

# 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 women during pregnancy.

Your beautiful name:

.....

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 checked="" type="radio"/>	<input type="radio"/>	Very good

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

Attended pre-natal course at hospital to pre-am myself n family.

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

Family n work support n financial ready

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

Thru communication n plan ahead, buy only wats needed n used pass down items tat r still in gd conditions from frens

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 checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very important

Rate the likeliness of the below: \*

	Very unlikely	Unlikely	Somewhat	Likely	Very likely
Social connections with family keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Social connections with friends keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Social connections with professionals keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
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problems during pregnancy.

I can get social supports when I need.

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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	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Through calling	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Through video calling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
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Your beautiful name:

Bao

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 checked="" type="radio"/>	<input type="radio"/>	Very good

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

I don't have many discomfort during pregnancy so I am very happy.

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

Expecting the baby (I am worried about the pain of giving birth) and lack of concerns from family.

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

I talk to family and friends, or watch dramas, play with my phones to distract myself from worrying.

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 checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very important

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	Very unlikely	Unlikely	Somewhat	Likely	Very likely
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problems during pregnancy.

I can get social supports when I need.

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

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Your beautiful name:

Chi

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 checked="" type="radio"/>	<input type="radio"/>	Very good

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

I didn't experience much discomfort during pregnancy.

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

The health of my baby and concerns from my husband.

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

Seek advise from my gynae and communicate with my husband when I am feeling down

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 checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very important

Rate the likeliness of the below: \*

	Very unlikely	Unlikely	Somewhat	Likely	Very likely
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problems during pregnancy.

I can get social supports when I need.

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

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Your beautiful name:

Anonymous

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 checked="" type="radio"/>	<input type="radio"/>	Very good

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

None specific

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

Stress

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

Enough rest

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

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

Rate the likeliness of the below: \*

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18/10/2019

Mental wellbeing during pregnancy

problems during pregnancy.

I can get social supports when I need.

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 calling

Meet up face-to-face

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Your beautiful name:

Han Xue

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 checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very good

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

Always vomiting

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

Body condition, no appetite

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

Infusion supplement energy, keep away from kitchen when cooking.

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 checked="" type="radio"/>	<input type="radio"/>	Very important

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Your beautiful name:

Jian Sun

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 checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very good

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

The baby came too suddenly, unexpectedly

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

1. Nausea and vomiting cause bad mood 2. Eating something can't taste the real taste, causing a bad mood

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

Patience, shopping, talking to others

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 checked="" type="radio"/>	Very important

Rate the likeliness of the below: \*

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problems during pregnancy.

I can get social supports when I need.

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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
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Your beautiful name:

Maxi

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 checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very good

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

Hormonal changes and fear of unknown

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

Situational issues

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

Diversional activities and prayers

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 checked="" type="radio"/>	<input type="radio"/>	Very important

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problems during pregnancy.

I can get social supports when I need.

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Your beautiful name:

Joey

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 checked="" type="radio"/>	<input type="radio"/>	Very good

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

I think my husband can still put in more efforts to make me happy

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

My husband's concern and my baby check-up result

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

Talk to my family or change a gynae to consult

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 checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very important

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problems during pregnancy.

I can get social supports when I need.

☐

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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
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Your beautiful name:

YH

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 checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very good

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

Lack of companion from my family

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

Family relationship and hormones changes

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

I exercise and find friends to talk to

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 checked="" type="radio"/>	Very important

Rate the likeliness of the below: \*

	Very unlikely	Unlikely	Somewhat	Likely	Very likely
Social connections with family keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Social connections with friends keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Social connections with professionals keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Social connections with other pregnant women keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I seek advice from the professionals when I encounter problems during pregnancy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
I seek advice from family and friends when I encounter problems during pregnancy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I seek advice from strangers from online forums when I encounter	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

problems during pregnancy.

I can get social supports when I need.

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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	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Through calling	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Through video calling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Meet up face-to-face	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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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 women during pregnancy.

Your beautiful name:

Yang

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 checked="" type="radio"/>	Very good

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

Enough attentions from my husband

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

My husband's concerns and self-adjustment on my attitude

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

Always communicate with my husband

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 checked="" type="radio"/>	Very important

Rate the likeliness of the below: \*

	Very unlikely	Unlikely	Somewhat	Likely	Very likely
Social connections with family keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Social connections with friends keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Social connections with professionals keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Social connections with other pregnant women keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I seek advice from the professionals when I encounter problems during pregnancy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I seek advice from family and friends when I encounter problems during pregnancy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I seek advice from strangers from online forums when I encounter	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

18/10/2019

Mental wellbeing during pregnancy

problems during pregnancy.

I can get social supports when I need.

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 calling

Meet up face-to-face

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# Mental wellbeing during pregnancy

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Your beautiful name:

Jiang

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 checked="" type="radio"/>	<input type="radio"/>	Very good

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

My health condition

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

Family and work

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

Good time management

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 checked="" type="radio"/>	Very important

Rate the likeliness of the below: \*

	Very unlikely	Unlikely	Somewhat	Likely	Very likely
Social connections with family keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Social connections with friends keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social connections with professionals keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Social connections with other pregnant women keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I seek advice from the professionals when I encounter problems during pregnancy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I seek advice from family and friends when I encounter problems during pregnancy.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I seek advice from strangers from online forums when I encounter	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

problems during pregnancy.

I can get social supports when I need.

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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	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Through calling	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Through video calling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Meet up face-to-face	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

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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 women during pregnancy.

Your beautiful name:

Gao Li

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 checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very good

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

Feeling low sometimes

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

Easily anxious and overthinking due to my personality

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

Distract myself with work and listening to music

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 checked="" type="radio"/>	Very important

Rate the likeliness of the below: \*

	Very unlikely	Unlikely	Somewhat	Likely	Very likely
Social connections with family keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Social connections with friends keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Social connections with professionals keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Social connections with other pregnant women keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
I seek advice from the professionals when I encounter problems during pregnancy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
I seek advice from family and friends when I encounter problems during pregnancy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
I seek advice from strangers from online forums when I encounter	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

problems during pregnancy.

I can get social supports when I need.

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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	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Through calling	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Through video calling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Meet up face-to-face	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

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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 women during pregnancy.

Your beautiful name:

Zhang

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 checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very good

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

Family did not give me the attentions I expected

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

My poor health condition and husband's insufficient concern

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

Self-adjustment

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 checked="" type="radio"/>	Very important

Rate the likeliness of the below: \*

	Very unlikely	Unlikely	Somewhat	Likely	Very likely
Social connections with family keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social connections with friends keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Social connections with professionals keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Social connections with other pregnant women keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I seek advice from the professionals when I encounter problems during pregnancy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
I seek advice from family and friends when I encounter problems during pregnancy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I seek advice from strangers from online forums when I encounter	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

problems during pregnancy.

I can get social supports when I need.

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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	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Through calling	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
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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 women during pregnancy.

Your beautiful name:

Anonymous

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 checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Very good

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

I am unemployed

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

No job and lack of concerns

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

I did not do anything because I don't know what to do.

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 checked="" type="radio"/>	Very important

Rate the likeliness of the below: \*

	Very unlikely	Unlikely	Somewhat	Likely	Very likely
Social connections with family keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Social connections with friends keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Social connections with professionals keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Social connections with other pregnant women keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I seek advice from the professionals when I encounter problems during pregnancy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
I seek advice from family and friends when I encounter problems during pregnancy.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
I seek advice from strangers from online forums when I encounter	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

problems during pregnancy.

I can get social supports when I need.

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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	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Through calling	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Through video calling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Meet up face-to-face	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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# Mental wellbeing during pregnancy

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Your beautiful name:

Miss He

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 checked="" type="radio"/>	<input type="radio"/>	Very good

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

My emotions are pretty stable throughout the pregnancy period

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

My baby's health and family concerns

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

Seek doctor or online advice and communicate with family

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 checked="" type="radio"/>	Very important

Rate the likeliness of the below: \*

	Very unlikely	Unlikely	Somewhat	Likely	Very likely
Social connections with family keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Social connections with friends keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Social connections with professionals keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Social connections with other pregnant women keep me mentally positive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I seek advice from the professionals when I encounter problems during pregnancy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
I seek advice from family and friends when I encounter problems during pregnancy.	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I seek advice from strangers from online forums when I encounter	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>

problems during pregnancy.

I can get social supports when I need.

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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	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Through calling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Through video calling	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
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