



## Emotional wellbeing during pregnancy

Questions

Responses

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### Mental wellbeing during pregnancy

There are many factors that can affect a woman's mental wellbeing during pregnancy. Social connections with family, friends and people around us affect our thinkings and behaviours. Having a healthy relationships and support groups are important in providing positive mindsets and attitudes during pregnancy. This is an interview to find out the impact of social connections on the mental wellbeing of

Your beautiful name:

Short answer text

How old is your youngest kid?

- ☐ 0 to 3 years old
- ☐ 4 to 6 years old
- ☐ 7 years old and above
- ☐ My kid is on the way!
- ☐ Other...

How would you rate your mental wellbeing during pregnancy? \*

	1	2	3	4	5	
Very bad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very good



What are the reasons that lead to the rating above. \*

Long answer text

What are the top 2 factors that affect your mental well-being during pregnancy? \*

Long answer text

How do you deal with the factors mentioned above? \*

Long answer text

How important is social connections to you during pregnancy? \*

	1	2	3	4	5	
Not important at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very important

Rate the likeliness of the below: \*

	Very unlikely	Unlikely	Somewhat	Likely	Very likely
Social connect...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social connect...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social connect...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social connect...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I seek advice f...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



I seek advice f...

☐☐☐☐☐

I can get socia...

☐☐☐☐☐

Rank your preferred way of communications when seeking for social supports during pregnancy. Do not repeat the preference. \*

First preference

Second preference

Third preference

Forth preference

Through texting

☐☐☐☐

Through calling

☐☐☐☐

Through video call...

☐☐☐☐

Meet up face-to-fa...

☐☐☐☐