

ID: \_\_\_\_\_

Date: \_\_\_\_\_

**RESPONSES TO STRESS – [MSE-NM (Maternal Social and Emotional Stress in New Motherhood)] (SR-P)**

This is a list of things about being a new mother that people sometimes find stressful or a problem to deal with. Please circle the number indicating how stressful the following things have been for you in the past 6 months.

	Not at All	A Little	Somewhat	Very
a. Being blue/sad, depressed or irritable much of the time	1	2	3	4
b. Being tired much of the time	1	2	3	4
c. Not sleeping well because of my new baby	1	2	3	4
d. Adapting to all the changes my body is going through	1	2	3	4
e. Having difficulties to juggle too many responsibilities	1	2	3	4
f. Not connecting with my baby as I expected	1	2	3	4
g. Doubting my ability to be a good parent	1	2	3	4
h. Finding myself alone with the baby most of the time	1	2	3	4
i. Concerns about my baby's health	1	2	3	4
j. Having difficulties with my breastfeeding experience	1	2	3	4
k. People's judgement of my breastfeeding decisions	1	2	3	4
l. My partner is not supporting me or helping me with our baby	1	2	3	4
m. Other family members are not supporting me or helping me with my baby	1	2	3	4
n. My friends are not supporting me or have distanced themselves after I became a mom	1	2	3	4
o. Other:				

**Circle the number that shows how much control you generally think you have over these problems.**

1                      2                      3                      4  
None                  A little                  Some                  A lot

Below is a list of things that people sometimes do, think, or feel when something stressful happens. Everyone deals with problems in their own way – some people do a lot of the things on this list or have a bunch of feelings, other people just do or think a few of these things.

**Think of all the stressful parts of being a new mother that you indicated above.** For each item below, circle **one** number from 1 (not at all) to 4 (a lot) that shows **how much** you do or feel these things when you have the problems with being a new mother like the ones you indicated above. Please let us know about everything you do, think, and feel, even if you don't think it helps make things better.

	How much do you do this?			
	Not at all	A little	Some	A lot
1. I try not to feel anything.	1	2	3	4
2. When dealing with the stress of being a new mother, I feel sick to my stomach or get headaches.	1	2	3	4
3. I try to think of different ways to change or fix the situation. <b>Write one plan you thought of:</b> _____	1	2	3	4

WHEN DEALING WITH THE STRESS OF BEING A NEW MOTHER:	How much do you do this?			
	Not at all	A little	Some	A lot
4. When troubling thoughts about being a new mother arise, I don't feel anything at all, it's like I have no feelings.	1	2	3	4
5. I wish that I were stronger and less sensitive so that things would be different.	1	2	3	4
6. I <b>keep remembering</b> about problems related to my feelings about being a new mother or <b>can't stop thinking about</b> what might happen.	1	2	3	4
7. I let someone or something know how I feel. ( <i>remember to circle a number.</i> ) → <b>Check all you talked to:</b> <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these	1	2	3	4
8. I decide I'm okay the way I am, even though I'm not perfect.	1	2	3	4
9. When I'm around other people I act like the problems related to my feelings about being a new mother never happened.	1	2	3	4
10. I just <b>have</b> to get away from everything when I am dealing with the stress of being a new mother.	1	2	3	
11. I deal with the stress of being a new mother by wishing it would just go away, that everything would work itself out.	1	2	3	4
12. I get really jumpy when I am dealing with the stress of being a new mother.	1	2	3	4
13. I realize that I just have to live with things the way they are.	1	2	3	4
14. When I am dealing with the stress of being a new mother, I just <b>can't</b> be near anything that reminds me of what is happening.	1	2	3	4
15. I <b>try</b> not to think about it, to forget all about it.	1	2	3	4
16. When I am dealing with the stress of being a new mother, I really don't know what I feel.	1	2	3	4
17. I ask other people or things for help or for ideas about how to make things better. ( <i>remember to circle a number.</i> ) → <b>Check all you talked to:</b> <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these	1	2	3	4
18. When I am trying to sleep, I <b>can't stop</b> thinking about the stressful aspects of being a new mother or I have bad dreams about being a new mother.	1	2	3	4
19. I tell myself that I can get through this, or that I will be okay.	1	2	3	4
20. I let my feelings out. ( <i>remember to circle a number.</i> ) → <b>I do this by: (Check all that you did.)</b> <input type="checkbox"/> Writing in my journal/diary <input type="checkbox"/> Drawing/painting <input type="checkbox"/> Complaining to let off steam <input type="checkbox"/> Being sarcastic/making fun <input type="checkbox"/> Listening to music <input type="checkbox"/> Punching a pillow <input type="checkbox"/> Exercising <input type="checkbox"/> Yelling <input type="checkbox"/> Crying <input type="checkbox"/> None of these	1	2	3	4
21. I get help from other people or things when I'm trying to figure out how to deal with my feelings. ( <i>remember to circle a number.</i> ) → <b>Check all that you went to:</b>	1	2	3	4

**You're half done. Before you keep working, look back at the first page so you remember the aspects of being a new mother that have been stressful for you lately. Remember to answer the questions below thinking about these things.**

WHEN DEALING WITH THE STRESS OF BEING A NEW MOTHER:	How much do you do this?			
	Not at all	A little	Some	A lot
<input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these				
22. I <b>just can't</b> get myself to face the stress of being a new mother.	1	2	3	4
23. I wish that someone would just come and take away the stressful aspects of being a new mother.	1	2	3	4
24. I do something to try to fix the stressful aspects of being a new mother. <b>Write one thing you did:</b> _____	1	2	3	4
25. Thoughts about the stressful aspects of being a new mother just pop into my head.	1	2	3	4
26. When I am dealing with the stress of being a new mother, I feel it in my body. (remember to circle a number.) → <b>Check all that happen:</b> <input type="checkbox"/> My heart races <input type="checkbox"/> My breathing speeds up <input type="checkbox"/> None of these <input type="checkbox"/> I feel hot or sweaty <input type="checkbox"/> My muscles get tight	1	2	3	4
27. I <b>try</b> to stay away from people and things that make me feel upset or remind me of the stressful aspects of being a new mother.	1	2	3	4
28. I don't feel like myself when I am dealing with the stress of being a new mother, it's like I am far away from everything.	1	2	3	4
29. I just take things as they are; I go with the flow.	1	2	3	4
30. I think about happy things to take my mind off the stressful aspects of being a new mother or how I'm <b>feeling</b> .	1	2	3	4
31. When something stressful happens related to being a new mother, I <b>can't stop</b> thinking about how I am feeling.	1	2	3	4
32. I get sympathy, understanding, or support from someone. (remember to circle a number.) → <b>Check all you went to:</b> <input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member <input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these	1	2	3	4
33. When something stressful happens related to being a new mother, I <b>can't</b> always control what I do. (remember to circle a number.) → <b>Check all that happen:</b> <input type="checkbox"/> I can't stop eating <input type="checkbox"/> I can't stop talking <input type="checkbox"/> I do dangerous things <input type="checkbox"/> I have to keep fixing/checking things <input type="checkbox"/> None of these	1	2	3	4
34. I tell myself that things could be worse.	1	2	3	4
35. My mind just goes blank when something stressful happens related to being a new mother, I can't think at all.	1	2	3	4
36. I tell myself that it doesn't matter, that it isn't a big deal.	1	2	3	4
37. When I am faced with the stressful parts of being a new mother, right away I feel really: (remember to circle a number.) → <b>Check all that you feel:</b> <input type="checkbox"/> Angry <input type="checkbox"/> Sad <input type="checkbox"/> None of these <input type="checkbox"/> Worried/anxious <input type="checkbox"/> Scared	1	2	3	4

**WHEN DEALING WITH THE STRESS OF BEING A NEW MOTHER:**

How much do you do this?  
Not at all A little Some A lot

	1	2	3	4
38. It's really hard for me to concentrate or pay attention when something stressful happens related to being a new mother.	1	2	3	4
39. I think about the things I'm learning from being a new mother, or something good that will come from it.	1	2	3	4
40. After something stressful happens related to being a new mother, I <b>can't stop</b> thinking about what I did or said.	1	2	3	4
41. When stressful parts of being a new mother happen, I say to myself, "This isn't real."	1	2	3	4
42. When I'm dealing with the stressful parts of being a new mother, I end up just lying around or sleeping a lot.	1	2	3	4
43. I keep my mind off stressful parts of being a new mother by: (remember to circle a number.) → <b>Check all that you do:</b> <input type="checkbox"/> Exercising <input type="checkbox"/> Shopping <input type="checkbox"/> Watching TV <input type="checkbox"/> Reading <input type="checkbox"/> Doing a hobby <input type="checkbox"/> Listening to music <input type="checkbox"/> None of these	1	2	3	4
44. When something stressful happens related to being a new mother, I get upset by things that don't usually bother me.	1	2	3	4
45. I do something to calm myself down when I'm dealing with the stress of being a new mother. (remember to circle a number.) → <b>Check all that you do:</b> <input type="checkbox"/> Take deep breaths <input type="checkbox"/> Pray <input type="checkbox"/> Walk <input type="checkbox"/> Listen to music <input type="checkbox"/> Take a break <input type="checkbox"/> Meditate <input type="checkbox"/> None of these	1	2	3	4
46. I just freeze when I am dealing with stressful parts of being a new mother, I <b>can't</b> do anything.	1	2	3	4
47. When stressful things happen related to being a new mother, I sometimes act without thinking.	1	2	3	4
48. I keep my feelings under control when I have to, then let them out when they won't make things worse.	1	2	3	4
49. When something stressful happens related to being a new mother, I can't seem to get around to doing things I'm supposed to do.	1	2	3	4
50. I tell myself that everything will be all right.	1	2	3	4
51. When something stressful happens related to being a new mother, I <b>can't stop</b> thinking about <b>why</b> this is happening.	1	2	3	4
52. I think of ways to laugh about it so that it won't seem so bad.	1	2	3	4
53. My thoughts start racing when I am faced with the stressful parts of being a new mother.	1	2	3	4
54. I imagine something really fun or exciting happening in my life.	1	2	3	4
55. When something stressful happens related to being a new mother, I can get so upset that I can't remember what happened or what I did.	1	2	3	4
56. I try to believe that it never happened.	1	2	3	4

**You're half done. Before you keep working, look back at the first page so you remember the aspects of being a new mother that have been stressful for you lately. Remember to answer the questions below thinking about these things.**

How much do you do this?

**WHEN DEALING WITH THE STRESS OF BEING A NEW MOTHER:**

Not at all   A little   Some   A lot

57. When I am dealing with the stress of being a new mother, sometimes I can't control what I do or say.	1	2	3	4
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