Smoke cigarettes .....	N	Y
i. Use illegal drugs .....	N	Y
j. Get counseling about genetic diseases that run in my family .....	N	Y
k. Talk to my doctor about pregnancy .....	N	Y

5. **Before you got pregnant with your new baby, did you ever have any other babies who were born alive?** Please include babies that died shortly after birth or babies that you placed for adoption.

- No → **Go to Question 8**
- Yes → **Go to Question 6**

6. **How much time passed between the birth of your last baby and the time you got pregnant with your new baby?**

- 0 to 12 months
- 13 to 18 months
- 19 to 24 months
- More than 2 years but less than 3 years
- 3 to 5 years
- More than 5 years

7. **Before this pregnancy began, had you ever been told by a doctor, nurse or other health care worker that you had gestational diabetes (diabetes that started during a pregnancy before this pregnancy) ?**

- No
- Yes

8. **Before you got pregnant with your new baby, did your husband or partner ever try to keep you from using your birth control so that you would get pregnant when you didn't want to?** For example, did he hide your birth control, throw it away or do anything else to keep you from using it?

- No
- Yes

9. **When you got pregnant with your new baby, were you trying to get pregnant?**

- No → **Go to Page 3, Question 15**
- Yes → **Go to Question 10**

10. **Did you take any fertility drugs or receive any medical procedures from a doctor, nurse, or other health care worker to help you get pregnant with your new baby?** (This may include infertility treatments such as fertility-enhancing drugs or assisted reproductive technology.)

- No → **Go to Page 3, Question 15**
- Yes → **Go to Question 11**

11. **How long had you been trying to get pregnant before you took any fertility drugs or used any medical procedures to help you get pregnant with your new baby?** Do not count long periods of time when you and your partner were apart or not having sex.

- 0 to 5 months
- 6 to 11 months
- 1 to 2 years
- 3 to 4 years
- 5 to 6 years
- More than 6 years

**12. Did you use any of the following fertility treatments during the month you got pregnant with your new baby?**

Check all that apply

- Fertility-enhancing drugs prescribed by a doctor (fertility drugs include Clomid®, Serophene®, Pergonal®, or other drugs that stimulate ovulation)
- Artificial insemination or intrauterine insemination (treatments in which sperm, but NOT eggs, were collected and medically placed into a woman’s body)
- Assisted reproductive technology (treatments in which BOTH a woman’s eggs and a man’s sperm were handled in the laboratory, such as in vitro fertilization [IVF], gamete intrafallopian transfer [GIFT], zygote intrafallopian transfer [ZIFT], intracytoplasmic sperm injection [ICSI], frozen embryo transfer, or donor embryo transfer)
- Other medical treatment

→ Please tell us:

**13. Did you become pregnant with your new baby as a result of using any of the treatments listed above?**

- No → Go to Question 15
- Yes → **Go to Question 14**
- I don’t know → **Go to Question 14**

**14. How long did you receive fertility treatments before you became pregnant with your new baby? Do not count long interruptions in treatment.**

- 0 to 3 months
- 4 to 6 months
- 7 to 9 months
- 10 to 12 months
- More than 12 months

The next questions are about the prenatal care you received during your most recent pregnancy. Prenatal care includes visits to a doctor, nurse, or other health care worker before your baby was born to get checkups and advice about pregnancy. (It may help to look at the calendar when you answer these questions.)

**15. Did you get prenatal care as early in your pregnancy as you wanted?**

- No
- Yes
- I didn’t want prenatal care

**16. Here is a list of things that can happen when women try to get prenatal care. For each item, circle T (True) if it happened to you during your most recent pregnancy or circle F (False) if it did not happen to you or did not apply to you.**

		True	False
a. I couldn’t take time off from work or school .....	T	F	
b. The doctor or my health plan would not start care as early as I wanted .....	T	F	
c. I didn’t want anyone to know I was pregnant.....	T	F	
d. Other .....	T	F	
Please tell us: <input style="width: 200px; height: 20px;" type="text"/>			

If you did not go for prenatal care, go to Question 20.

**17. Did any of these kinds of health insurance plans help you pay for your prenatal care?**

Check all that apply

- Health insurance from a job (your job or the job of your husband, partner or parents)
- Health insurance that you or someone else paid for (not from a job)
- Medicaid
- TRICARE or other military health care
- CHIP or SCHIP (State Child Health Insurance Program)
- I did not have a health insurance plan to help pay for my prenatal care
- Other source → Please tell us:  
\_\_\_\_\_

**18. During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, circle Y (Yes) if someone talked with you about it or circle N (No) if no one talked with you about it.**

	No	Yes
a. How long to wait before getting pregnant again after the birth of my baby .....	N	Y
b. The signs and symptoms of preterm labor (labor that starts more than 3 weeks before the baby is due).....	N	Y
c. What to do if I feel depressed during my pregnancy or after my baby is born.....	N	Y

**19. During your most recent pregnancy, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, circle Y (Yes) if someone talked with you about it or circle N (No) if no one talked with you about it.**

	No	Yes
a. Foods that are good to eat during pregnancy .....	N	Y
b. How much weight to gain during pregnancy .....	N	Y
c. Exercise during pregnancy .....	N	Y
d. Programs or resources to help you gain the right amount of weight during pregnancy.....	N	Y
e. Programs or resources to help you lose weight after pregnancy .....	N	Y

**20. During your most recent pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?**

- No → Go to Page 5, Question 22
- Yes → Go to Question 21

**21. During your most recent pregnancy, when you went for your WIC visits, did you speak with a breastfeeding peer counselor or another WIC staff person about breastfeeding?**

- No
- Yes

22. Before your new baby was born, did any of the following things happen?

Check all that apply

- Someone answered my questions about breastfeeding
- I was offered a class on breastfeeding
- I attended a class on breastfeeding
- I decided or planned to feed *only* breast milk to my baby
- I discussed feeding *only* breast milk to my baby with my family
- I discussed feeding *only* breast milk to my baby with my health care provider
- I planned to breastfeed within the first hour after giving birth

The next questions are about your health around the time of your most recent pregnancy.

23. Before this pregnancy began, were you ever told by a doctor, nurse or other health care worker that you had Type I or Type II diabetes?

- No → Go to Question 24
- Yes → Go to Page 6, Question 30

24. During *this* pregnancy, were you told by a doctor, nurse or other health care worker that you had gestational diabetes (diabetes that started during *this* pregnancy)?

- No → Go to Page 6, Question 30
- Yes → Go to Question 25

25. During *this* pregnancy, when you were told that you had gestational diabetes, did the doctor, nurse or other health care worker tell you to make an appointment with a different doctor because of your gestational diabetes?

- No
- Yes

26. During *this* pregnancy, when you were told that you had gestational diabetes, did a doctor, nurse or other health care worker do any of the things listed below? For each item, circle Y (Yes) if someone did it or circle N (No) if no one did it.

- |  | No | Yes |
|--|----|-----|
| a. Refer you to a nutritionist .....   | N  | Y   |
| b. Talk to you about the importance of exercise .....                                | N  | Y   |
| c. Talk to you about getting to and staying at a healthy weight after delivery ..... | N  | Y   |
| d. Suggest that you breastfeed your new baby .....                                   | N  | Y   |
| e. Talk to you about your risk for Type II diabetes .....                            | N  | Y   |

27. Since your new baby was born, have you been tested for diabetes or high blood sugar?

- No → Go to Page 6, Question 30
- Yes → Go to Question 28

28. Since your new baby was born, did a doctor, nurse or other health care worker tell you that you had diabetes?

- No → Go to Question 29
- Yes → Go to Page 6, Question 30

29. Did the doctor, nurse or other health care worker tell you that you had prediabetes, borderline diabetes or high blood sugar?

- No
- Yes

**30. Did you have any of these problems during your most recent pregnancy?** For each item, circle Y (Yes) if you had the problem or circle N (No) if you did not.

	No	Yes
a. Vaginal bleeding.....	N	Y
b. Severe nausea, vomiting, or dehydration.....	N	Y
c. High blood pressure, hypertension (including pregnancy-induced hypertension [PIH], preeclampsia, or toxemia).....	N	Y
d. Problems with the placenta (such as abruptio placentae or placenta previa).....	N	Y
e. Labor pains more than 3 weeks before my baby was due (preterm or early labor).....	N	Y
f. Water broke more than 3 weeks before my baby was due (premature rupture of membranes [PROM]).....	N	Y
g. I was hurt in a car accident.....	N	Y

If all of your answers to Question 30 are "N" (No), go to Question 32.

**31a. Did a doctor, nurse or other health care worker tell you to stay home in bed for more than 2 days because of the problem(s)?**

- No  
 Yes

**31b. Did you go to the hospital or emergency room because of the problem(s)?**

- No → **Go to Question 32**  
 Yes → **Go to Question 31c**

**31c. How would you describe your visit(s) to the hospital or emergency room?** For each item, circle Y (Yes) if it describes your stay(s) in the hospital or circle N (No) if it doesn't.

	No	Yes
a. I stayed less than 1 day .....	N	Y
b. I stayed 1 to 7 days, but did not deliver the baby .....	N	Y
c. I stayed 1 to 7 days, and delivered the baby .....	N	Y
d. I stayed more than 7 days, but did not deliver the baby .....	N	Y
e. I stayed more than 7 days, and delivered the baby .....	N	Y

**32. During your most recent pregnancy, did a doctor, nurse or other health care worker try to keep your new baby from being born too early by giving you a series of weekly shots of a medicine called 17P (17 alpha-hydroxyprogesterone)?**

- No  
 Yes

The next questions are about smoking cigarettes. We are interested in the time before you were pregnant, the time during your pregnancy, and the time since your baby was born.

**33. Have you smoked at least 100 cigarettes in the past 2 years?** (A pack has 20 cigarettes.)

- No → **Go to Page 8, Question 41**
- Yes → **Go to Question 34**

**34. In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day?** (A pack has 20 cigarettes.)

- 41 cigarettes or more
- 21 to 40 cigarettes
- 11 to 20 cigarettes
- 6 to 10 cigarettes
- 1 to 5 cigarettes
- Less than 1 cigarette
- I didn't smoke then

**35. In the last 3 months of your pregnancy, how many cigarettes did you smoke on an average day?** (A pack has 20 cigarettes.)

- 41 cigarettes or more
- 21 to 40 cigarettes
- 11 to 20 cigarettes
- 6 to 10 cigarettes
- 1 to 5 cigarettes
- Less than 1 cigarette
- I didn't smoke then

**36. Did you quit smoking during your most recent pregnancy?**

- No
- No, but I cut down while I was pregnant
- Yes, I quit before I found out I was pregnant
- Yes, I quit when I found out I was pregnant
- Yes, I quit later in my pregnancy

**37. Listed below are some things about quitting smoking.** For each thing, circle Y (Yes) if it applied to you during your most recent pregnancy or circle N (No) if it did not.

*During your most recent pregnancy, did you —*

- |  | No | Yes |
|--|----|-----|
| a. Set a specific date to stop smoking...  | N  | Y   |
| b. Use booklets, videos, or other materials to help you quit .....   | N  | Y   |
| c. Call a national or state quit line or went to a website .....   | N  | Y   |
| d. Attend a class or program to stop smoking .....   | N  | Y   |
| e. Go to counseling for help with quitting .....   | N  | Y   |
| f. Use a nicotine patch, gum, lozenge, nasal spray or inhaler .....  | N  | Y   |
| g. Take a pill like Zyban® (also known as Wellbutrin® or Bupropion®) or Chantix® (also known as Varenicline®) to stop smoking..... | N  | Y   |
| h. Try to quit on your own (e.g., cold turkey).....  | N  | Y   |
| i. Other .....   | N  | Y   |

Please tell us:

**If you did not go for prenatal care, go to Question 40.**

**38. During any of your prenatal care visits, did a doctor, nurse, or other health care worker advise you to quit smoking?**

- No
- Yes
- I had quit smoking before my first prenatal care visit

**39. Listed below are some things about quitting smoking that a doctor, nurse, or other health care worker might have done during any of your prenatal care visits.** For each thing, circle Y (Yes) if it applied to you during any of your prenatal care visits or circle N (No) if it did not.

**During any of your prenatal care visits, did a doctor, nurse, or other health care worker —**

	No	Yes
a. Spend time with you discussing how to quit smoking .....	N	Y
b. Suggest that you set a specific date to stop smoking .....	N	Y
c. Provide you with booklets, videos, or other materials to help you quit smoking on your own .....	N	Y
d. Refer you to a national or state quit line .....	N	Y
e. Suggest you attend a class or program to stop smoking .....	N	Y
f. Refer you to counseling for help with quitting .....	N	Y
g. Recommend a nicotine patch, gum, lozenge, nasal spray or inhaler .....	N	Y
h. Prescribe a pill like Zyban® (also known as Wellbutrin® or Bupropion®) or Chantix® (also known as Varenicline®) to help you quit .....	N	Y
i. Ask if a family member or friend would support your decision to quit .....	N	Y

**40. How many cigarettes do you smoke on an average day now?** (A pack has 20 cigarettes.)

- 41 cigarettes or more
- 21 to 40 cigarettes
- 11 to 20 cigarettes
- 6 to 10 cigarettes
- 1 to 5 cigarettes
- Less than 1 cigarette
- I don't smoke now

**Pregnancy can be a difficult time for some women. These next questions are about things that may have happened before your most recent pregnancy.**

**41. During the 12 months before your new baby was born, did you ever get emergency food from a church, a food pantry, or a food bank or eat in a food kitchen?**

- No
- Yes

**42. During the 12 months before your new baby was born, did you miss any doctor appointments because you were worried about what your partner would do if you went?**

- No
- Yes

The next questions are about your labor and delivery.

**43. Did your doctor, nurse or other health care worker try to induce (start) your labor?**

- No → **Go to Question 45**
- Yes → **Go to Question 44**
- I didn't know → **Go to Question 45**

**44. Why did your doctor, nurse or other health care worker try to induce (start) your labor?**

**Check all that apply**

- My water broke and there was a fear of infection
- I was past my due date
- My provider worried about the size of the baby
- The baby was not doing well and needed to be born
- I had a health problem and needed to deliver the baby
- I wanted to schedule my delivery
- I wanted to give birth with a specific provider
- Other → Please tell us:

**45. During the week before your *new baby* was born, did you expect your new baby to be delivered vaginally (naturally) or by cesarean delivery?**

- Vaginally
- Cesarean delivery

**46. How was your *new baby* delivered?**

- Vaginally → **Go to Page 10, Question 50**
- I went into labor but had a cesarean delivery → **Go to Question 47**
- I didn't go into labor and had a cesarean delivery → **Go to Question 47**

**47. Had you planned or scheduled a cesarean delivery at least one week before your *new baby* was born?**

- No
- Yes

**48. Whose idea was it for you to have a cesarean delivery?**

**Check one answer**

- My health care provider recommended a cesarean delivery before I went into labor
- My health care provider recommended a cesarean delivery while I was in labor
- I asked for the cesarean delivery before I went into labor
- I asked for the cesarean delivery while I was in labor

**49. What was the reason that your new baby was born by cesarean section?**

Check all that apply

- I had a previous cesarean section
- The baby was in the wrong position
- I was past my due date
- I had a medical condition that made labor dangerous for me
- My provider worried that the baby was too big
- My provider tried to induce my labor, but it didn't work
- Labor was taking too long
- The fetal monitor showed that the baby was having problems during labor
- I wanted to schedule my delivery
- I was afraid to go into labor and have my baby vaginally
- Other reason → Please tell us:  
\_\_\_\_\_

**50. Did any of these kinds of health insurance plans help you pay for the delivery of your new baby?**

Check all that apply

- Health insurance from a job (your job or the job of your husband, partner or parents)
- Health insurance that you or someone else paid for (not from a job)
- Medicaid
- TRICARE or other military health care
- CHIP or SCHIP (State Child Health Insurance Program)
- I did not have a health insurance plan to help pay for my delivery
- Other source → Please tell us:  
\_\_\_\_\_

The next questions are about the time since your new baby was born.

**51. Is your baby alive now?**

- No → Go to Page 11, Question 62
- Yes → Go to Question 52

**52. Is your baby living with you now?**

- No → Go to Page 11, Question 62
- Yes → Go to Question 53

**53. Did you ever breastfeed or pump breast milk to feed your new baby after delivery?**

- No → Go to Page 11, Question 57
- Yes → Go to Question 54

**54. Are you currently breastfeeding or feeding pumped milk to your new baby?**

- No
- Yes

**55. How old was your new baby the first time he or she drank liquids other than breast milk such as formula, water, juice, tea, or cow's milk?**

\_\_\_\_\_ Days OR \_\_\_\_\_ Weeks

OR \_\_\_\_\_ Months

- My baby has only had breast milk
- My baby was given other liquids in the hospital after birth, but since then drinks only breast milk

**56. How old was your new baby the first time he or she ate baby cereal, baby food or any other foods?**

Days **OR**  Weeks

**OR**  Months

My baby has not had any foods

**57. About how many hours a day, on average, is your new baby in the same room or automobile with someone who is smoking?**

Hours

- Less than 1 hour a day
- My baby is never in the same room or automobile with someone who is smoking

**58. In which *one* position do you *most often* lay your baby down to sleep now?**

Check one answer

- On his or her side
- On his or her back
- On his or her stomach

**59. Listed below are some things that describe how your new baby sleeps.** For each item, circle T (True) if it usually applies to your baby, or F (False) if it doesn't usually apply to your baby.

- |   | True | False |
|---|------|-------|
| a. My new baby sleeps in a crib or portable crib .....                                    | T    | F     |
| b. My new baby sleeps on a firm or hard mattress .....                                    | T    | F     |
| c. My new baby sleeps without pillows, bumper pads, plush blankets, or stuffed toys ..... | T    | F     |
| d. My new baby sleeps alone .....   | T    | F     |

**60. Since your new baby was born, did a doctor, nurse or other health care worker talk with you about any of the things listed below?**

*Please count only discussions, not reading materials or videos.* For each item, circle Y (Yes) if someone talked with you about it or N (No) if no one talked with you about it.

- |  | No | Yes |
|--|----|-----|
| a. Breastfeeding and how to get help if you needed it .....  | N  | Y   |
| b. Healthy eating .....  | N  | Y   |
| c. The importance of exercise .....  | N  | Y   |
| d. How long to wait before getting pregnant again .....  | N  | Y   |
| e. Birth control methods that you can use after giving birth .....   | N  | Y   |
| f. Postpartum depression .....   | N  | Y   |
| g. Support groups for new parents .....  | N  | Y   |
| h. Resources in your community such as nurse home visitation programs, telephone hotlines, counseling, etc ..... | N  | Y   |

**61. Since your new baby was born, have you used WIC services for yourself or your new baby?**

- No
- Yes, both my new baby and I use WIC services
- Yes, only my new baby uses WIC services
- Yes, only I use WIC services

**62. How much did your weight change during this pregnancy?**

- I gained:  
 Pounds **OR**  Kilos
- I stayed the same
- I lost:  
 Pounds **OR**  Kilos

Sometimes women have different feelings and experience different emotions after childbirth. Check the choice that best describes how often you have felt the ways listed below.

**63. Since your new baby was born, how often have you felt panicky?**

- Always
- Often
- Sometimes
- Rarely
- Never

**64. Since your new baby was born, how often have you felt restless?**

- Always
- Often
- Sometimes
- Rarely
- Never

The next few questions are on a variety of topics.

**65. Have any of your close family members who are related to you by blood (mother, father, sisters or brothers) ever been treated for any of the conditions listed below?** For each item, please circle N (No) if no one in your family has been treated for the condition, Y (Yes) if someone in your family has been treated for the condition, or DK (Don't Know) if you don't know if anyone in your family has been treated for the condition.

	Don't		
	No	Yes	Know
a. Diabetes .....	N	Y	DK
b. Heart Problems .....	N	Y	DK
c. High blood pressure (hypertension) .....	N	Y	DK
d. Depression .....	N	Y	DK
e. Postpartum depression .....	N	Y	DK
f. Anxiety .....	N	Y	DK

**66. Did your mother or any sister who is related to you by blood have any of the following conditions during any pregnancy?** For each item, please circle N (No) if no one had the condition during pregnancy, Y (Yes) if someone had the condition during pregnancy, or DK (Don't Know) if you don't know.

	Don't		
	No	Yes	Know
a. A baby that was born more than 3 weeks before the due date .....	N	Y	DK
b. Gestational diabetes (diabetes that started during pregnancy) .....	N	Y	DK
c. High blood pressure during pregnancy .....	N	Y	DK

**67. During your most recent pregnancy, did you receive counseling or were you informed about sickle cell disease?**

- No  
 Yes

**68. Does anyone in your family have sickle cell disease?**

- No  
 Yes  
 I don't know

**69. Was the house or apartment you live in now built after 1977?**

- No → Go to Question 70  
 Yes → Go to Question 71  
 I don't know → Go to Question 70

**70. Listed below are some things that may have happened since you moved into your house or apartment. For each thing, circle Y (Yes) if it applied to you or circle N (No) if it did not.**

- |  | No | Yes |
|--|----|-----|
| a. I have had the house tested for lead .....  | N  | Y   |
| b. I have made changes to the house to remove paint or other things that have lead in them ..... | N  | Y   |
| c. The house was remodeled before I moved in .....   | N  | Y   |

**71. Who lives in the same house with you now?**

Check all that apply

- My new baby  
 My husband or partner  
 Children aged 5 years and under (not including my new baby)  
     → Please tell us how many:   
 Children aged 6 years and over  
     → Please tell us how many:   
 My mother  
 My father  
 My husband's or partner's parent(s)  
 Friend or roommate  
 Other family member or relative  
 Other → Please tell us:  
  
 I live alone

**72. How tall are you without shoes?**

Feet     Inches

**OR**     Meters

Please use this space for any additional comments you would like to make about the health of mothers and babies.

*Thanks for answering our questions!*

*Your answers will help us work to make mothers and babies healthier.*

**Instrument for NCHS Cognitive Testing  
Pregnancy Risk Assessment Monitoring System (PRAMS)**

**Phase 6 Test Questionnaire  
Version B**

**09/28/2007**

First, we would like to ask a few questions about *you* and the time before you got pregnant with your new baby. Please check the box next to your answer.

**1. During the month before you got pregnant with your new baby, were you covered by any of these types of health insurance plans?**

Check all that apply

- Health insurance from a job (your job or the job of your husband, partner or parents)
- Health insurance that you or someone else paid for (not from a job)
- Medicaid
- TRICARE or other military health care
- CHIP or SCHIP (State Child Health Insurance Program)
- I did not have a health insurance plan
- Other source → Please tell us:  
\_\_\_\_\_

**2. During the month before you got pregnant with your new baby, how many times a week did you take a multivitamin, a prenatal vitamin, or a folic acid vitamin?**

- I didn't take multivitamins, prenatal vitamins or folic acid vitamins at all
- 1 to 3 times a week
- 4 to 6 times a week
- Every day of the week

**If you took a multivitamin, prenatal vitamin or folic acid vitamin 1 or more times a week in the month before you got pregnant with your new baby, go to Question 4. Otherwise, go to Question 3.**

**3. What were your reasons for not taking a multivitamin, prenatal vitamin or folic acid vitamin in the month before you got pregnant?**

Check all that apply

- I wasn't planning to get pregnant
- I didn't think I needed to take vitamins
- The vitamins were too expensive
- The vitamins gave me side effects (such as constipation)
- Other → Please tell us:  
\_\_\_\_\_

**4. Before you became pregnant with your new baby, did a doctor, nurse or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos.**

For each item, circle Y (Yes) if someone talked with you about it or N (No) if no one talked with you about it.

	No	Yes
a. Taking folic acid vitamins before pregnancy .....	N	Y
b. Visiting a dentist or dental hygienist before pregnancy .....	N	Y
c. Being a healthy weight before pregnancy .....	N	Y
d. Getting my vaccines updated before pregnancy .....	N	Y
e. Controlling my medical conditions such as diabetes and high blood pressure .....	N	Y
f. Getting counseling or treatment for depression or anxiety .....	N	Y
g. Getting counseling for genetic diseases that run in my family .....	N	Y
h. The safety of using prescription drugs during pregnancy .....	N	Y
i. How smoking during pregnancy can affect a baby .....	N	Y
j. How drinking alcohol during pregnancy can affect a baby .....	N	Y
k. How using illegal drugs during pregnancy can affect a baby .....	N	Y

5. **Before you got pregnant with your new baby, did you ever have any other babies who were born alive?** Please include babies that died shortly after birth or babies that you placed for adoption.

No → **Go to Question 8**

Yes

6. **How much time passed between the birth of your last baby and the time you got pregnant with your new baby?**

- 0 to 12 months
- 13 to 18 months
- 19 to 24 months
- More than 2 years but less than 3 years
- 3 to 5 years
- More than 5 years

7. **Before this pregnancy began, had you ever been told by a doctor, nurse or other health care worker that you had gestational diabetes (diabetes that started during a pregnancy before this pregnancy) ?**

- No
- Yes

8. **Before you got pregnant with your new baby, did your husband or partner ever try to keep you from using your birth control so that you would get pregnant when you didn't want to?** For example, did he hide your birth control, throw it away or do anything else to keep you from using it?

- No
- Yes

9. **When you got pregnant with your new baby, were you trying to get pregnant?**

No → **Go to Page 3, Question 15**

Yes

10. **Did you take any fertility drugs or receive any medical procedures from a doctor, nurse, or other health care worker to help you get pregnant with your new baby?** (This may include infertility treatments such as fertility-enhancing drugs or assisted reproductive technology.)

No → **Go to Page 3, Question 15**

Yes

11. **How long had you been trying to get pregnant before you took any fertility drugs or used any medical procedures to help you get pregnant with your new baby?** Do not count long periods of time when you and your partner were apart or not having sex.

- 0 to 5 months
- 6 to 11 months
- 1 to 2 years
- 3 to 4 years
- 5 to 6 years
- More than 6 years

**12. Did you use any of the following fertility treatments during the month you got pregnant with your new baby?**

Check all that apply

- Fertility-enhancing drugs prescribed by a doctor (fertility drugs include Clomid®, Serophene®, Pergonal®, or other drugs that stimulate ovulation)
- Artificial insemination or intrauterine insemination (treatments in which sperm, but NOT eggs, were collected and medically placed into a woman's body)
- Assisted reproductive technology (treatments in which BOTH a woman's eggs and a man's sperm were handled in the laboratory, such as in vitro fertilization [IVF], gamete intrafallopian transfer [GIFT], zygote intrafallopian transfer [ZIFT], intracytoplasmic sperm injection [ICSI], frozen embryo transfer, or donor embryo transfer)
- Other medical treatment

→ Please tell us:

**13. Did you become pregnant with your new baby as a result of using any of the treatments listed above?**

- No → **Go to Question 15**
- Yes
- I don't know

**14. How many cycles of fertility treatments (complete or incomplete) did you have before you became pregnant with your new baby?**

- 1 cycle
- 2 to 3 cycles
- 4 to 6 cycles
- 7 or more cycles

The next questions are about the prenatal care you received during your most recent pregnancy. Prenatal care includes visits to a doctor, nurse, or other health care worker before your baby was born to get checkups and advice about pregnancy. (It may help to look at the calendar when you answer these questions.)

**15. Did you get prenatal care as early in your pregnancy as you wanted?**

- No
- Yes
- I didn't want prenatal care

**16. Here is a list of things that can happen when women try to get prenatal care.** For each item, circle T (True) if it happened to you during your most recent pregnancy or circle F (False) if it did not happen to you or did not apply to you.

	True	False
a. I couldn't take time off from work or school .....	T	F
b. The doctor or my health plan would not start care as early as I wanted .....	T	F
c. I didn't want anyone to know I was pregnant.....	T	F
d. Other .....	T	F

Please tell us:

If you did not go for prenatal care, go to Question 20.

**17. Did any of these kinds of health insurance plans help you pay for your prenatal care?**

Check all that apply

- Health insurance from a job (your job or the job of your husband, partner or parents)
- Health insurance that you or someone else paid for (not from a job)
- Medicaid
- TRICARE or other military health care
- CHIP or SCHIP (State Child Health Insurance Program)
- I did not have a health insurance plan to help pay for my prenatal care
- Other source → Please tell us:  
\_\_\_\_\_

**18. During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, circle Y (Yes) if someone talked with you about it or circle N (No) if no one talked with you about it.**

	No	Yes
a. How long to wait before getting pregnant again after the birth of my baby .....	N	Y
b. The signs and symptoms of preterm labor (labor that starts more than 3 weeks before the baby is due).....	N	Y
c. What to do if I feel depressed during my pregnancy or after my baby is born.....	N	Y

**19. During your most recent pregnancy, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, circle Y (Yes) if someone talked with you about it or circle N (No) if no one talked with you about it.**

	No	Yes
a. Foods that are good to eat during pregnancy .....	N	Y
b. How much weight to gain during pregnancy .....	N	Y
c. Exercise during pregnancy .....	N	Y
d. Programs or resources to help you gain the right amount of weight during pregnancy.....	N	Y
e. Programs or resources to help you lose weight after pregnancy .....	N	Y

**20. During your most recent pregnancy, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?**

- No → Go to Page 5, Question 22
- Yes

**21. During your most recent pregnancy, when you went for your WIC visits, did you speak with a breastfeeding peer counselor or another WIC staff person about breastfeeding?**

- No
- Yes

22. Before your new baby was born, did any of the following things happen?

Check all that apply

- Someone answered my questions about breastfeeding
- I was offered a class on breastfeeding
- I attended a class on breastfeeding
- I decided or planned to feed *only* breast milk to my baby
- I discussed feeding *only* breast milk to my baby with my family
- I discussed feeding *only* breast milk to my baby with my health care provider
- I planned to breastfeed within the first hour after giving birth

The next questions are about your health around the time of your most recent pregnancy.

23. Before this pregnancy began, were you ever told by a doctor, nurse or other health care worker that you had Type I or Type II diabetes?

No

Yes → Go to Page 6, Question 30

24. During *this* pregnancy, were you told by a doctor, nurse or other health care worker that you had gestational diabetes (diabetes that started during *this* pregnancy)?

No → Go to Page 6, Question 30

Yes

25. During *this* pregnancy, when you were told that you had gestational diabetes, did the doctor, nurse or other health care worker tell you to make an appointment with a different doctor because of your gestational diabetes?

No

Yes

26. During *this* pregnancy, when you were told that you had gestational diabetes, did a doctor, nurse or other health care worker do any of the things listed below? For each item, circle Y (Yes) if someone did it or circle N (No) if no one did it.

	No	Yes
a. Refer you to a nutritionist .....	N	Y
b. Talk to you about the importance of exercise .....	N	Y
c. Talk to you about getting to and staying at a healthy weight after delivery .....	N	Y
d. Suggest that you breastfeed your new baby .....	N	Y
e. Talk to you about your risk for Type II diabetes .....	N	Y

27. Since your new baby was born, have you been tested for diabetes or high blood sugar?

No → Go to Page 6, Question 30

Yes

28. Since your new baby was born, did a doctor, nurse or other health care worker tell you that you had diabetes?

No

Yes → Go to Page 6, Question 30

29. Did the doctor, nurse or other health care worker tell you that you had prediabetes, borderline diabetes or high blood sugar?

No

Yes

**30. Did you have any of these problems during your most recent pregnancy?** For each item, circle Y (Yes) if you had the problem or circle N (No) if you did not.

	No	Yes
a. Vaginal bleeding.....	N	Y
b. Severe nausea, vomiting, or dehydration.....	N	Y
c. High blood pressure, hypertension (including pregnancy-induced hypertension [PIH], preeclampsia, or toxemia).....	N	Y
d. Problems with the placenta (such as abruptio placentae or placenta previa).....	N	Y
e. Labor pains more than 3 weeks before my baby was due (preterm or early labor).....	N	Y
f. Water broke more than 3 weeks before my baby was due (premature rupture of membranes [PROM]).....	N	Y
g. I was hurt in a car accident.....	N	Y

**If you did not have any of these problems, go to Question 32.**

**31. Did you do any of the following things because of these problems? Do count time in the hospital that was for delivery and recovery if your hospital stay ended in delivery.** For each item, circle Y (Yes) if you did that thing or circle N (No) if you did not.

	No	Yes
a. I went to the hospital or emergency room and stayed less than 1 day .....	N	Y
b. I went to the hospital and stayed 1 to 7 days .....	N	Y
c. I went to the hospital and stayed more than 7 days .....	N	Y
d. I stayed in bed at home more than 2 days because of my doctor's or nurse's advice .....	N	Y

**32. During your most recent pregnancy, did a doctor, nurse or other health care worker try to keep your new baby from being born too early by giving you a series of weekly shots of a medicine called 17P (17 alpha-hydroxyprogesterone)?**

- No  
 Yes

**The next questions are about smoking cigarettes. We are interested in the time before you were pregnant, the time during your pregnancy, and the time since your baby was born.**

**33. Have you smoked at least 100 cigarettes in the past 2 years?** (A pack has 20 cigarettes.)

- No → **Go to Page 8, Question 41**  
 Yes

**34. In the 3 months before you got pregnant, how many cigarettes did you smoke on an average day?** (A pack has 20 cigarettes.)

- 41 cigarettes or more  
 21 to 40 cigarettes  
 11 to 20 cigarettes  
 6 to 10 cigarettes  
 1 to 5 cigarettes  
 Less than 1 cigarette  
 I didn't smoke then

**35. In the last 3 months of your pregnancy, how many cigarettes did you smoke on an average day?** (A pack has 20 cigarettes.)

- 41 cigarettes or more  
 21 to 40 cigarettes  
 11 to 20 cigarettes  
 6 to 10 cigarettes  
 1 to 5 cigarettes  
 Less than 1 cigarette  
 I didn't smoke then

**36. Did you quit smoking during your most recent pregnancy?**

- No
- Yes, I quit before I found out I was pregnant
- Yes, I quit when I found out I was pregnant
- Yes, I quit later in my pregnancy

**37. Listed below are some things about quitting smoking.** For each thing, circle Y (Yes) if it applied to you during your most recent pregnancy or circle N (No) if it did not.

*During your most recent pregnancy, did you —*

	No	Yes
a. Set a specific date to stop smoking...	N	Y
b. Use booklets, videos, or other materials to help you quit .....	N	Y
c. Call a national or state quit line or went to a website .....	N	Y
d. Attend a class or program to stop smoking .....	N	Y
e. Go to counseling for help with quitting .....	N	Y
f. Use a nicotine patch, gum, lozenge, nasal spray or inhaler .....	N	Y
g. Take a pill like Zyban® (also known as Wellbutrin® or Bupropion®) or Chantix® (also known as Varenicline®) to stop smoking.....	N	Y
h. Try to quit on your own (e.g., cold turkey).....	N	Y
i. Other .....	N	Y

Please tell us:

If you did not go for prenatal care, go to Page 8, Question 40.

**38. During any of your prenatal care visits, did a doctor, nurse, or other health care worker advise you to quit smoking?**

- No
  - Yes
- I had quit smoking before my first prenatal care visit  
 → Go to Page 8, Question 40

**39. Listed below are some things about quitting smoking that a doctor, nurse, or other health care worker might have done during any of your prenatal care visits.** For each thing, circle Y (Yes) if it applied to you during any of your prenatal care visits or circle N (No) if it did not.

**During any of your prenatal care visits, did a doctor, nurse, or other health care worker —**

	No	Yes
a. Spend time with you discussing how to quit smoking .....	N	Y
b. Suggest that you set a specific date to stop smoking .....	N	Y
c. Provide you with booklets, videos, or other materials to help you quit smoking on your own .....	N	Y
d. Refer you to a national or state quit line.....	N	Y
e. Suggest you attend a class or program to stop smoking .....	N	Y
f. Refer you to counseling for help with quitting .....	N	Y
g. Recommend a nicotine patch, gum, lozenge, nasal spray or inhaler .....	N	Y
h. Prescribe a pill like Zyban® (also known as Wellbutrin® or Bupropion®) or Chantix® (also known as Varenicline®) to help you quit.....	N	Y
i. Ask if a family member or friend would support your decision to quit .....	N	Y

**40. How many cigarettes do you smoke on an average day *now*?** (A pack has 20 cigarettes.)

- 41 cigarettes or more
- 21 to 40 cigarettes
- 11 to 20 cigarettes
- 6 to 10 cigarettes
- 1 to 5 cigarettes
- Less than 1 cigarette
- I don't smoke now

**Pregnancy can be a difficult time for some women. These next questions are about things that may have happened before your most recent pregnancy.**

**41. During the 12 months before your new baby was born, did you ever get emergency food from a church, a food pantry, or a food bank or eat in a food kitchen?**

- No
- Yes

**42. During the 12 months before your new baby was born, did you miss any doctor appointments because you were worried about what your partner would do if you went?**

- No
- Yes

**The next questions are about your labor and delivery.**

**43. Did your doctor, nurse or other health care worker try to induce (start) your labor?**

No → **Go to Question 45**

Yes

I didn't know → **Go to Question 45**

**44. Why did your doctor, nurse or other health care worker try to induce (start) your labor?**

Check **all** that apply

- My water broke and there was a fear of infection
- I was past my due date
- My provider worried about the size of the baby
- The baby was not doing well and needed to be born
- I had a health problem and needed to deliver the baby
- I wanted to schedule my delivery
- I wanted to give birth with a specific provider
- Other → Please tell us:

\_\_\_\_\_

**45. During the week before your *new baby* was born, did you expect your new baby to be delivered vaginally (naturally) or by cesarean delivery?**

- Vaginally
- Cesarean delivery

**46. How was your *new* baby delivered?**

- Vaginally → **Go to Question 50**
- I went into labor but had a cesarean delivery
- I didn't go into labor and had a cesarean delivery

**47. Had you planned or scheduled a cesarean delivery at least one week before your *new* baby was born?**

- No
- Yes

**48. Whose idea was it for you to have a cesarean delivery?**

Check one answer

- My health care provider recommended a cesarean delivery before I went into labor
- My health care provider recommended a cesarean delivery while I was in labor
- I asked for the cesarean delivery before I went into labor
- I asked for the cesarean delivery while I was in labor

**49. What was the reason that your new baby was born by cesarean section?**

Check all that apply

- I had a previous cesarean section
- The baby was in the wrong position
- I was past my due date
- I had a medical condition that made labor dangerous for me
- My provider worried that the baby was too big
- My provider tried to induce my labor, but it didn't work
- Labor was taking too long
- The fetal monitor showed that the baby was having problems during labor
- I wanted to schedule my delivery
- I was afraid to go into labor and have my baby vaginally
- Other reason → Please tell us:  
\_\_\_\_\_

**50. Did any of these kinds of health insurance plans help you pay for the delivery of your new baby?**

Check all that apply

- Health insurance from a job (your job or the job of your husband, partner or parents)
- Health insurance that you or someone else paid for (not from a job)
- Medicaid
- TRICARE or other military health care
- CHIP or SCHIP (State Child Health Insurance Program)
- I did not have a health insurance plan to help pay for my delivery
- Other source → Please tell us:  
\_\_\_\_\_

The next questions are about the time since your new baby was born.

51. Is your baby alive now?

No → Go to Page 11, Question 62

Yes

52. Is your baby living with you now?

No → Go to Page 11, Question 62

Yes

53. Did you ever breastfeed or pump breast milk to feed your new baby after delivery?

No → Go to Page 11, Question 57

Yes

54. Are you currently breastfeeding or feeding pumped milk to your new baby?

No

Yes

55. How old was your new baby the first time he or she drank liquids other than breast milk such as formula, water, juice, tea, or cow's milk?

\_\_\_\_\_ Days \_\_\_\_\_ Weeks

OR \_\_\_\_\_ Months

My baby has not had any liquids other than breast milk

My baby was given other liquids in the hospital after birth, but since then drinks only breast milk

56. How old was your new baby the first time he or she ate baby cereal, baby food or any other foods?

\_\_\_\_\_ Days \_\_\_\_\_ Weeks

OR \_\_\_\_\_ Months

My baby has not had any foods

57. About how many hours a day, on average, is your new baby in the same room or automobile with someone who is smoking?

\_\_\_\_\_ Hours

Less than 1 hour a day

My baby is never in the same room or automobile with someone who is smoking

58. In which *one* position do you *most often* lay your baby down to sleep now?

Check one answer

On his or her side

On his or her back

On his or her stomach

59. Listed below are some things that describe how your new baby sleeps. For each item, circle T (True) if it usually applies to your baby, or F (False) if it doesn't usually apply to your baby.

True False

- a. My new baby sleeps in a crib or portable crib ..... T F
- b. My new baby sleeps on a firm or hard mattress ..... T F
- c. My new baby sleeps without pillows, bumper pads, plush blankets, or stuffed toys ..... T F
- d. My new baby sleeps alone ..... T F

**60. Since your new baby was born, did a doctor, nurse or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, circle Y (Yes) if someone talked with you about it or N (No) if no one talked with you about it.**

	No	Yes
a. Breastfeeding and how to get help if you needed it .....	N	Y
b. Healthy eating .....	N	Y
c. The importance of exercise .....	N	Y
d. How long to wait before getting pregnant again .....	N	Y
e. Birth control methods that you can use after giving birth .....	N	Y
f. Postpartum depression .....	N	Y
g. Support groups for new parents .....	N	Y
h. Resources in your community such as nurse home visitation programs, telephone hotlines, counseling, etc .....	N	Y

**61. Since your new baby was born, have you used WIC services for yourself or your new baby?**

- No
- Yes, both my new baby and I use WIC services
- Yes, only my new baby uses WIC services
- Yes, only I use WIC services

**62. How much did your weight change during this pregnancy?**

- I gained:  
 Pounds **OR**  Kilos
- I stayed the same
- I lost:  
 Pounds **OR**  Kilos

**Sometimes women have different feelings and experience different emotions after childbirth. Check the choice that best describes how often you have felt the ways listed below.**

**63. Since your new baby was born, how often have you felt down, depressed or sad?**

- Always
- Often
- Sometimes
- Rarely
- Never

**64. Since your new baby was born, how often have you felt hopeless?**

- Always
- Often
- Sometimes
- Rarely
- Never

**65. Since your new baby was born, how often have you felt slowed down?**

- Always
- Often
- Sometimes
- Rarely
- Never

The next few questions are on a variety of topics.

**66a. Have any of your close family members who are related to you by blood (grandparents, parents, sisters or brothers) ever been told by a doctor, nurse or other health care worker that they had diabetes?**

No → **Go to Question 66c**

Yes

**66b. Who was told by a doctor, nurse or other health care worker that they had diabetes?**

Check all that apply

My father

My father's mother

My father's father

My mother

My mother's mother

My mother's father

My sister(s) or brother(s)

Other → Please tell us (uncles, aunts, cousins, children, etc.):

\_\_\_\_\_

**66c. Have any of your close family members who are related to you by blood (grandparents, parents, sisters or brothers) ever been told by a doctor, nurse or other health care worker that they had high blood pressure?**

No → **Go to Question 66e**

Yes

**66d. Who was told by a doctor, nurse or other health care worker that they had high blood pressure?**

Check all that apply

My father

My father's mother

My father's father

My mother

My mother's mother

My mother's father

My sister(s) or brother(s)

Other → Please tell us (uncles, aunts, cousins, children, etc.):

\_\_\_\_\_

**66e. Have any of your close family members who are related to you by blood (grandparents, parents, sisters or brothers) ever been told by a doctor, nurse or other health care worker that they had depression?**

No → **Go to Page 13, Question 67**

Yes

**66f. Who was told by a doctor, nurse or other health care worker that they had depression?**

Check all that apply

My father

My father's mother

My father's father

My mother

My mother's mother

My mother's father

My sister(s) or brother(s)

Other → Please tell us (uncles, aunts, cousins, children, etc.):

\_\_\_\_\_

**67. Did your mother or any sister who is related to you by blood have any of the following conditions during any pregnancy?** For each item, please circle N (No) if no one had the condition during pregnancy, Y (Yes) if someone had the condition during pregnancy, or DK (Don't Know) if you don't know.

	Don't		
	No	Yes	Know
a. A baby that was born more than 3 weeks before the due date .....	N	Y	DK
b. Gestational diabetes (diabetes that started during pregnancy) .....	N	Y	DK
c. High blood pressure during pregnancy .....	N	Y	DK

**68. During your most recent pregnancy, did you receive counseling or were you informed about sickle cell disease?**

- No  
 Yes

**69. Does anyone in your family have sickle cell disease?**

- No  
 Yes  
 I don't know

**70. Was the house or apartment you live in now built after 1977?**

- No  
 Yes → **Go to Question 72**  
 I don't know

**71. Listed below are some things that may have happened since you moved into your house or apartment.** For each thing, circle Y (Yes) if it applied to you or circle N (No) if it did not.

	No	Yes
a. I have had the house tested for lead .....	N	Y
b. I have made changes to the house to remove paint or other things that have lead in them .....	N	Y
c. The house was remodeled before I moved in .....	N	Y

**72. Who lives in the same house with you now?** Please count your *new* baby.

Check all that apply

- My husband or partner  
 Children aged 5 years and under  
     → Please tell us how many:   
 Children aged 6 years and over  
     → Please tell us how many:   
 My mother  
 My father  
 My husband's or partner's parent(s)  
 Friend or roommate  
 Other family member or relative  
 Other → Please tell us:   
 I live alone

**73. How tall are you without shoes?**

Feet     Inches  
 OR  
 Meters

Please use this space for any additional comments you would like to make about the health of mothers and babies.

*Thanks for answering our questions!*

*Your answers will help us work to make mothers and babies healthier.*