

Pregnancy-Specific Anxiety Measure

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Description: This pregnancy-specific anxiety measure was first developed for the Behavior in Pregnancy Study (BIPS study) and examines the extent to which participants feel anxious, concerned, afraid, and panicky about their pregnancy. These items are embedded in a list of adjectives of pregnancy-specific affective states, both positive and negative. Each item is answered on a 5-point scale, in which 1 is “never” and 5 is “always”. These four items are scored together to measure pregnancy-specific anxiety as reported in the following papers. Other versions of it have been used in subsequent studies but with largely the same approach.

Original citation:

Roesch, S.C., Dunkel-Schetter, C.D., Woo, G., & Hobel, C. J. (2004). Modeling the types and timing of stress in pregnancy. *Anxiety, Stress, and Coping*, 17(1): 87-102.

Published Measure:

Guardino, C.M. & Dunkel Schetter, C. (2014). Understanding pregnancy anxiety: Concepts, correlates, and consequences. *Zero to Three*, 34(4), 12-21.

Background:

Dunkel Schetter, C. (2011). Psychological science on pregnancy: Stress processes, biopsychosocial models, and emerging research issues. *Annual Review of Psychology*, 62, 531-558. <https://doi.org/10.1146/annurev.psych.031809.130727>

Dunkel-Schetter, C., & Glynn, L. (2011). Stress in pregnancy: Empirical evidence and theoretical issues to guide interdisciplinary researchers. In R. Contrada & A. Baum (Eds.). *The handbook of stress science* (pp.321-343). Springer Publishing Company.

Brief overviews:

Julian, M., Ramos I.F., Mahrer, N.E., Dunkel Schetter C. (in press). Pregnancy anxiety. In Gellman M. (Eds.) *Encyclopedia of Behavioral Medicine*. Springer.

Ramos, I. F., & Dunkel Schetter, C. (2018). Pregnancy anxiety and stress. Invited entry in M. H. Bornstein (Ed.), *The SAGE encyclopedia of lifespan human development*. SAGE Publications

Empirical studies using this measure:

Mancuso R.A., Dunkel-Schetter, C. D., Rini, C.M., Roesch, S.C., & Hobel, C. J. (2004). Maternal pregnancy and corticotropin-releasing hormone associated with timing of delivery. *Psychosomatic Medicine*, 66, 762-769.

Gurung, R.A.R., Dunkel-Schetter, C., Collins, N., Rini, C.M., & Hobel, C.J. (2005). Psychosocial predictors of prenatal anxiety. *Journal of Social and Clinical Psychology*, 24(4), 497-519.

Parker Dominguez, T., Dunkel Schetter, C., Mancuso, R., Rini, C. M., & Hobel, C. (2005). Stress in African American pregnancies: Testing the roles of various stress concepts in prediction of birth outcomes. *Annals of Behavioral Medicine*, 29(1), 12-21.

Ramos, I.F., Guardino, C.M., Mansolf, M., Glynn, L.M., Sandman, C.A., Hobel, C.J., & Dunkel Schetter, C. (2019). Pregnancy anxiety predicts shorter gestation in Latina and non-Latina white women: The role of placental corticotrophin releasing hormone. *Psychoneuroendocrinology*, 99, 166-173. <https://doi.org/10.1016/j.psyneuen.2018.09.008>

Kane, S., Dunkel Schetter, C., Glynn, L. M., Hobel, C. J., & Sandman, C. A. (2014). Pregnancy anxiety and prenatal cortisol trajectories. *Biological Psychology*, 100, 13-19. <https://doi.org/10.1016/j.biopsycho.2014.04.003>

Glynn L. M., Dunkel-Schetter C., Hobel C. J., & Sandman C. (2008). Pattern of perceived stress and anxiety in pregnancy predicts preterm birth. *Health Psychology*, 27(1), 43-51. <https://doi.org/10.1037/0278-6133.27.1.43>

Mahrer, N. E., Ramos, I.F., Guardino, C., Davis, E. P., Ramey, S. L., Shalowitz, M.U., & Dunkel Schetter, C. (2020). Pregnancy anxiety in expectant mothers predicts offspring negative affect: The moderating role of acculturation. *Early Human Development*, 141, 104932. <https://doi.org/10.1016/j.earlhumdev.2019.104932>

Tomfohr-Madsen, L.M. Cameron, E.E., Dunkel Schetter, C., Campbell, T., O'Beirne, M., Letourneau, N., & Giesbrecht, G. (2019). Pregnancy anxiety and preterm birth: moderating role of sleep duration. *Health Psychology*, 38(11), 1025-1035. <https://doi.org/10.1037/hea0000792>

Dunkel Schetter, C., Niles, A.N., Guardino, C.M., Khaled, M., & Kramer, M.S. (2016). Demographic, medical, and psychosocial predictors of pregnancy anxiety. *Paediatric and Perinatal Epidemiology* 30, 421-429. <https://doi.org/10.1111/ppe.12300>

Campos, B., Dunkel-Schetter, C., Walsh, J. A., & Schenker, M. (2007). Sharpening the focus on acculturative change: ARSMA-II, stress, pregnancy anxiety, and infant birthweight in recently immigrated Latinas. *Hispanic Journal of Behavioral Sciences*, 29(2), 209-224. <https://doi.org/10.1177/0739986307300841>

Guardino, C. M., Dunkel Schetter, C., Bower, J. E, Lu, M. C. & Smalley, S. L. (2013). Randomised controlled pilot trial of mindfulness training for stress reduction during pregnancy. *Psychology & Health* 29(3), 334-349. <http://doi.org/10.1080/08870446.2013.852670>

8. Let's talk now about how you have felt about being pregnant in the past week including today. I will give you a list of feelings and I would like to know how often you have felt each of them in the past week including today. Please answer using this card (HAND CARD A).

NEVER 1
RARELY 2
SOMETIMES 3
OFTEN 4
ALWAYS 5

In the past week, how often have you felt...	Never	Rarely	Some- times	Often	Always
A. Anxious	1	2	3	4	5
B. Confident	1	2	3	4	5
C. In conflict (had mixed feelings)	1	2	3	4	5
D. Lucky	1	2	3	4	5
E. Concerned	1	2	3	4	5
F. Excited	1	2	3	4	5
G. Upset	1	2	3	4	5
H. Happy	1	2	3	4	5

I. Afraid	1	2	3	4	5
J. Special	1	2	3	4	5
K. Panicky	1	2	3	4	5
L. Pleased	1	2	3	4	5
M. Healthy	1	2	3	4	5