



EUROPEAN JOURNAL OF MIDWIFERY

Supplementary file

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DOI:

10.18332/ejm/225498

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SURVEY – Medicines, complementary medicine and vaccination during pregnancy and breastfeeding

You are pregnant or have recently had a baby. We would therefore like to ask you to complete this survey to find out how your Health has been during pregnancy:

Multiple choice

Personal data

We start the survey with some questions to find out its context

1. How old is it?

1. 15-19
2. 20-24
3. 25-29
4. 30-34
5. 35-39
6. 40-44
7. 45-49

2. Which ASSIR have you _____

3. What is your occupational situation outside the maternity process?

1. I work full time
2. I work part-time
1. Medical leave
2. Unemployment
3. I'm studying
1. Others: _____

4. Family situation

1. Single-mother family
2. I live only with a partner
3. I live with my partner plus 1 child
4. I live with the couple plus 2 children
5. I live with my partner and 3 or more children
6. Others: _____

5. What studies does he have?

1. Primary education
2. Secondary education
3. Vocational training (intermediate/higher level)
1. University studies (bachelor's/bachelor's degree)
2. Postgraduate studies (master's/doctorate)
3. No studies completed
4. Others: _____

6. Area of residence

1. Large city (+10,000 inhabitants)
2. Small town/village (-10,000 inhabitants)

7. How would you define your overall health:

1. Excellent
2. Very good
3. Good
4. Regular
5. Bad

6. Very bad

Pregnancy data

The following questions are related to your pregnancy process and medication use

1. **Is this your first pregnancy?**
 - Yes
 - No
2. **At what stage of pregnancy/breastfeeding are you?**
 - First half of pregnancy
 - Second half pregnancy
 - Puerperium (I've already had the baby)
3. **How did you monitor your pregnancy?**
 - Audience: ASSIR
 - Audience: Hospital (if at risk)
 - Public-private
 - Private
4. **Which of the 3 situations do you think best suits your situation?**
 - I have a chronic illness that has required greater control throughout my pregnancy.
 - I have had a health problem during pregnancy that has required visits.
 - I have presented irrelevant symptoms and therefore I have not had to take medication during pregnancy. (if you check this one there is no longer the option to follow this blog)

Needs around drugs

5. **What symptoms/sensations have generated the need for medication?**
 - Nausea and/or vomiting
 - Heartburn
 - Headache
 - Insomnia
 - Anxiety
 - Depression
 - Urinary tract infections
 - Vulvovaginal infections
 - Sexually transmitted infections
 - Respiratory infections
 - Muscle pain
 - Colds
 - Constipation
 - Gastroenteritis
 - Back pain/low back pain
 - Environmental allergies
 - Skin disorders
 - Anaemia
 - Others: _____
 - I have not had any health problems that have required medication
6. **If you had to take a drug during pregnancy, how did you make the decision?**
 - Prescription and/or recommendation of a health professional
 - Recommendation from the pharmacy or others
 - Advice from family or friends

- By own decision
- 7. **Where can you find out about the risks of medicines?**
 - I have consulted health professionals
 - I searched the internet
 - I have reviewed the leaflet
 - Advice from family or friends
 - I have not consulted the risks
- 8. **Have you ever experienced a conflict between what your healthcare professionals recommend to you and what you have researched on your own about medications during pregnancy?**
 - Yes
 - No
- 9. **Have you taken vitamin supplements during pregnancy?**
 - Prescribed by the doctor
 - On your own initiative
 - I didn't take it
- 10. **How did you feel about taking medication during pregnancy?**
 - Safe and confident
 - Worried, but it was necessary
 - Uncomfortable, but it was necessary
 - Uncomfortable and I think it was not necessary
 - Others: _____

Medicine/complementary treatments

Below we will ask you about the use of complementary medication during pregnancy

- 11. **Have you used any complementary therapy during pregnancy?**
 - Acupuncture
 - Homeopathy
 - Aromatherapy
 - Osteopathy
 - Neural therapy
 - Moxibustion
 - Bach Flowers
 - Phytotherapy (medicinal herbs)
 - Others: _____
- 12. **How has your experience of using natural treatments during pregnancy been?**
 - Very positive
 - Positive
 - Neutral
 - Negative
 - Very negative
 - I didn't take it

Vaccination

The following questions deal with the use you have made of vaccination during pregnancy

- 13. **Do you consider it necessary to have a prior visit before pregnancy to ensure that you have the necessary vaccinations?**
 - Yes

- No
 - I don't know
- 14. Are you okay with receiving vaccines during pregnancy?**
- Yes
 - No
- 15. What vaccines would you agree to get?**
- Necessary to reduce the risk of diseases during pregnancy
 - To prevent diseases in the baby
 - The two previous options
 - None

Breastfeeding

Below we ask you about breastfeeding and the use of medications during this period

- 16. Have you done or plan to breastfeed?**
- Yes
 - No
- 17. If you have to take any medication while breastfeeding due to a health problem, which option do you prefer?**
- I take the medication according to the normal schedule (or when it is appropriate)
 - If I need to take a medication, I separate it from breastfeeding
 - I avoid taking any medication
 - I don't take medication, but I do take natural remedies
- 18. If I have to take chronic medication during breastfeeding, which option do you think is more appropriate?**
- I have no problems taking medication while breastfeeding
 - I take medication if necessary and if it has been prescribed to me by a health professional
 - During breastfeeding I avoid taking any medication
 - I don't take chronic medication
- 19. If you had to take a drug during breastfeeding, how did you make the decision?**
- Prescription and/or recommendation of a health professional
 - Pharmacy recommendation
 - Recommendation of people in the environment, family or friends
 - By own decision
- 20. How do you inquire about the risks of medications during breastfeeding?**
- I have consulted health professionals
 - I searched the internet
 - I have reviewed the leaflet
 - I have not consulted them
- 21. Have you ever experienced a conflict between what your healthcare professional recommends and what you have researched on your own about breastfeeding medications?**
- Yes
 - No

Supplementary table 1: Health problems and symptoms during pregnancy overall and stratified age group, education level and gestational stage

Characteristic	Overall I	Age group				Educational level						Pregnancy stage					
	N = 889 ¹	15-24 N = 34 ¹	25-39 N = 772 ¹	40-49 N = 83 ¹	p- value	q- value ²	Primary educatio n or less N = 20 ¹	Second y and upper education N = 83 ¹	Vocational training N = 215 ¹	Universit y educatio n N = 566 ¹	p- value	q- value ²	First half N = 72 ¹	Second half N = 486 ¹	Postpartum period N = 331 ¹	p- value	q- value ²
Nausea/vomiting	269 (30.3%)	18 (52.9%)	232 (30.1%)	19 (22.9%)	0.005 ³	0.049	11 (55.0%)	26 (31.3%)	69 (32.1%)	160 (28.3%)	0.064 ³	0.144	31 (43.1%)	156 (32.1%)	82 (24.8%)	0.004 ³	0.028
Anaemia	204 (22.9%)	7 (20.6%)	183 (23.7%)	14 (16.9%)	0.351 ³	0.632	4 (20.0%)	15 (18.1%)	43 (20.0%)	140 (24.7%)	0.371 ⁴	0.514	1 (1.4%)	126 (25.9%)	77 (23.3%)	<0.001 ³	<0.001 ¹
Heartburn	189 (21.3%)	8 (23.5%)	160 (20.7%)	21 (25.3%)	0.593 ³	0.821	5 (25.0%)	13 (15.7%)	58 (27.0%)	112 (19.8%)	0.086 ⁴	0.172	13 (18.1%)	112 (23.0%)	64 (19.3%)	0.350 ³	0.573
Headaches	180 (20.2%)	12 (35.3%)	158 (20.5%)	10 (12.0%)	0.016 ³	0.097	6 (30.0%)	20 (24.1%)	59 (27.4%)	94 (16.6%)	0.003 ⁴	0.021	7 (9.7%)	116 (23.9%)	57 (17.2%)	0.005 ³	0.028
Backache/low back pain	131 (14.7%)	6 (17.6%)	114 (14.8%)	11 (13.3%)	0.829 ³	0.926	2 (10.0%)	13 (15.7%)	48 (22.3%)	67 (11.8%)	0.004 ⁴	0.021	6 (8.3%)	84 (17.3%)	41 (12.4%)	0.043 ³	0.128
Colds	135 (15.2%)	8 (23.5%)	119 (15.4%)	8 (9.6%)	0.146 ³	0.525	4 (20.0%)	9 (10.8%)	43 (20.0%)	79 (14.0%)	0.103 ⁴	0.185	10 (13.9%)	78 (16.0%)	47 (14.2%)	0.731 ³	0.881
Constipation	102 (11.5%)	2 (5.9%)	86 (11.1%)	14 (16.9%)	0.189 ⁴	0.530	2 (10.0%)	6 (7.2%)	29 (13.5%)	65 (11.5%)	0.522 ⁴	0.553	5 (6.9%)	62 (12.8%)	35 (10.6%)	0.286 ³	0.514
Urinary tract infections	102 (11.5%)	3 (8.8%)	91 (11.8%)	8 (9.6%)	0.853 ⁴	0.926	2 (10.0%)	7 (8.4%)	31 (14.4%)	61 (10.8%)	0.434 ⁴	0.525	4 (5.6%)	60 (12.3%)	38 (11.5%)	0.241 ³	0.502

Characteristic	Overall I	Age group				Educational level								Pregnancy stage			
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Insomnia	63 (7.1%)	4 (11.8%)	57 (7.4%)	2 (2.4%)	0.099 ⁴	0.446	2 (10.0%)	11 (13.3%)	18 (8.4%)	32 (5.7%)	0.050 ⁴	0.134	4 (5.6%)	46 (9.5%)	13 (3.9%)	0.009 ³	0.040
Vulvovaginal infections	61 (6.9%)	4 (11.8%)	54 (7.0%)	3 (3.6%)	0.265 ⁴	0.530	2 (10.0%)	10 (12.0%)	13 (6.0%)	36 (6.4%)	0.200 ⁴	0.300	1 (1.4%)	39 (8.0%)	21 (6.3%)	0.094 ⁴	0.241
Hypertension/preeclampsia	42 (4.7%)	0 (0.0%)	37 (4.8%)	5 (6.0%)	0.452 ⁴	0.740	0 (0.0%)	2 (2.4%)	8 (3.7%)	32 (5.7%)	0.466 ⁴	0.525	2 (2.8%)	16 (3.3%)	24 (7.3%)	0.028 ⁴	0.101
Anxiety	35 (3.9%)	2 (5.9%)	29 (3.8%)	4 (4.8%)	0.506 ⁴	0.759	2 (10.0%)	4 (4.8%)	13 (6.0%)	16 (2.8%)	0.052 ⁴	0.134	2 (2.8%)	21 (4.3%)	12 (3.6%)	0.832 ⁴	0.881
Environmental allergies	28 (3.1%)	1 (2.9%)	26 (3.4%)	1 (1.2%)	0.651 ⁴	0.837	1 (5.0%)	1 (1.2%)	11 (5.1%)	15 (2.7%)	0.169 ⁴	0.277	0 (0.0%)	15 (3.1%)	13 (3.9%)	0.251 ⁴	0.502
Skin conditions	24 (2.7%)	2 (5.9%)	19 (2.5%)	3 (3.6%)	0.260 ⁴	0.530	0 (0.0%)	2 (2.4%)	4 (1.9%)	18 (3.2%)	0.800 ⁴	0.800	1 (1.4%)	12 (2.5%)	11 (3.3%)	0.690 ⁴	0.881
Respiratory infections	21 (2.4%)	0 (0.0%)	20 (2.6%)	1 (1.2%)	0.874 ⁴	0.926	0 (0.0%)	3 (3.6%)	0 (0.0%)	18 (3.2%)	0.018 ⁴	0.066	2 (2.8%)	12 (2.5%)	7 (2.1%)	0.788 ⁴	0.881
Depression	13 (1.5%)	1 (2.9%)	10 (1.3%)	2 (2.4%)	0.263 ⁴	0.530	0 (0.0%)	3 (3.6%)	7 (3.3%)	3 (0.5%)	0.010 ⁴	0.044	1 (1.4%)	6 (1.2%)	6 (1.8%)	0.757 ⁴	0.881
Sexually transmitted infections	8 (0.9%)	3 (8.8%)	4 (0.5%)	1 (1.2%)	0.002 ⁴	0.042	3 (15.0%)	1 (1.2%)	2 (0.9%)	2 (0.4%)	<0.001 ⁴	0.008	1 (1.4%)	4 (0.8%)	3 (0.9%)	0.738 ⁴	0.881
Gastroenteritis	3 (0.3%)	0 (0.0%)	3 (0.4%)	0 (0.0%)	>0.999 ⁴	>0.99 ⁹	0 (0.0%)	1 (1.2%)	0 (0.0%)	2 (0.4%)	0.438 ⁴	0.525	0 (0.0%)	2 (0.4%)	1 (0.3%)	>0.999 ⁴	>0.99 ⁹

¹n (%)

²False discovery rate correction for multiple testing

³Pearson's Chi-squared test

	Overall I	Age group				Educational level								Pregnancy stage			
Characteristic	N = 889 ¹	15-24 N = 34 ¹	25-39 N = 772 ¹	40-49 N = 83 ¹	p- value	q- value ²	Primary educatio n or less N = 20 ¹	Secondar y and upper education N = 83 ¹	Vocationa l training N = 215 ¹	Universit y educatio n N = 566 ¹	p- value	q- value ²	First half N = 72 ¹	Secon d half N = 486 ¹	Postpartu m period N = 331 ¹	p- value	q- value ²

⁴Fisher's exact test

Supplementary table 2: Use of alternative therapies during pregnancy overall and stratified by age group, education level and gestational stage

	Overall		Age group				Educational level						Pregnancy stage				
Characteristic	N = 889 ¹	15-24 N = 34 ¹	25-39 N = 772 ¹	40-49 N = 83 ¹	p-value	q-value ²	Primary education or less N = 20 ¹	Secondary and upper education N = 83 ¹	Vocational training N = 215 ¹	University education N = 566 ¹	p-value	q-value ²	First half N = 72 ¹	Second half N = 486 ¹	Postpartum period N = 331 ¹	p-value	q-value ²
Acupuncture	45 (5.1%)	1 (2.9%)	39 (5.1%)	5 (6.0%)	0.819 ³	>0.999	0 (0.0%)	1 (1.2%)	10 (4.7%)	34 (6.0%)	0.250 ³	0.375	3 (4.2%)	20 (4.1%)	22 (6.6%)	0.262 ³	0.393
Homeopathy	20 (2.2%)	0 (0.0%)	17 (2.2%)	3 (3.6%)	0.527 ³	0.949	0 (0.0%)	1 (1.2%)	0 (0.0%)	19 (3.4%)	0.017 ³	0.075	0 (0.0%)	9 (1.9%)	11 (3.3%)	0.190 ³	0.393
Aromatherapy	34 (3.8%)	0 (0.0%)	33 (4.3%)	1 (1.2%)	0.298 ³	0.671	0 (0.0%)	0 (0.0%)	8 (3.7%)	26 (4.6%)	0.174 ³	0.375	2 (2.8%)	20 (4.1%)	12 (3.6%)	0.964 ³	0.964
Osteopathy	110 (12.4%)	1 (2.9%)	99 (12.8%)	10 (12.0%)	0.239 ³	0.671	0 (0.0%)	2 (2.4%)	11 (5.1%)	97 (17.1%)	<0.001 ³	<0.001	5 (6.9%)	55 (11.3%)	50 (15.1%)	0.094 ⁴	0.281
Neural therapy	8 (0.9%)	0 (0.0%)	7 (0.9%)	1 (1.2%)	0.678 ³	>0.999	1 (5.0%)	0 (0.0%)	3 (1.4%)	4 (0.7%)	0.140 ³	0.375	0 (0.0%)	6 (1.2%)	2 (0.6%)	0.633 ³	0.813
Moxibustion	15 (1.7%)	0 (0.0%)	12 (1.6%)	3 (3.6%)	0.254 ³	0.671	0 (0.0%)	0 (0.0%)	2 (0.9%)	13 (2.3%)	0.438 ³	0.564	0 (0.0%)	4 (0.8%)	11 (3.3%)	0.020 ³	0.092
Back flowers	12 (1.3%)	0 (0.0%)	11 (1.4%)	1 (1.2%)	>0.999 ³	>0.999	0 (0.0%)	0 (0.0%)	2 (0.9%)	10 (1.8%)	0.648 ³	0.729	0 (0.0%)	8 (1.6%)	4 (1.2%)	0.739 ³	0.832
Herbal medicine	24 (2.7%)	0 (0.0%)	24 (3.1%)	0 (0.0%)	0.190 ³	0.671	2 (10.0%)	2 (2.4%)	6 (2.8%)	14 (2.5%)	0.230 ³	0.375	0 (0.0%)	12 (2.5%)	12 (3.6%)	0.221 ³	0.393
Physiotherapy	10 (1.1%)	0 (0.0%)	9 (1.2%)	1 (1.2%)	>0.999 ³	>0.999	0 (0.0%)	0 (0.0%)	2 (0.9%)	8 (1.4%)	0.756 ³	0.756	0 (0.0%)	10 (2.1%)	0 (0.0%)	0.013 ³	0.092

¹n (%)

²False discovery rate correction for multiple testing

³Fisher's exact test

⁴Pearson's Chi-squared test