

APPENDIX 1. Developing The Quality Of Life In Pregnancy Scale (PREG-QOL)

This list of questions will help you to understand how you feel about your quality of life during pregnancy, your health and other areas of your life. to answer your questions. Please answer all questions. If you cannot decide, please select the option that best suits you. Usually the first your answer will be the most appropriate. Please keep in mind your rules, your expectations, what you like and what is important to you.

The last two years of your life week, we ask you to take this into consideration. Please read each question, evaluate your feelings, and circle the number that corresponds to your most appropriate response to each question.

	Very Dissatisfied	Dissatisfied	Neither dissatisfied or satisfied	Satisfied	Very Satisfied
Item 1: to what extent are you happy with your current physical appearance?	1	2	3	4	5
Item 2: To what extent are you satisfied with the access to healthcare services during pregnancy?	1	2	3	4	5
Item 3: To what extent are you satisfied with the information provided by health professionals during pregnancy?	1	2	3	4	5
Item 4: Are you satisfied with family support?	1	2	3	4	5
Item 5: Are you satisfied with the support of your husband?	1	2	3	4	5
Item 6: Are you satisfied with friend support?	1	2	3	4	5
Item 7: Are you satisfied with your general health?	1	2	3	4	5
Item 8: Are you satisfied with your sexual life?	1	2	3	4	5
Item 9: Are you satisfied with your quality of life?	1	2	3	4	5
Item 10: Are you satisfied with the living conditions of your home?	1	2	3	4	5
	Never	Rarely	Sometimes	Often	Always
Item 11: Do you feel alone during pregnancy?	5	4	3	2	1
Item 12: To what extent do you experience difficulties in performing your daily life activities during pregnancy?	5	4	3	2	1

Item13: Do you have concerns about the health of your baby?	5	4	3	2	1
Item14: Do you feel tired during pregnancy?	5	4	3	2	1
Item15: Do you have concerns about gaining weight during pregnancy?	5	4	3	2	1
Item16: Are you worried about labor?	5	4	3	2	1
Item 17: To what extent can you access to health services for health problems during pregnancy?	1	2	3	4	5
Item 18: Do you think that you may receive sufficient support after birth?	1	2	3	4	5
Item 19: Do you think that physical changes during pregnancy have negative effects on your health?	5	4	3	2	1
Item 20: Do you feel exhaustion-weakness during pregnancy?	5	4	3	2	1
Item 21: Do you experience backpain during pregnancy?	5	4	3	2	1
Item 22: Do you have the problem of nausea during pregnancy?	5	4	3	2	1
Item 23: Do you have the problem of vomiting during pregnancy?	5	4	3	2	1
Item 24: Do you feel peaceful during pregnancy?	1	2	3	4	5
Item 25: Do you think that physical changes during pregnancy have negative effects on your daily life?	5	4	3	2	1
Item 26: To what extent your pregnancy has negatively affected your social life (friendship, recreational activities, leisure, etc.)?	5	4	3	2	1

The Pregnancy Quality of Life Scale (PREG-QOL) has a five-point Likert type and consists of 26 items. The PREG-QOL consists of 26 items and five sub-dimensions. " Perception of general satisfaction " sub-dimension consists of 10 items (9,4,5,5,8,10,6,7,7,18,24,1); "Emotional Domain" sub-dimension consists of 4 items (16,14,13,15); "Physical Domain" sub-dimension consists of 6 items (20,21,25,19,23,22); " Social support systems" sub-dimension consists of 3 items (3,2,17); "Social Domain" sub-dimension consists of 3 items (11,12,26). Items 11,12,13,14,15,16,19,20,21,22,23,25 and 26 of the scale are reversed and the score is calculated. Total score calculation cannot be made in the scale. As the item average approaches 5 points, it can be said that the quality of life during pregnancy increases. Cronbach's alpha coefficient of the scale was found to be 0.88. Each

sub-dimension has Cronbach's alpha value. Cronbach's alpha coefficients for the 5 sub-dimensions were listed below.

Perception of general satisfaction 0.88

Emotional Domain 0.65

Physical Domain 0.73

Social support systems 0.70

Social Domain 0.83