

Pregnancy and Maternal Health Knowledge

Start of Block: Can we add a small welcome here? YES!

Q55 Hello! Welcome to the Pregnancy and Maternal Health Knowledge Survey. The state of Georgia continues to have one of the highest rates of maternal and infant deaths. Your input could help change this. This survey is 35 questions in length and should take no longer than 10-12 minutes to complete. Those who complete the survey are eligible to win one of the Amazon Gift card worth \$25 dollars (if you provide us your email address at the end, which is optional). We will not be able to link your email address to your responses. To make sure you are eligible to participate, please answer the following 3 questions. If eligible, you will be directed to the Informed Consent page.

Q1 Are you 18 years or older?

- ☐ Yes (1)
- ☐ No (2)
-

Q2 Are you a native English speaker? - possibly omit this question?

- ☐ Yes (1)
- ☐ No (2)
-

Q3 Do you currently live in the State of Georgia?

- ☐ Yes (1)
- ☐ No (2)

End of Block: Can we add a small welcome here? YES!

Start of Block: Consent Form

Q1

If you consent to participate in this research study and agree to the terms above, please indicate the date below and sign.

`#{date://CurrentDate/SL}`

- ☐ Yes, I read the terms above and consent to participate in this research. (1)
- ☐ No, I do not consent to participate in this research. (2)

Skip To: End of Survey If (consent photos) = No, I do not consent to participate in this research.

End of Block: Consent Form

Start of Block: Maternal Health and Risks DURING Pregnancy

Q1 When do you think would be the best time to visit an obstetrics/gynecologist?

- ☐ Prior to getting pregnant (1)
- ☐ When you find out you (or your partner) is pregnant (2)
- ☐ First three months of pregnancy (first trimester) (3)
- ☐ 2nd three months of pregnancy (second trimester) (4)
- ☐ 3rd three months of pregnancy (third trimester) (5)
- ☐ Other (6)

Q2 Please list **ALL** complications and diseases that you know women may experience while being pregnant:

Q3 Consuming small amounts of alcohol during pregnancy is generally considered safe.

- ☐ True (1)
 - ☐ False (2)
 - ☐ Don't know (3)
-

Q4 When is the developing fetus/baby at the greatest risk from drugs or alcohol exposure?

- ☐ First three months (first trimester of pregnancy) (1)
 - ☐ Second three months (second trimester) (2)
 - ☐ Third three months (third trimester) (3)
 - ☐ The risk is equal throughout pregnancy (4)
-

Q5 Exposure to any amount of alcohol during pregnancy may be associated with which of the following?

- ☐ Abnormal appearance (1)
 - ☐ Low intelligence (2)
 - ☐ Vision problems (3)
 - ☐ All of the above (4)
 - ☐ None of the above (5)
-

Q6 Which of the following disease/disorder would cause a mother to have a baby that is born heavier than normal at birth?

- ☐ Diabetes (1)
 - ☐ Anemia (2)
 - ☐ Thyroid Disease (3)
 - ☐ High Blood Pressure (4)
 - ☐ Don't know (5)
-

Q7 Which do you think is more hazardous to a woman's health?- keep this question in?

- ☐ Pregnancy (1)
 - ☐ Birth control pills (2)
 - ☐ Don't know (3)
-

Q8 The body's ability to fight disease _____ during pregnancy.

- ☐ Strengthens (1)
 - ☐ Weakens (2)
 - ☐ Remains the same (3)
-

Q9 For each of the following, what is the likelihood that a women may experience the following issues during pregnancy? Will they be less likely, the same, or more likely to experience these conditions during pregnancy?

	Less likely (1)	The Same (2)	More Likely (3)
Blood clot in the legs and lungs (1)	☐	☐	☐
Diabetes (2)	☐	☐	☐
Gallstones (3)	☐	☐	☐
Hemorrhoids (4)	☐	☐	☐
High blood pressure (5)	☐	☐	☐
Kidney infection (6)	☐	☐	☐
Anemia (7)	☐	☐	☐

Q10 For each of the following , which do you think may have a good (positive) influence, no influence, or negative (not good) influence in a woman's health during pregnancy?

	Positive Influence (1)	Neutral or no influence (2)	Negative Influence (3)
Taking multivitamins before pregnancy (1)	☐	☐	☐
Taking multivitamins during pregnancy (2)	☐	☐	☐
Being overweight or obese before getting pregnant (3)	☐	☐	☐
Losing weight before getting pregnant (4)	☐	☐	☐
Going to an ObGyn physician prior to getting pregnant for a preconceptional visit (5)	☐	☐	☐
Going to an ObGyn physician while pregnant for prenatal visits (6)	☐	☐	☐
Limit one's drinking of alcohol (< one glass of wine or beer/ day) while pregnant (7)	☐	☐	☐

Q11 What are some warning signs of **complications** that can occur **during pregnancy** that could endanger the life of the woman or the baby? Check all that apply:

- ☐ Pain in chest (1)
- ☐ Obstructed breathing/shortness of breath (2)
- ☐ Hunger (3)
- ☐ Seizures (4)
- ☐ Thoughts of hurting yourself (5)
- ☐ Bleeding, severe (6)
- ☐ Insomnia (7)
- ☐ Red/swollen/painful leg (8)
- ☐ Temperature 100.4 or higher (9)
- ☐ Fast beating-heart (10)
- ☐ Overwhelming tiredness (11)
- ☐ Baby's movements stopping or slowing (12)
- ☐ Headache that won't go away or gets worse over time (13)
- ☐ Vision changes (14)
- ☐ Itchiness (15)
- ☐ Trouble breathing (16)
- ☐ Severe nausea and throwing up (17)
- ☐ Vaginal discharge, bleeding or fluid leakage (18)
- ☐ Belly pain that doesn't go away (19)
- ☐ None of the Above (21)

☐ Other, Specify (20) _____

☐ I Don't know (22)

End of Block: Maternal Health and Risks DURING Pregnancy

Start of Block: Maternal Health and Risks AFTER Pregnancy

Q1 Please list **ALL** complications and diseases that you know women may experience up to 1 year after birth that may be associated with pregnancy

Q2 For women who want more than one child, it is recommended that at least _____ time elapses between the birth of one child and becoming pregnant with the next.

☐ 3 months (1)

☐ 6 months (2)

☐ 1 year (3)

☐ 2 years (4)

☐ Don't know (5)

Q3 To help prevent post-partum depression after birth, one should exercise during pregnancy.

☐ True (1)

☐ False (2)

☐ Don't know (3)

Q4 What are some warning signs of **complications** that can occur **after birth** that could endanger the life of the woman? Check all that apply:

- ☐ Pain in chest (1)
- ☐ Obstructed breathing/shortness of breath (2)
- ☐ Hunger (3)
- ☐ Seizures (4)
- ☐ Thoughts of hurting yourself (5)
- ☐ Bleeding, severe (6)
- ☐ Incision (surgical wound) that is not healing (7)
- ☐ Insomnia (8)
- ☐ Red/swollen/painful leg (9)
- ☐ Temperature 100.4 or higher (10)
- ☐ Fast beating-heart (11)
- ☐ Headache that will not go away or gets worse over time (12)
- ☐ Vision changes (13)
- ☐ Itchiness (14)
- ☐ Trouble breathing (15)
- ☐ Severe nausea and throwing up (16)
- ☐ Other, Specify (17) _____
- ☐ None of the Above (18)
- ☐ I Don't know (19)

End of Block: Maternal Health and Risks AFTER Pregnancy

Start of Block: Pregnancy and Nutrition

Q1 Women that are overweight are recommended to gain ____ weight than normal weight women during pregnancy?

- ☐ More (1)
 - ☐ Less (2)
 - ☐ The same (3)
 - ☐ Don't know (4)
-

Q2 Women that have a normal weight before pregnancy (BMI 18.5-24.9) are advised to gain a total of _____ during pregnancy.

- ☐ 5-15 pounds (1)
 - ☐ 16-25 pounds (2)
 - ☐ 26-35 pounds (3)
 - ☐ 36-45 pounds (4)
 - ☐ 46-55 pounds (5)
 - ☐ Don't know (6)
-

Q3 Which of the following foods is high in iron?

- ☐ Tea (1)
 - ☐ Milk (2)
 - ☐ Olive Oil (3)
 - ☐ Chicken (4)
 - ☐ Don't know (5)
-

Q4 Which nutrient is effective in reducing the risk of neural tube defects (birth defects of the brain and spinal cord)?

- ☐ Vitamin A (1)
 - ☐ Folic Acid (2)
 - ☐ Calcium (3)
 - ☐ Iron (4)
 - ☐ Don't know (5)
-

Q5 Which of the following food items may have a high concentration of mercury?

- ☐ Chicken (1)
 - ☐ Fish (2)
 - ☐ Meat (3)
 - ☐ Soda pops (4)
 - ☐ Don't know (5)
-

Q6 Consumption of less than _____ mg of caffeine a day does not appear to cause complications during pregnancy and is believed to be safe to consume.
(Note: one 12-Oz can of Coca Cola has 34 mg caffeine while one cup of coffee has 95 mg)

- ☐ 50mg/day (1)
 - ☐ 100 mg/day (2)
 - ☐ 200 mg/day (3)
 - ☐ 250 mg/day (4)
 - ☐ 0 mg/day (6)
 - ☐ Don't know (7)
-

Q7 Herbal supplements and herbal teas are typically considered to be safe to consume during pregnancy.

- ☐ True (1)
- ☐ False (2)
- ☐ Don't know (3)

End of Block: Pregnancy and Nutrition

Start of Block: Pregnancy and Exercise

Q1 Moderate exercise on most days of the week (at least 150 minutes/day) is safe for pregnant women as long as there are no complications present.

- ☐ True (1)
 - ☐ False (2)
 - ☐ Don't know (3)
-

Q2 Generally, pregnant women who exercise might have a lower risk for:

- ☐ Gestational diabetes (1)
 - ☐ Hypertension (2)
 - ☐ Back pain (3)
 - ☐ All of the above (4)
 - ☐ None of the above (5)
-

Q3 Which of the following forms of physical activity should be AVOIDED during pregnancy?

- ☐ Running (1)
 - ☐ Basketball (2)
 - ☐ Strength/resistance training (3)
 - ☐ Stationary bicycle (4)
 - ☐ Don't know (5)
-

Q4 Beginning moderate exercise for the first time during pregnancy is considered unsafe.

- ☐ True (1)
 - ☐ False (2)
 - ☐ Don't know (3)
-

Q5 A pregnant female who exercised may have an easier labor and delivery.

- ☐ True (1)
- ☐ False (2)
- ☐ Don't know (3)

End of Block: Pregnancy and Exercise

Start of Block: Demographics



Q1 What is your age (in years)?

Q2 What is your highest level of education? Please check all that apply.

- ☐ High school/GED (1)
- ☐ Associate Degree (2)
- ☐ Undergraduate Student (8)
- ☐ Bachelor's Degree (3)
- ☐ Master's Degree (4)
- ☐ Master's Student (9)
- ☐ Doctoral Degree (5)
- ☐ Doctoral Student (10)

Q3 How do you describe yourself?

- ☐ Male (1)
- ☐ Female (2)
- ☐ Non-binary / third gender (3)
- ☐ Prefer to self-describe (4) _____
- ☐ Prefer not to say (5)
-

Q4 Choose one or more races that you consider yourself to be:

- ☐ White (1)
- ☐ Black or African American (2)
- ☐ American Indian or Alaska Native (3)
- ☐ Asian (4)
- ☐ Native Hawaiian or Pacific Islander (5)
- ☐ Other (6) _____
-

Q5 Are you Spanish, Hispanic, or Latino?

- ☐ Yes (1)
- ☐ No (2)
-

Q6 Females: Are you currently or have you ever been pregnant?
Males: Have you ever fathered a child?

- ☐ No (1)
- ☐ Yes (2)



Q7 What is the zip code of your permanent address?



Q8 What is the zip code of where you currently live?

Q14 Thank you for completing the survey. Please click (or copy and paste) the following link to leave your email if you want to participate in the raffle of Amazon e-gift cards. Optional email addresses obtained from the raffle will be kept confidential and then will be destroyed after awarding the gift cards. We will not be able to link your email with your responses.

- ☐ https://georgiasouthern.co1.qualtrics.com/jfe/form/SV_1F7Gk3QPstYgKSG (1)

End of Block: Demographics
