

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

*Please answer some questions relating to your knowledge of eating disorders, and then we will ask you a few questions about the online module. **If you have not spent at least one hour looking through the online module, please do so before completing this questionnaire.***

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

- 1) 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

- 2) 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

- 3) 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

4) 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

5) 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

6) 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

B. Please answer the following questions in the space provided:

- 7) 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)
- 8) List eight (8) barriers to disclosing an eating disorder in pregnancy.
- a) ____
 - b) ____
 - c) ____
 - d) ____
 - e) ____
 - f) ____
 - g) ____
 - h) ____
- 9) Name three (3) pregnancy-related symptoms that can mask eating disorder behaviours.
- a) ____
 - b) ____
 - c) ____
- 10) 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

11) 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) Change in body 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

12) 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

13) 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

14) 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

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

16) 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

17) 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

18) 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

19) What does externalising an eating disorder mean? _____

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

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

21) 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) ____

22) 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

23) 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

24) 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)

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

- a) True
- b) False

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

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

D. Now we would like to ask you some questions about the online module.

18. How long did you spend looking through the online module, approximately? (in minutes)

19. Overall, I gained the knowledge or skills that I needed (relating to eating disorders)

- a. Strongly agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly disagree

20. Overall, I found the online module relevant to my learning needs

- a. Strongly agree

- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly disagree

21. The module was organized and flowed in a logical sequence

- a. Strongly agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly disagree

22. The module improved my knowledge of the latest clinical best practice

- a. Strongly agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly disagree

23. The module was easy to access and use

- a. Strongly agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly disagree

24. The module encouraged me to reflect upon my knowledge and skills

- a. Strongly agree
- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly disagree

25. I found the module engaging

- a. Strongly agree

- b. Agree
- c. Neutral
- d. Disagree
- e. Strongly disagree

26. On a scale of 1-5, how likely are you to recommend the online module to a work colleague, where 1 = not likely at all and 5 = extremely likely?

- a. 1
- b. 2
- c. 3
- d. 4
- e. 5

27. On a scale of 1-5, how likely are you to change any aspect of your clinical practice as a result of completing the online module, where 1 = not likely at all and 5 = extremely likely?

- a. 1
- b. 2
- c. 3
- d. 4
- e. 5

28. Would you like further training on any of the topics discussed in the module? (Please describe).

29. What were the best aspects of the modules?

30. What were the worst aspects of the modules?

31. If you learned anything new from the modules, what were the most important things you learned?

32. Were there any aspects of the online modules that you thought could be improved? (Please describe).

33. If you have any suggestions, comments, or things you would like us to know regarding the online module, please write them here.

Thank you so much for completing this survey.