## den norske Mor & barn undersøkelsen

## Questionnaire 1

This questionnaire will be processed by a computer. It is t	herefore important that you follow these instructions:							
<ul> <li>Please use a blue or black ballpoint pen.</li> <li>Put a cross in the box that is most relevant like this:</li> </ul>								
<ul> <li>Should you put a cross in the wrong box correct it by filling in th</li> </ul>	e box completely like this:							
In the large green boxes write a number or a capital letter	, ,							
It is important that you only write in the white area of each box I	ke this:							
Number 0 4 0 0 7 0 7	Latter A D D							
Number: 0 1 2 3 4 5 6 7 8 9	Letter: A B C D							
When filling in a single figure in boxes containing two or more so	guares, please use the square to the right. Example:							
A number of questions in this questionnaire concern the week of pregnancy. For example, fill in week 5 for something that occars the sequence of the sequ								
5 weeks after your last period.								
Specific information concerning, for example, medication or pro	fession should be written in the boxes or on the lines provided.							
Please write clearly in CAPITAL LETTERS.								
<ul> <li>Remember to provide the date when you completed the question.</li> <li>Please return the completed questionnaire in</li> </ul>								
ricase return the completed questionnane in	the stamped addressed envelope provided.							
Data as which the sweeting was consulated	Aurita the uses with A surehors a s. 0000)							
Date on which the questionnaire was completed	(write the year with 4 numbers, e.g. 2000)							
Day Mo	onth Year							
Menstruation								
	6. During the last year before you became pregnant, did you							
Menstruation  1. How old were you when you had your first menstrual period?	6. During the last year before you became pregnant, did you lose your period for more than three months?							
	lose your period for more than three months?							
How old were you when you had your first menstrual period?  Years  2.How many days are there usually between the first day in your	lose your period for more than three months?  No Yes, due to an earlier pregnancy							
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Contraception and pregnancy	
11. Have you/your partner at any time during the last year used the following methods to avoid becoming pregnant? (Fill in all that apply.)  Condom Diaphragm IUD	20. If you became pregnant while using an IUD, has it now been removed?  No Yes
Hormone IUD Hormone injection Missi pill	21. How long have you and the baby's father had a sexual relationship?  months or years
☐ Mini pill☐ Pill☐	months of years
Spermicides (foam, suppositories, cream)	22. How often did you have sexual intercourse during the four
Safe period	weeks before you became pregnant and during the last four
Withdrawal	weeks?  Before Now
☐ No such methods	Every day
Other	5-6 times a week
12. If you have used the pill/mini-pill, how long altogether have	3-4 times a week
you used them?	1-2 times a week
Pill Mini-pill  Less than one year	1-2 times every two weeks
1-3 years	Less than 1-2 times every 2 weeks  Never
4-6 years	Never
7-9 years	23. Have you ever been treated for infertility?
10 years or more	∐ No
13. If you have used the pill/mini-pill, how old were you when	☐ Yes
you first used it?	24. If yes, was it in connection with this pregnancy or an earlier
Years old	pregnancy and what type of treatment did you have? (Fill in all that apply.)  Earlier This
14. Were you taking the pill/mini-pill during the last 4 months	Pregnancy Pregnancy
before this pregnancy?	Fallopian tube surgery
□ No	Other surgery
Yes	Hormone treatment
15. If yes, how long before your last menstrual period did you stop taking the pill/mini-pill?	Insemination (injection of sperm)
Weeks	25. Have you been given information about having an
16. Was this pregnancy planned?	amniocentesis performed?
□ No	□ No □ Yes
Yes	☐ Yes
17. If yes, how many months did you have regular intercourse without contraception before you became pregnant?  Less than I month	26. What was your blood pressure at your first antenatal visit? (Check your medical card.)  E.g. 150/95
1-2 months	
3 months or more	27. What did you weigh at the time you became pregnant and what do you weigh now (in kilograms)?
Number of months if more than 3  18. Did you become pregnant even though you or your partner	When I became pregnant : kg Now: kg
used contraceptives?	
☐ No (proceed to question 21)	28. How tall are you?
Yes	
19. If yes, which type? (Fill in all that apply.)	cm
Condom	
☐ Diaphragm	29. How tall is the baby's father?
☐ Hormone IUD	
Hormone injection	cm
☐ Mini pill	
□ Pill	30. How much does the baby's father weigh (in kilograms)?
Spermicides (foam, suppositories, cream)	
Safe period	kg
Withdrawal	
Other	

Previ	ous pre	gnar	ncies						
	u been pregnanted to question a		(Include all <sub>I</sub>	pregnancies	that ended i	n abortion, miscarria	nge or stillbirt	h as well)	
State the year		began, ho	w many kilos	you gained o		abortion, miscarriage gnancy and the numb			
Pregnancy Number pre	Year gnancy started	Live infant born	Spontaneous abortion/ stillbirth	Termination of pregnancy	Ectopic pregnancy	Week of pregnancy for abortion/ still birth	Number of months breast feeding	Weight gain during pregnancy (in kg)	Smoked during pregnancy
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
<ol> <li>Pelvic gir</li> <li>Pelvic gir</li> <li>Pelvic gir</li> <li>Serious r</li> <li>Pre-eclar</li> <li>Pregnanc</li> <li>Sugar in</li> </ol>	33. Have you had any of the following problems during previous pregnancies? (Fill in all that apply.)  No Yes  1. Pelvic girdle pain requiring medical leave 2. Pelvic girdle pain requiring bed rest 3. Serious nausea and vomiting 4. Pre-eclampsia during pregnancy 5. Pregnancy diabetes 6. Sugar in urine  34. If you had pelvic girdle pain in a previous pregnancy that led to bed rest or medical leave, when did the pain start?  months after start of pregnancy  35. When did the pain stop?  months after pregnancy  still have pain								
Illnes	ses and	d hea	Ith pro	blems	durin	g this prec	gnancy	,	
Illnesses and health problems during this pregnancy  36. Have you had bleeding from the vagina once or more during this pregnancy?  No Yes  37. If yes, describe the first and last bleeding. Give the date the bleeding started, how many days the bleeding lasted and how much you bled.  Date when bleeding started  No. of days (Enter a cross in a box indicating the amount of blood (trace blood means a few drops)									
First bleedir Last bleedir		Month	Year		variation	☐ Trace of blood☐ Trace of blood	☐ More tha		☐ Clots
If more than	two episodes of	of bleeding	write in the r	number of tim	nes				

38. Have you experienced any of the following illnesses or problems during this pregnancy? If you have used medication in connection with these problems give the name of the medicine, the weeks you took the medicines and how many days you took them. (Include all types of medication, both prescription and over the counter medicines in addition to alternative and herbal remedies. Do not include vitamins and dietary supplements as these are discussed elsewhere.)

Week of pregnancy	Week of pregnancy           0-4         5-8         9-12         13+	Number of days taken
1 Pelvic girdle pain		taken
2 Abdominal pain		
2 Abdominal pain		
3 Back pain		
4 Neck and shoulder pain		
5 Nausea		
6 Nausea with vomiting		
7 Vaginal thrush		
8 Vaginal catarrh/unusual discharge		
9 Pregnancy itch		
10 Constipation		
11 Diarrhoea/gastric flu		
12 Unusual tiredness/sleepiness		
13 Sleeping problems		
14 Heartburn/reflux		
15 Oedema		
16 Fever with rash		
17 Fever over 38.5 C		
18 Common cold		
19 Throat infection		
20 Sinusitis/ear infection		
21 Influenza		
22 Pneumonia/bronchitis		
23 Sugar in urine		
24 Protein in urine		

## Previous and current illnesses and health problems

39. Do you have or have you had any of the following illnesses or health problems? If you have taken medication (tablets, mixtures, suppositories, inhalers, creams, etc.) in conjunction with the illness or health problem give the name(s) of the medication(s) and when you took them.

Illness/health problem during this pregna	ıncy	l	Jse of medication		
Before Illness/health problem Pregnancy	During Pregnancy N	ame of medicines	Last 6 months before pregnancy	Pregnancy week  0-4 5-8 9-12 13+	Number of days used
Asthma/Allergy/Skin disorders	-3,		p gy		
1 Asthma					
2 Hay fever, pollen allergy					
3 Animal hair allergy					
4 Other allergy					
5 Atopic dermatitis (childhood eczema)					
6 Urticaria (hives)					
7 Psoriasis					
8 Other eczema					
9 Cold sores (herpes)					
10 Acne/pimples (serious)					
Diabetes					
11 Diabetes treated with insulin					
12 Diabetes not treated with insulin					
Heart/Blood/Metabolism/Blood vessels					
13 Congenital heart defect					
14 Other heart disease					
15 High cholesterol					
16 High blood pressure					
17 Hypothyroidism or hyperthyroidism					
18 Anaemia/low haemoglobin					
19 B-12/folic acid insufficiency					
Gastrointestinal					
20 Hepatitis/jaundice					
21 Gall stones					
22 Duodenal/stomach ulcer					
23 Crohn's disease/ulcerative colitis					
24 Celiac sprue (gluten sensitivity)					
25 Other gastro-intestinal problems					
Muscle/Skeleton/Connective tissue					
26 Arthritis (rheumatoid arthritis)/ Bechterev's reflex					

Illness/health problem	during this preg	gnancy		Use of medication		
	Before	During		Last 6 months before	Pregnancy week	Number of days
Illness/health problem	Pregnancy	Pregnancy	Name of medicines	pregnancy	0-4 5-8 9-12 13+	used
27 Lupus (SLE)						
28 Sciatica						
29 Fibromyalgia						
		Ш				
Genital and urinary to						
30 Ovary/fallopian tube infection						
31 Endometriosis						
32 Uterus prolaps		_		_		
33 Ovarian cyst						
34 Myoma						
35 Cervical cell changes						
36 Herpes						
37 Venereal warts/condyloma						
38 Gonorrhea						
39 Chlamydia						
40 Kidney stones						
41 Kidney infection/pyelonephriti	s					
42 Urinary tract infections/cystitis	s					
43 Incontinence						
Other illnesses/health p	roblems					
44 Anorexia/bulimia/other eating disc	orders					
45 Migraine						
46 Other headache						
47 Epilepsy						
48 Multiple sclerosis						
49 Cerebral palsy		<u> </u>				
50 Cancer		<u> </u>				
51 Depression		<u> </u>				
52 Anxiety						
53 Other long illiness or health proble	ms					
Which						

40. Do you have a congenital malformation/birth defect?  No Yes 41. If yes, which?  42. Do your gums bleed when you brush your teeth at present?  No, rarely or never Yes, sometimes Yes, often Yes, almost always	43. If you had your last long-became pregn  Less than 7 7.5 - 12 More than 1 Don't Know	term blocant?	-		gnant, what was efore you
Other medicines					
44. Have you used other medication not previously mentioned? If				egnancy weeks	
Name of medication (e.g. Valium, Rohypnol, Paracetamol)	Last 6 months before pregnancy	0-4	5-8 9-1		Number of days used
Vitamins, minerals and dietary s	upplemen	ts			
<ul> <li>45. Do you take vitamins, minerals or other dietary supplements? <ul> <li>No (proceed to question 49)</li> <li>Yes</li> </ul> </li> <li>46. If yes, fill in the table below for the vitamins and minerals found in taken cod liver oil for the last six months before becoming pregnant, enter a cross for each per <ul> <li>When did you take the start 6 months before pregnancy</li> </ul> </li> </ul>	the contents list on t	ses) and ente	er a cross in "Da In th		ten"). v often
26-9 8-5 4-0 0- weeks weeks weeks weeks weeks	4 5-8 9-12	13+ weeks	Daily	4-6 times a week	1-3 times a week
1 Folate/folic acid					

47. Giv produc							•				une		,	oup	, p.i.o			, ou	· ·		oraa	- u			0,11	0.00				unic			
E.g.	V	1	7	A	P	1	E	X		W	1	7	H		1	R	0	N															
1	П			П	П		П		П	П			H	T		П	H	П		T	T			Н	П	П	Н	П	П	П			П
2	H			H	H		H	Н	Н	H	╣		H	+	_	H	H	Н		=	+			H	H	Н	H	H	Н	Н	Н		H
•	Н			Н	Н		Н	Н	Н	Щ	4		H	4	4	Н	H	Н	_	4	4	_		Н	Н	Н	Н	Н	Н	Н			H
3	Ц			Ш	Ш		Щ	Ш	Ш	Ш			Щ	_		Ц	Ц	Ш						Ш	Ш	Ш	Ц	Ш	Ш				Ц
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5	П																$\Box$								П		$\Box$						
6	H			П	П		П		П	П			H	T		H	П				T			П	П	П	П		П				H
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Yes No Dor		now	′																														
Ci	vil	S	ta	tu	S	ar	nd	е	dι	JC	ati	io	n																				
49. Wh  Mai  Col  Sing	rried nabit			ivil s	tatu	ıs? [	] D	ivor	ood	,																							
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9-yea 1-2 y Techi 3-yea Regio Unive	t ed tudid ar se ear I nica ar hiç anal te ersity r edu	con nigh I hig gh s echn /, te	dary sch h sc cho ical chn	are	still l enerage, 4	and stur	What is the dying of the dying	/ido /ido thei ba g.) s, ju //ersithe the	w  r  by's   unior  ty de	fath	er h	nave	r's de	egree,		rse, t	  teach		  engine	  er)	Co	mp	lete	You					В	aby'	s Fa	ather	
9-yea 1-2 y Techi 3-yea Regio Unive Othei	t ed tudid ar se ear I nica ar hiç nal te ersity r edu	connight I high sechning, te	dary scho cho ical chn	y school chool gecollegical (	still nool I energe, 4	and stu	W W O	vido other ba g.) s, ju versite the	by's	collegree year	er h	  helo	····· ····s de der's		  . nui ree,	rrse, †	dica	  ner, e	engine	er)	Co	mp	lete	You d (	On-ç	going	g	Col	B. mple	aby'	s Fa	ather	

52. Did you have an extra job (with or without sabecame pregnant? (For example, accountant, hair dance band, club leader)  No Yes, describe  53. Have you been absent from your usual woweeks altogether during this pregnancy?  No Yes	ork more than two	54 Are you absent from your work at the present time?  No Yes  55. If yes, what is the reason for your absence? (Fill in one or several boxes.)  Medical leave Leave of absence Sick child Other  pregnant and at present. Before the pregnancy: Hours						
During the pregnancy:  Hours  (Questions about current work situation to be answered by anyone in paid employment, even if they are temporarily absent due to								
illness, being on leave or for similar reasons.)		paid employment, ever	The they are temporarily	y absent due to				
57. Describe the type of work carried out at your and the baby's father's place of work as accurately as possible.  (Write for example, hospital department for children with cancer, body shop at a garage for diesel vehicles, farming with grain and swine, work in the home.)	You		Baby's Fa	ther				
58. Occupation/title at this workplace? (Write for example, staff nurse, mechanic, foreman, lecturer, student, cleaning assistant, housewife/at home.)								
59. Indicate the appropriate answer for each of Do you sometimes have so much to do that your	work situation becomes	Yes e mor half work taxing?	every day Yes every day	y one box in each line.) Yes, periodically Seldom but not or daily never				
Do you have to turn or bend many times in the c Do you work with your hands up at shoulder leve Do you work standing or walking?	el or higher? s and a little slower on oth kground noise?	er days?						
have to raise your voice when talking to others, e	even at a distance of one	metre?						
60. How do the following statements describe	your work situation? (F	Fill in only one box in each	h line.)					
Agree Agree mostly Disagree mostly I have physically heavy work.  My work is very stressful I learn a lot at work  My work demands a lot of me. I am able to decide how my work is to be carried out.  There is a good team spirit at my place of work.  Agree Agree mostly Disagree mostly  Disagree completely  Disagree completely  Disagree completely  Disagree mostly Disagree mostly  Disagree completely  Disagree completely  Disagree mostly Disagree mostly  Disagree mostly Disagree mostly Disagree mostly  Disagree mostly Disagree mostly Disagree mostly  Disagree mostly Disagree mostly Disagree mostly  Disagree mostly Disagree mostly Disagree mostly  Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree mostly Disagree most								
61. When are your working hours? (Fill in one of the permanent day work  Permanent afternoon or evening work  Permanent night work  Shift work or shift rotations  No set times (extra help, extra shifts, temporary end)  Other		than 10 kg (10 kilos is Seldom or never Yes, less than 20 times Yes, more than 20 times Yes, 10-20 times a day	nancy do you lift anythis the equivalent of a full best a week	oucket of water.) At Home At Work .				

63. How often have you worked with radio transmitters or radar after becoming pregnant?  Seldom/Never A few times a week Daily On average more than an hour daily  64. How often do you talk on a cell phone? Seldom/Never A few times a week Daily On average more than an hour daily  65. Do your cell phone calls last more than 15 minutes? Never Seldom Often	Seldom/N A few tim Daily On averag an hour d  67. How distance (This does Seldo A few Daily On av	leveres per maily of le times erage	mache preg	ine (at a distance gnant?  Comput monitor  ce you worked wan two metres) de treatment as a seek e than an hour d	ith X-ray equipme after you became a patient)	Copying machine machin
		No	Yes	If Yes, number of days the last 6 months (daily = 180 days		have used protective
Lead vapours, lead dust, lead particles or lead alloys						
2 Chrome, arsenic, cadmium or combinations of these						
3 Gasoline or exhaust (does not apply to filling gasoline in your own car)						
4 Mercury vapours, mercury or work with amalgam fillings (does not apply to your own der	ntal treatment)					
5 Disinfectants, vermin poisons						
6 Weed killers, insecticides, fungicides						
7 Oil-based paint						
8 Water-based or latex paint						
9 Paint thinner, paint-lacquer-glue remover or other solvents						
(e.g. lynol, turpentine, toluene, carbon tetrachloride)						
11 Motor oil, lubrication oil or other types of oil						
12 Photographic chemicals (fixatives or developers)						
13 Substances used in welding.						
14 Substances used in soldering						
15 Formalin/formaldehyde						
16 Chemotherapeutic substances/chemotherapy treatment (does not apply to your own me						
17 Laughing gas or other anaesthetic gases (does not apply to your own treatment as	,					
18 Other substances and conditions, describe						
69. How often have you been to a discotheque since you became pregnant?  1-2 times a week Less often Never	70. Are yo No Yes	u in c	ontac	t with animals eithe	er at work or in your l	eisure time?

71. If yes, what sort of animals and how often are you in contact with them on a weekly basis?  Less than 3-6 times 1-2 times 1 time Daily a week a week a week	79. What is your and the baby's father's yearly gross income? (Include child support, unemployment benefits and other allowances.)
1 Dog                         2 Cat                       3 Guinea pig                       4 Hamster                       5 Rabbit                       6 Canary or other bird                       7 Aquarium fish                       8 Cow                         9 Pig                         10 Sheep, goat                         11 Horse                         12 Poultry	Your gross income  No income Under 150.000 NOK Under 150-199.999 NOK 150-199.999 NOK 200-299.999 NOK 300-399.999 NOK 400-499.999 NOK over 500.000 NOK Don't know  80. Is it possible for your household to manage financially without your income? Yes, but with difficulty Yes, without difficulty
Housing and household	81. What type of house do you live in?  Detached house Farm
	Semi detached Four-flat house
72. With whom do you live? (Fill in one or several boxes.)	Maisonette
☐ Spouse/partner ☐ Parents	Terraced flat
Parents-in-law	☐ Basement flat ☐ Apartment building
Children	Townhouse/tenement
☐ No one ☐ Other describe	Which floor?
	Other
73. How many people including you live in your home?  Number of people over 18 years	82. Has there been damp damage, visible signs of fungus/mildew or a smell of mildew in your home in the past 3 months? (Fill in one or several boxes.)
Number of people between 12 - 18 years	☐ No ☐ Yes, damp damage ☐ Yes, signs of fungus and mould
Number of people between 6 - 11 years	Yes, a smell of mildew
Number of people under 6 years	83. Where does your drinking water come from?  Public or private water company
74. How many children are at nursery school/day care?  children	Water from a local source (e.g. own well)  84. How many times have you moved in the last 3 years?
75. Do you or the baby's father have a mother tongue other than Norwegian?	times
☐ Yes	85.Has anyone in your home had influenza, a prolonged cough, childhood
76. If yes, which language?  You Baby's Father	disease or an illness with fever and a rash after you became pregnant?  No
Sámi 🔲 💆	Yes
Urdu □ □ □ □ English □ □	86. If yes, which illness? (fill in one or several boxes)
Other	German measles
If other, which?	☐ Chicken pox ☐ Measles
77. Do your parents or the baby's father's parents have a mother tongue other than Norwegian?	Roseola infantum Other fever with rash
□ No □ Yes	☐ Influenza ☐ Prolonged cough ☐ Tuberculosis
78. If yes, which language?	Hand, foot and mouth disease Other
Your Your Mother of Father of Mother Father the child's the child's	LI Ould
father father Sámi	
Urdu	
English	
Other	

Living habits											
87. Did your mother smoke when she was pregnant with you?  No Yes Don't Know	102. Do you smoke when you are ill?  ☐ No ☐ Yes  103. Do you smoke more often during the first few hours after										
88. Are you exposed to passive smoking at home?  No Yes  89. If yes, how many hours a day are you exposed to passive smoking?	you wake up than you do during the rest of the day?  No Yes										
	104. If you have used other kinds of nicotine indicate which and when you used them.										
hours per day  90. Are you exposed to passive smoking at work?  No Yes  91. If yes, how many hours a day are you exposed to passive smoking?	Before pregnancy During pregnance  Chewing tobacco/snuff										
hours per day  92. Did the baby's father smoke before you became pregnant?	105. What was your fluid consumption (number of cups/glasses) per day before and during pregnancy? (1 mug = 2 cups, 1 small plastic bottle (0.5 litre) = 4 cups, 1 large plastic bottle (1.5 litres) = 12 cups)										
☐ No ☐ Yes	Number of cups/glasses  Before Decaffeinated										
93. Does he smoke now?  No Yes	pregnancy Now (Enter a cross)  1 Filter coffee										
94. Have you ever smoked?	2 Instant coffee										
<ul><li>☐ No (proceed to question 104)</li><li>☐ Yes</li></ul>	3 Boiled coffee										
95. Do you smoke now (after you became pregnant)?	4 Tea										
Sometimes cigarettes per week	5 Herbal tea										
☐ Daily cigarettes per day	6 Coca Cola/Pepsi etc										
96. Did you smoke during the last 3 months before you became pregnant this time?	7 Other fizzy drinks										
□ No	8 Diet Coca Cola/Pepsi .										
Sometimes cigarettes per week	9 Other diet fizzy drinks .										
Daily cigarettes per day  97. How old were you when you started to smoke on a daily basis?	10 Tap water										
Years	11 Bottled water										
98. Have you stopped smoking completely?  No Yes	Before Ecological pregnancy Now (Enter a cross)										
99. If yes, how old were you when you stopped smoking?	12 Juice/squash										
Years  100. If you stopped smoking after you became pregnant, in which week of pregnancy did you stop?	13 Diet juice/squash										
which week of pregnancy did you stop.	14 Milk (skim, low fat, whole)										
week of pregnancy	15 Yogurt, all types										
101. How long after you get up in the morning until you light your first cigarette?	16 Yogurt/active Lactobacillus										
☐ 5 minutes ☐ 6-29 minutes ☐ 30-60 minutes	17 Other type of cultured milk - Kefir										
☐ More than one hour	18 Other										

106. Have you used any of the following substances?	113. Have other people irritated you or hurt your feelings by						
Last month During Never Previously before pregnancy pregnancy	criticising how much you drink?  No Yes						
1 Hash	114. Have you ever felt that you ought to drink less alcohol?  No Yes						
5 Heroin	115. Have you ever drunk alcohol in the morning to calm your nerves or to get rid of a hangover?						
107. Have you ever consumed alcohol?  No (proceed to question 117)	□ No □ Yes						
Yes							
Alcohol units are used to compare the different types of alcoholic beverages. 1 alcohol unit (= 1.5 cl. pure alcohol) is equivalent to:	116. Have you ever experienced any of the following problems during the last year in relation to your alcohol consumption?  Several						
1 bottle/can energy drink or cider	Never Once times						
1 glass (1/3 litre) of beer 1 wine glass red or white wine	Argued with or had negative feelings for a family member						
1 sherry glass sherry or fortified wine 1 snaps glass spirits or liqueur	Suddenly found yourself somewhere						
	without knowing how you got there						
108. How often did you consume alcohol in the 3 months before you became pregnant and how often do you consume alcohol during the	Fainted or passed out suddenly						
pregnancy?	Had a sad period						
Last 3 months before During							
pregnancy pregnancy	Weight and weight control						
1 Approximately 6-7 times a week							
3 Approximately 2-3 times a week	117. Do you think you were overweight just before this pregnancy?  Yes, a lot						
4 Approximately once a week	Yes, a little						
5 Approximately 1-3 times a month	□ No						
7 Never	118. Are you worried about putting on more weight than						
109. What type of alcohol do you usually drink? (Fill in one or	necessary during this pregnancy?  Yes, very worried						
several boxes.)	Somewhat worried						
1 Light beer	No, not especially worried						
2 Beer	119. Has anyone said that you were too thin while you felt that						
4 White wine	you were overweight during the last 2 years?						
5 Low alcohol sodas	<ul><li>☐ Yes, often</li><li>☐ Yes, occasionally</li></ul>						
7 Spirits (vodka, gin, snaps, cognac, whisky, liqueur)	No						
110. Did you drink 5 units or more at least once during the last 3 months before pregnancy or during pregnancy?	120. Have you ever felt that you lost control while eating and were not able to stop before you have eaten far too much?						
Last 3 months before During	Last 6 months						
pregnancy pregnancy	before this pregnancy Now						
1 Several times per week	Infrequently						
3 1-3 times a month	Yes, at least once a week						
4 Less than once a month	121. Have you ever used any of the following methods to						
111. How many units of alcohol do you usually drink when you	control your weight?						
consume alcohol? Last 3	Last 6 months						
months before During pregnancy pregnancy	before this pregnancy Now						
10 or more	At least Seldom/ At least Seldom/ once a week Never once a week Never						
7-9          5-6	Vomiting						
3-4	Laxatives						
1-2	Fasting						
Less than 1	Hard physical exercise						
112. How many units of alcohol do you have to drink before you feel any effect?	122. Is it important for your self-image that you maintain a certain weight?						
Tool diffy Circuit	<ul><li>☐ Yes, very important</li><li>☐ Yes, quite important</li></ul>						
units	No, not especially important						

Physical activity									
123. How often do you exercise? (Fill in each line for both	Last 3 me 1-3 times	onths befo	ore this pro	egnancy 3 or more times	Nover	1-3 times	ng this pre	2 times	3 or more times
1 Walking	a month	a week	a week	a week		a month	a week	a week	a week
124. How often do you do exercises for the following m			I in each I efore preg		before a		this pregring pregr		3 or more
Never	times a month	1 time a week	2 times a week	times a week	Never	times a month	1 time a week	2 times a week	times a week
Abdominal muscles   Back muscles   Pelvic floor muscles (muscles around the vagina, urethra, anus)									
125. How often are you so physically active in your leisu			<b>that you</b> s pregnan		breath		? this pregn	ancv	
Never Less than once a week Once a week 2 times a week 3-4 times a week 5 times a week or more	Leisure .  .  .  .  .  .  .  .  .  .  .  .  .		t work	<u> </u>		Leisure		t work	
A little more about yoursel	fanc	d hov	v yo	u are	kee	oing	now	,	
My life is largely what I wanted it to be My life is very good I am satisfied with my life To date, I have achieved what is important for me in my life If I could start all over, there is very little I would do differen			Di cor	sagree mpletely Disag	Disa		r Agr		Agree e completely
127. How do these statements describe your relationship?	(Only ans		u have a p Agree empletely		Agree	one box ir Disagree	<b>;</b>	Disa	agree pletely
My husband/partner and I have a close relationship My partner and I have problems in our relationship I am very happy in my relationship My partner is usually understanding I often think about ending our relationship I am satisfied with my relationship with my partner We often disagree about important decisions I have been lucky in my choice of a partner We agree about how children should be raised I think my partner is satisfied with our relationship									

<u>'</u>	
128. Do you have anyone other than your husband/partner you can ask for advice in a difficult situation?	133. Have you ever been pressured or forced to have sexual intercourse? (Fill in one or several boxes.)
No	Last 6 During this months before
Yes 1-2 people	pregnancy pregnancy Earlier
Yes more than 2 people	No, never
400 Harristan de la companya de la	Yes, pressured
129. How often do you meet or talk on the telephone with your family (other than those you live with) or close friends?	Yes, forced with violence
Once a month or less	Yes, raped
2-8 times a month	
More than twice a week	134. How do you feel about yourself? (Enter a cross for each line.)
indre than twice a week	Agree Disagree
130. Do you often feel lonely?	completely Agree Disagree completely
Almost never	I have a positive
Seldom	attitude toward myself
Sometimes	I feel completely
Usually	useless at times
☐ Almost always	I feel that I do not have much to be proud about
	I feel that I am a
131. Have you been bothered by any of the following during the last two weeks? (Enter a cross for each line.)	valuable person,
	as good as anyone else
Not A little Quite Very bothered bothered bothered bothered	,
Feeling fearful	135. Have you ever experienced the following for a continuous
Nervousness or shakeiness inside	period of 2 weeks or more? (Fill in each line.)
Feeling hopeless about the future	No Yes
Feeling blue	Felt depressed, sad
Worrying too much about things	Been bothered by feeling weaker or a lack of energy
132. Have you ever in your adult life been slapped, hit, kicked	Really blamed yourself and felt worthless
or bothered in any way physically? (fill in one or several boxes)	Had problems with concentration
Last 6	or had problems making decisions
During this months before	Had at least 3 of the problems
pregnancy pregnancy Earlier	named above simultaneously
No	400 16 1 1 1 1 111
Yes	136. If you have had 3 or more of these problems at the same time, how many weeks did the longest period last?
Don't remember	time, now many weeks did the longest period last:
	weeks
	137. Was there a particular reason for this?
	☐ No, no particular reason
	Yes (e.g. death, divorce, miscarriage, accident)

We would be grateful if you would write anything else you would like to tell us about this pregnancy or previous births/pregnancies that are not addressed in this questionnaire on the next page.

Comments
Have you remembered to fill in the date on which you completed the questionnaire on page 1?
Thank you very much for your help!
Please return the completed questionnaire in the stamped addressed envelope provided.
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