



# PROVIDER GUIDE FOR THE ALPHA SELF-REPORT QUESTIONNAIRE FOR WOMEN

Problems in questions below have been shown to be associated with problematic postpartum outcomes.

CA Child Abuse

PI Physical Illness

WA Woman Abuse

CD Couple Dysfunction

PD Postpartum Depression

If a woman's responses on the Self-Report ALPHA indicate psychosocial concerns, the following postpartum associations may apply.

***Bold italics*** indicates good association, regular type indicates fair association with adverse postpartum outcomes.

## FAMILY FACTORS

1. About this pregnancy, my partner feels	Lack of social support	CA, WA, PD
2. About this pregnancy, my family feels	Lack of social support	CA, WA, PD
3. I feel supported in this pregnancy	Lack of social support	CA, WA, PD
4. My partner will be involved with the baby	Lack of social support	CD, PD, WA, CA
5. When I am home with the baby I will have help from	Lack of social support	CA, WA, PD
6. Over the past year, my life has been	Recent stressful life events	CA, WA, PD, PI
7. I am making life changes during this pregnancy	Recent stressful life events	CA, WA, PD, PI
8. My relationship with my partner is usually	Couple dysfunction	CD, PD, WA, CA
9. After the baby, my partner and I will get along	Couple dysfunction	CD, PD, WA, CA

## MATERNAL FACTORS

10. I came for prenatal care when I was in	Late onset prenatal care	WA
11. I am planning to take prenatal classes	Refusal to attend/quitting	CA
12. My feelings about the pregnancy at first	Unwanted pregnancy after 20 weeks	CA, WA
13. My feelings about the pregnancy now	Unwanted pregnancy after 20 weeks	CA, WA
14. When I was a child, I got along with my parent(s)	Poor relationship with parents	CA
15. As a child, I felt loved by my mother	Poor relationship with parents	CA
16. As a child, I felt loved by my father	Poor relationship with parents	CA
17. I have concerns about becoming/being a mother	Low self-esteem	CA, WA
18. I have had some emotional problems	Emotional/psychiatric history	CA, WA, PD
19. I have seen a therapist/psychiatrist	Emotional/psychiatric history	CA, WA, PD
20. In this pregnancy, my mood has been usually	Depression: prenatal & postpartum	PD

## SUBSTANCE ABUSE

21. Each week I drink	Problematic substance use	WA, CA
22. There are times when I drink more during the week	Problematic substance use	WA, CA
23. Sometimes I've felt (CAGE questions)	Problematic substance use	WA, CA
24. I use recreational drugs	Problematic substance use	WA, CA
25. I have some drug problems	Problematic substance use	WA, CA
26. My partner uses recreational drugs	Problematic substance use	WA, CA
27. My partner has some drug problems	Problematic substance use	WA, CA

## FAMILY VIOLENCE

28. My parents usually got along	Experience/witness abuse	CA, WA
29. My father sometimes scared or hurt my mother	Experience/witness abuse	CA, WA
30. My parent(s) sometimes scared or hurt me	Experience/witness abuse	CA, WA
31. As a child I was sexually abused	Experience/witness abuse	CA, WA
32. My relationship with my partner usually has	Past/current intimate partner violence	WA, CA, PD
33. We work out arguments with	Past/current intimate partner violence	WA, CA, PD
34. I've felt scared by what my partner says or does	Past/current intimate partner violence	WA, CA, PD
35. I've been hit/pushed/slapped by a partner	Past/current intimate partner violence	WA, CA, PD
36. I've been put down or humiliated by my partner	Past/current intimate partner violence	WA, CA, PD
37. I have been forced to have sex against my will	Past/current intimate partner violence	WA, CA, PD
38. I have children not living with me	Previous child abuse	CA
39. My partner has children not living with him	Previous child abuse	CA
40. As a child I was involved with CAS	Previous child abuse	CA
41. Children in my care have been involved with CAS	Previous child abuse	CA
42. As a child I was harshly disciplined	Use of harsh discipline	CA
43. I think spanking is necessary	Use of harsh discipline	CA

NOTE: Although low SES/financial concerns were not found to be associated with the poor postpartum outcomes, they were associated with **Low Birth Weight**.