

A. Baseline Stress Level Scale

Instructions: Rate each of the items below to reflect how you tended to behave most of the time before you became pregnant. Don't just write the answer based on a hypothetical bad day or a good day you might have had. Your score should give you a sense of your overall response to stress over the past couple of years. Think about each item in terms of 0 = never, 1 = some, or 2 = always. Circle the number that best represents how you would rate yourself for each statement.

<u>1. Taking Time to Relax</u>	<u>never</u>	<u>some</u>	<u>always</u>
I feel guilty about resting or taking time for myself.	0	1	2
When I decide to relax, it takes time to really feel relaxed.	0	1	2
It's rare for me to take a break during the day for relaxation.	0	1	2
I hate to be interrupted before I am finished with a task.	0	1	2
I feel I have more to do than I have time to do it.	0	1	2
Total 1	_____		

<u>2. Worrying or Fussing about Things</u>	<u>never</u>	<u>some</u>	<u>always</u>
I tend to think about all the bad things that can happen.	0	1	2
It is hard to get worries off my mind.	0	1	2
I am likely to go over and over things that upset me.	0	1	2
I can feel so overwhelmed that I am close to tears.	0	1	2
When things go wrong, I am easily irritated and emotional.	0	1	2
Total 2	_____		

<u>3. Amount and Quality of Your Sleep</u>	<u>never</u>	<u>some</u>	<u>always</u>
I sleep less than 8 hours a night.	0	1	2
I fall asleep dead exhausted at night.	0	1	2
I have trouble falling asleep at night.	0	1	2
I wake up still tired.	0	1	2
Once I lay down, my mind starts to run, think, go.	0	1	2
Total 3	_____		

<u>4. Mental Activity and Self-Talk</u>	<u>never</u>	<u>some</u>	<u>always</u>
My mind wanders.	0	1	2
I talk inside my head while others are talking.	0	1	2
My mind restlessly moves from one thought to the next.	0	1	2
I feel a need to be thinking or creating something in my mind.	0	1	2
Even after a problem is resolved, I cannot drop it and go on.	0	1	2
Total 4	_____		

<u>5. Signs of Physical Stress</u>	<u>never</u>	<u>some</u>	<u>always</u>
I sigh frequently when feeling stressed.	0	1	2
I find myself holding my breath when I get tense.	0	1	2
I am easily startled by sudden, unexpected, or loud noises.	0	1	2
I carry a lot of tension in my body (eyes, shoulders, stomach, etc.).	0	1	2
I am so nervous that I bite my lip, chew nails, or shake.	0	1	2
Total 5	_____		

BASELINE TOTAL A = 1 + 2 + 3 + 4 + 5 = _____