

Eating disorder in the peripartum: Creation and evaluation of an online module for health professionals and peer workers

A. The first section of the questionnaire will just ask a few questions about you.

Please check the boxes below each question:

- 1) Which type of unit do you work in?
 - a) Midwifery Continuity of Care
 - b) My Midwives
 - c) Non-continuity care
 - d) Child Health
 - e) Mother-Baby Unit (MBU)
 - f) Perinatal mental health outpatient
 - g) General mental health inpatient unit
 - h) General mental health outpatient team
 - i) Other (please describe)

- 2) Do you work at:
 - a) Gold Coast Hospital and Health Service
 - b) Mater Misericordiae
 - c) Peach Tree
 - d) Other (please describe)

- 3) If non-continuity of care, what clinical area are you working in?
 - a) Birth Suite
 - b) Maternity Inpatient Unit
 - c) Antenatal Clinic
 - d) Other (please describe)

- 4) What is your current role?
 - a) Midwife

- b) Child Health Nurse
- c) Mental Health Nurse
- d) Occupational Therapist
- e) Psychologist
- f) Physiotherapist
- g) Dietitian
- h) Social Worker
- i) Peer Worker
- j) Obstetrician / Gynaecologist
- k) GP
- l) Paediatric medical staff
- m) Psychiatry medical staff
- n) Other (please describe)

5) Have you had any previous training specialising in eating disorders?

- a) Yes
- b) No

6) If yes, please select the type of training you've completed (tick all that apply)

- a) Face to face training
- b) Online modules
- c) Webinars
- d) Self-directed readings

7) Years of experience in your current profession

- a) 0-1 year
- b) 2-5 years
- c) 6-10 years
- d) 11+ years

B. To what extent do you agree with the following statements...

- 8) I am **knowledgeable** about eating disorders in the perinatal period.
- a) Strongly disagree
 - b) Disagree
 - c) Somewhat agree
 - d) Neither agree nor disagree
 - e) Somewhat agree
 - f) Agree
 - g) Strongly agree
- 9) I am confident in **having conversations** with a person with an eating disorder in the perinatal period.
- a) Strongly disagree
 - b) Disagree
 - c) Somewhat disagree
 - d) Neither agree nor disagree
 - e) Somewhat agree
 - f) Agree
 - g) Strongly agree
- 10) I am confident in **screening or identifying** a person with an eating disorder in the perinatal period.
- a) Strongly disagree
 - b) Disagree
 - c) Somewhat disagree
 - d) Neither agree nor disagree
 - e) Somewhat agree
 - f) Agree
 - g) Strongly agree

11) I am confident in **supporting** a person with an eating disorder in the perinatal period.

- a) Strongly disagree
- b) Disagree
- c) Somewhat disagree
- d) Neither agree nor disagree
- e) Somewhat agree
- f) Agree
- g) Strongly agree

12) I am confident in **referring** a person with an eating disorder in the perinatal period to the appropriate person / place.

- a) Strongly disagree
- b) Disagree
- c) Somewhat disagree
- d) Neither agree nor disagree
- e) Somewhat agree
- f) Agree
- g) Strongly agree

13) I am confident in **identifying risk** in a person with an eating disorder in the perinatal period.

- a) Strongly disagree
- b) Disagree
- c) Somewhat disagree
- d) Neither agree nor disagree
- e) Somewhat agree
- f) Agree
- g) Strongly agree

C. Please check the appropriate response, or answer the questions in the space provided:

14) Which eating disorder is the most prevalent in pregnancy?

- a) Anorexia Nervosa
- b) Bulimia Nervosa
- c) Binge Eating Disorder
- d) Avoidant / Restrictive Food Intake Disorder (ARFID)

15) List eight (8) barriers to disclosing an eating disorder in pregnancy.

- a) ____
- b) ____
- c) ____
- d) ____
- e) ____
- f) ____
- g) ____
- h) ____

16) Name three (3) pregnancy-related symptoms that can mask eating disorder behaviours.

- a) ____
- b) ____
- c) ____

17) What are the four (4) key signs of eating disorder relapse to look out for? (Tick all that apply)

- a) Decreased engagement in activities previously enjoyed
- b) Decrease and neglect of self-care
- c) Great Social Support
- d) Re-emergence of eating disorder behaviours
- e) Thoughts about eating are becoming increasingly persistent

- f) Normalised eating behaviours

18) What are the risk factors associated with relapse of an eating disorder in the perinatal period? (Tick 5 (five) that apply)

- a) Increases in body weight
- b) Changes in shape and size
- c) Postnatal depression
- d) Everyone relapses in pregnancy
- e) Judgement of eating and weight control behaviours
- f) Feelings of self-worth
- g) Asking about eating disorders increases risk of relapse

19) What are the 5 key domains that starvation affects? (Tick the five correct responses)

- a) Neurocognitive changes
- b) Workplace health and safety
- c) Physical changes
- d) Behaviours related to food
- e) Attitudes related to food
- f) Social changes
- g) Environmental

20) When should screening for an eating disorder occur? (Tick the one answer that applies)

- a) Before conception
- b) Once pregnant
- c) During Pregnancy
- d) After giving birth
- e) Prenatally
- f) During Fertility treatment
- g) Postnatally

h) Throughout the peripartum

21) How often should eating disorder behaviour/progression be monitored during pregnancy?

- a. Throughout pregnancy alongside all other physical reviews
- b. At booking appointment only
- c. At the date scanning appointment only
- d. Only if there is a concern

- 1. d only
- 2. c and d
- 3. b only
- 4. a only
- 5. b and c

22) What is the recommended screening tool for identifying risk of eating disorders?

23) Please select whether the following statement is True or False.

Prompting for further enquiry regarding eating disorders and disordered eating is only appropriate for those with a BMI < 18.5

- a) True
- b) False

24) Please select whether the following statement is True or False.

Having a history of dieting and aspiring to cultural ideals of thinness should prompt further discussions in pregnancy

- a) True
- b) False

25) Which psychological and behavioural factors should encourage consideration and screening for an eating disorder in pregnancy?

- a) Dieting
- b) High self esteem
- c) History of an eating disorder
- d) Concerned about weight and image
- e) Extroversion
- f) Preoccupation with food and/or eating and negative or unusual attitudes towards food and eating in pregnancy
- g) High emotional regulation
- h) Perfectionistic and/or obsessive-compulsive traits
- i) Trauma

26) What does externalising an eating disorder mean? _____

27) Please list five (5) organisations or websites which are appropriate to seek further information from about eating disorders?

- a) ____
- b) ____
- c) ____
- d) ____

e) ____

28) In addition to family, list eight (8) other stakeholders that could be part of the care of pregnant people with eating disorders?

a) ____

b) ____

c) ____

d) ____

e) ____

f) ____

g) ____

h) ____

29) Why is it important to identify women in pregnancy who have a history of, or active symptoms of, an eating disorder? (Tick all that apply)

a) Pregnancy can be a time for risk of relapse

b) Eating disorders will always have an impact on an infant's temperament

c) Eating disorder symptoms can pose a risk for mother's wellbeing

d) Eating disorder symptoms can pose a risk for foetal wellbeing and growth

e) Eating disorders can be easily managed in pregnancy

30) Eating disorder symptoms can be....

a) A) Physical

b) B) Psychological

c) C) Behavioural

d) D) By choice

e) A and B

f) A, B, and C

g) B and D

h) C and D

31) In what instances should increased support for a person with an eating disorder be considered? (Tick all that apply)

- a) Electrolyte disturbances
- b) Not wanting to be weighed
- c) Suboptimal foetal growth
- d) Weight loss in pregnancy
- e) Significant increases in heart rate lying to standing
- f) Increased availability of community supports
- g) Re-emergence of physical or mental co-occurring conditions (e.g., depression, GDM)

32) BMI is an important factor in identifying the presence of absence of an eating disorder.

- a) True
- b) False

33) List three compensatory behaviours women may develop during pregnancy:

- a) _____
- b) _____
- c) _____

Thank you so much for completing this survey.