

Questionnaire

Promoting a healthy lifestyle
for pregnant women in
vulnerable circumstances and
their partners

Part one: Baseline characteristics

1.1 What is your age?

1.2 What is your gender?

- Female
- Male
- Non-binary
- Other
- I'd rather not say

1.3a What is your job function?

- Independent midwife
- Clinical midwife
- Obstetrician
- Resident in training for specialist
- Resident not in training for specialist
- Other, namely

1.3b In what way are you currently working most of your time:

- Self-employed in your own practice or partnership
- Employed by one or more independently established midwife/midwives (in practice or partnership)
 - Employed by a hospital
 - Employed by a health center or similar other institution.
 - Locum
 - Other, i.e.,

1.4 How many years of job experience do you have as a birth care professional?

1.5 In which region are you currently employed?

- Breda

- South-West region of Noord-Brabant
- Dordrecht
- Leiden
- Rotterdam
- Delft
- Goeree Overflakkee
- Schouwen-Duiveland

Part 2: Promoting a healthy lifestyle

Promoting a healthy lifestyle is one of the tasks of birth care professionals. Examples of an unhealthy lifestyle are: smoking, alcohol consumption, unhealthy diet, insufficient physical activity, overweight/obesity, and (chronic) stress.

This questionnaire is part of the WE-Study. The WE-STUDY aims to support healthcare providers, equipping them to better support (pre)pregnant women in vulnerable circumstances and help reduce health risk behaviors, including identity and autonomy.

A pregnant woman is considered vulnerable when multiple risk factors are present and protecting factors are insufficient. Risk factors are, for example, financial problems, an unhealthy lifestyle or healthcare avoiding behavior. Examples of protecting factors are, for example, adequate social support or the willingness to accept support.

1. Vignettes (described elsewhere)

2.1 Discussing a healthy lifestyle with a pregnant woman in vulnerable circumstances

- I find this:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Very important	Somewhat important	Not important not unimportant	Somewhat unimportant	Very unimportant

- I discuss this with of the pregnant women in vulnerable circumstances:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
None	The minority	Half	The majority	All

- I find this mostly:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Very difficult	Fairly difficult	Neutral	Fairly easy	Very easy

- Comment box

2.2 Discussing healthy lifestyle of the partner of a pregnant woman in vulnerable circumstances (with the partner)

- I find this:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Very important	Somewhat important	Not important not unimportant	Somewhat unimportant	Very unimportant

- I discuss this with of the pregnant women in vulnerable circumstances:

None

The minority

Half

The majority

All

- I find this mostly:

Very difficult

Fairly difficult

Neutral

Fairly easy

Very easy

- Comment box:

2.3 Which lifestyle aspects do you address with a pregnant woman in vulnerable circumstances? (multiple answers possible)

- Smoking
- Alcohol intake
- Drug use
- Medication, e.g. sleep medication
- Healthy diet
- Folic Acid
- Vitamin A
- Physical activity
- Overweight/obesity
- Underweight
- Listeria
- Toxoplasmosis
- Chronic stress
- Other, namely...

2.4 Which tools do you use when discussing a healthy lifestyle with pregnant women in vulnerable circumstances and their partners (multiple answers possible):

- I use a protocol (next question: which protocol do you use?)
- I use a (online) screening list (next question: which online screening list do you use?)

- I use (online) tools to initiate or maintain behavior changes (next question: which (online) tools do you use?)
- Other, namely

2.4b When discussing a healthy lifestyle with a pregnant woman, do you take into account any possible vulnerable circumstances?

- I discuss this the same way with everyone
- I adjust this for pregnant women in vulnerable circumstances (next question: how do you adjust this/what do you adjust)

2.5 Can you describe, in 5 keywords, how you try to promote a healthy lifestyle for pregnant women in vulnerable circumstances?

.....

We are curious to know which communication techniques you use to promote a healthy lifestyle. Below are several statements. We are curious to learn to what extent you find the statements below important and to what extent you use these techniques in your daily practice.

Identity: definition given in the questionnaire
Autonomy: definition given in the questionnaire

Communication techniques based on the identity and autonomy of the pregnant women

2.6 Trying to understand why pregnant women in vulnerable circumstances behave the way they do, before trying to change it

- I find this:

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Very important | Somewhat important | Not important/not unimportant | Somewhat unimportant | Very unimportant |

- I do this with of the pregnant women in vulnerable circumstances:

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| None | The minority | Half | The majority | All |

2.7 Discussing different options, also not changing the current lifestyle

- I find this:

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Very important | Somewhat important | Not important/not unimportant | Somewhat unimportant | Very unimportant |

- I do this with of the pregnant women in vulnerable circumstances:

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| None | The minority | Half | The majority | All |

2.8 Discussing how a healthy lifestyle fits the identity of the pregnant women in vulnerable circumstances

- I find this:

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Very important | Somewhat important | Not important/not unimportant | Somewhat unimportant | Very unimportant |

- I do this with of the pregnant women in vulnerable circumstances:

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| None | The minority | Half | The majority | All |

2.9 Setting goals for a healthy lifestyle based on the identity of the pregnant women in vulnerable circumstances

- I find this:

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Very important | Somewhat important | Not important/not unimportant | Somewhat unimportant | Very unimportant |

- I do this with of the pregnant women in vulnerable circumstances:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
None	The minority	Half	The majority	All
Geen	De minderheid	De helft	De meerderheid	Iedereen

2.10 Giving confidence to pregnant women in vulnerable circumstances that she can adapt her lifestyle

- I find this:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Very important	Somewhat important	Not important/not unimportant	Somewhat unimportant	Very unimportant

- I do this with of the pregnant women in vulnerable circumstances:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
None	The minority	Half	The majority	All

2.11 Asking pregnant women in vulnerable circumstances how they would like to change their lifestyles

- I find this:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Very important	Somewhat important	Not important/not unimportant	Somewhat unimportant	Very unimportant

- I do this with of the pregnant women in vulnerable circumstances:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
None	The minority	Half	The majority	All

2.12 Stimulate pregnant women in vulnerable circumstances to ask questions about their lifestyles and potential consequences

- I find this:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Very important	Somewhat important	Not important/not unimportant	Somewhat unimportant	Very unimportant

- I do this with of the pregnant women in vulnerable circumstances:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
None	The minority	Half	The majority	All

2.13 Giving information about the harmful effects of unhealthy lifestyles

- I find this:

- | | | | | |
|--------------------------|--------------------------|-------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Very important | Somewhat important | Not important/not unimportant | Somewhat unimportant | Very unimportant |

- I do this with of the pregnant women in vulnerable circumstances:

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| None | The minority | Half | The majority | All |

- Comment box

2.13 Do you experience any barriers to discuss the identity of the pregnant women during the conversation about lifestyle adjustments (multiple answers possible)?

- No, I experience no barriers
- Yes, I don't know how to discuss this (I don't have enough knowledge/skills to discuss this)
- Yes, I have insufficient time (practical reasons)
- Yes, I don't have the appropriate tools (e.g., questionnaires, information brochures) to discuss this
- Yes, I don't have enough evidence that this is the right approach
- Other, namely.....

2.14 Do you experience any barriers to discuss the autonomy of the pregnant women during the conversation about lifestyle adjustments (multiple answers possible)?

- No, I experience no barriers
- Yes, I don't know how to discuss this (I don't have enough knowledge/skills to discuss this)
- Yes, I have insufficient time (practical reasons)
- Yes, I don't have the appropriate tools (e.g., questionnaires, information brochures) to discuss this
- Yes, I don't have enough evidence that this is the right approach
- Other, namely.....

2.15a Paying attention to the identity of the pregnant women in vulnerable circumstances contributes to promoting a healthy lifestyle.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly agree	Agree	Neither agree nor disagree/ don't know	Disagree	Strongly disagree

2.15b Paying attention to the autonomy of the pregnant women in vulnerable circumstances contributes to promoting a healthy lifestyle.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly agree	Agree	Neither agree nor disagree/ don't know	Disagree	Strongly disagree

2.16a I think it is my role as a midwife to pay attention to the identity of a pregnant women in vulnerable circumstances

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly agree	Agree	Neither agree nor disagree/ don't know	Disagree	Strongly disagree

2.16b I think it is my role as a midwife to pay attention to the autonomy of a pregnant woman in vulnerable circumstances

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly agree	Agree	Neither agree nor disagree/ don't know	Disagree	Strongly disagree

Part 3: Tools for promoting a healthy lifestyle

3.1 Do you have enough knowledge and tools to promote a healthy lifestyle for pregnant women in vulnerable circumstances.

- I have adequate knowledge

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly agree	Agree	Neither agree nor disagree/ don't know	Disagree	Strongly disagree

- I have adequate tools.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strongly agree	Agree	Neither agree nor disagree/ don't know	Disagree	Strongly disagree

3.2a Do you need more knowledge to promote a healthy lifestyle for pregnant women in vulnerable circumstances?

- Yes (Follow-up question, what do you need more knowledge about)
- No
- Maybe (Follow-up question, what do you need more knowledge about)

3.2b Do you need more tools to promote a healthy lifestyle for pregnant women in vulnerable circumstances?

- Yes (Follow-up question, which tools do you need)
- No
- Maybe (Follow-up question, which tools do you need)

3.3 Have you during your education and training learned enough to promote a healthy lifestyle for pregnant women in vulnerable circumstances.

- Yes
- No

- Comment box