

Pregnancy Risk Assessment Monitoring System (PRAMS)

*Phase 7 Core Questionnaire - FINAL
1/30/2012*

Please check the box next to your answer or follow the directions included with the question. You may be asked to skip some questions that do not apply to you.

BEFORE PREGNANCY

The first questions are about *you*.

1. How tall are *you* without shoes?

Feet and Inches

OR

Centimeters

2. *Just before you got pregnant with your new baby, how much did you weigh?*

Pounds

OR

Kilos

3. What is *your* date of birth?

Month/Day/Year

4. *Before you got pregnant with your new baby, did you ever have any other babies who were born alive?*

No → Go to Question 7

Yes

5. Did the baby born *just before your new one weigh 5 pounds, 8 ounces (2.5 kilos) or less* at birth?

No

Yes

6. Was the baby *just before your new one born earlier than 3 weeks before his or her due date?*

No

Yes

Insertion point for Standard question(s) FF4

Insertion point for Standard question(s) K1

The next questions are about the time *before* you got pregnant with your *new* baby.

7. At any time during the **12 months before** you got pregnant with your new baby, did you do any of the following things? For each item, check **No** if you did not do it or **Yes** if you did it.

No Yes

- a. I was dieting (changing my eating habits) to lose weight
- b. I was exercising 3 or more days of the week
- c. I was regularly taking prescription medicines other than birth control
- d. I visited a health care worker and was checked for diabetes
- e. I visited a health care worker and was checked for high blood pressure
- f. I visited a health care worker and was checked for depression or anxiety
- g. I talked to a health care worker about my family medical history
- h. I had my teeth cleaned by a dentist or dental hygienist

8. During the **month before** you got pregnant with your new baby, what kind of *health insurance* did you have?
Check ALL that apply

Private health insurance from my job or the job of my husband, partner, or parents

Private health insurance purchased directly from an insurance company

Medicaid (required: *state Medicaid name*)

State-specific option (Other government plan or program such as SCHIP/CHIP or health reform exchange program)

State-specific option (Other government plan or program not listed above such as MCH program, indigent program or family planning program)

State-specific option (TRICARE or other military health care)

State-specific option (IHS or tribal)

Some other kind of health insurance => Please tell us _____

I did not have any health insurance during the *month before* I got pregnant

NOTE: For the insurance questions, states should add specific plan names wherever possible.

Insertion point for Standard question(s) DD4, DD5, DD6, DD7

9. During the **month before** you got pregnant with your new baby, how many times a week did you take a multivitamin, a prenatal vitamin, or a folic acid vitamin?

I didn't take a multivitamin, prenatal vitamin, or folic acid vitamin in the *month before* I got pregnant

1 to 3 times a week

4 to 6 times a week

Every day of the week

Insertion point for Standard question(s) G8

10. Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker talk to you about how to improve your health before pregnancy?

- No
- Yes

Insertion point for Standard question(s) L18

Insertion point for Standard question(s) L10

11. Before you got pregnant with your new baby, did a doctor, nurse, or other health care worker tell you that you had any of the following health conditions? For each one, check **No** if you did not have the condition or **Yes** if you did.

- | | No | Yes |
|--|----|-----|
| a. Type 1 or Type 2 diabetes (<u>NOT</u> the same as gestational diabetes or diabetes that starts during pregnancy) | | |
| b. High blood pressure or hypertension | | |
| c. Depression | | |

Insertion point for Standard question(s) L11

The next questions are about the time when you got pregnant with your new baby.

12. Thinking back to *just before* you got pregnant with your new baby, how did you feel about becoming pregnant?

Check ONE answer

- I wanted to be pregnant later
- I wanted to be pregnant sooner → **Go to Question 14**
- I wanted to be pregnant then → **Go to Question 14**
- I didn't want to be pregnant then or at any time in the future → **Go to Question 14**
- I wasn't sure what I wanted → **Go to Question 14**

13. How much longer did you want to wait to become pregnant?

- Less than 1 year
- 1 year to less than 2 years
- 2 years to less than 3 years
- 3 years to 5 years
- More than 5 years

14. When you got pregnant with your new baby, were you trying to get pregnant?

No

Yes → Go to Question 17

Insertion point for Standard question(s) Q7

15. When you got pregnant with your new baby, were you or your husband or partner doing anything to keep from getting pregnant? Some things people do to keep from getting pregnant include using birth control pills, condoms, withdrawal, or natural family planning.

No

Yes → Go to Question 17

16. What were your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant? Check ALL that apply

I didn't mind if I got pregnant

I thought I could not get pregnant at that time

I had side effects from the birth control method I was using

I had problems getting birth control when I needed it

I thought my husband or partner or I was sterile (could not get pregnant at all)

My husband or partner didn't want to use anything

I forgot to use a birth control method

Other → Please tell us:

Insertion point for Standard question(s) E3

Insertion point for Standard question(s) A1–A2, A4–A5

DURING PREGNANCY

The next questions are about the prenatal care you received during your most recent pregnancy. Prenatal care includes visits to a doctor, nurse, or other health care worker before your baby was born to get checkups and advice about pregnancy. (It may help to look at the calendar when you answer these questions.)

Insertion point for Standard question(s) R19

17. How many weeks or months pregnant were you when you had your first visit for prenatal care? Do not count a visit that was only for a pregnancy test or only for WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children).

Weeks

OR

Months

I didn't go for prenatal care → **Go to Question 20**

Insertion point for Standard question(s) R20, R21

Insertion point for Standard question(s) R15

18. During your most recent pregnancy, what kind of health insurance did you have to pay for your prenatal care?

Check ALL that apply

Private health insurance from my job or the job of my husband, partner, or parents

Private health insurance purchased directly from an insurance company

Medicaid (required: *state Medicaid name*)

State-specific option (Other government plan or program such as SCHIP/CHIP or health reform exchange program)

State-specific option (Other government plan or program not listed above such as state MCH program, indigent program or family planning program, etc)

State-specific option (TRICARE or other military health care)

State-specific option (IHS or tribal)

Some other kind of health insurance => Please tell us _____

I did not have any health insurance to pay for my prenatal care

NOTE: For the insurance questions, states should add specific plan names wherever possible.

Insertion point for Standard question(s) DD8, DD9, DD10, DD11

19. During any of your prenatal care visits, did a doctor, nurse, or other health care worker talk with you about any of the things listed below? Please count only discussions, not reading materials or videos. For each item, check **No if no one talked with you about it or **Yes** if someone did.**

No Yes

- a. How much weight I should gain during my pregnancy
- b. How smoking during pregnancy could affect my baby
- c. Breastfeeding my baby
- d. How drinking alcohol during pregnancy could affect my baby
- e. Using a seat belt during my pregnancy
- f. Medicines that are safe to take during my pregnancy
- g. How using illegal drugs could affect my baby
- h. Doing tests to screen for birth defects or diseases that run in my family
- i. The signs and symptoms of preterm labor (labor more than 3 weeks before the baby is due)
- j. Getting tested for HIV (the virus that causes AIDS)

- k. What to do if I feel depressed during my pregnancy or after my baby is born
- l. Physical abuse to women by their husbands or partners

Insertion point for Standard question R17

Insertion point for Standard question R16

Insertion point for Standard question R1

Insertion point for Standard question(s) R3, R4, R18, R5

Insertion point for Standard question R12

Insertion point for Standard question K4

Insertion point for Standard question R14

Insertion point for Standard question(s) R9–R11

Insertion point for Standard question(s) R6–R8, R13

20. At any time during *your most recent* pregnancy or delivery, did you have a test for HIV (the virus that causes AIDS)?

- No
- Yes
- I don't know

Insertion point for Standard question(s) I7

Insertion point for Standard question(s) I4–I6

Insertion point for Standard question(s) I2–I3

Insertion point for Standard question(s) G5

Insertion point for Standard question(s) G1–G4

21. During the 12 months *before the delivery* of your new baby, did a doctor, nurse, or other health care worker *offer* you a flu shot or *tell* you to get one?

- No
- Yes

22. During the 12 months *before the delivery* of your new baby, did you *get* a flu shot? Check ONE answer

- No → **Go to Question 24**
- Yes, before my pregnancy
- Yes, during my pregnancy

23. During what month and year did you get the flu shot?

Month/Year

I don't remember

Insertion point for Standard question(s) L19, L14, L15

24. This question is about the care of your teeth during your most recent pregnancy. For each item, check **No** if it is not true or does not apply to you or **Yes** if it is true.

No Yes

- a. I knew it was important to care for my teeth and gums during my pregnancy
- b. A dental or other health care worker talked with me about how to care for my teeth and gums
I had my teeth cleaned by a dentist or dental hygienist
- c. I had insurance to cover dental care during my pregnancy
- d. I needed to see a dentist for a **problem**
- e. I went to a dentist or dental clinic about a **problem**

Insertion point for Standard question(s) Y5, Y6

25. During *your most recent pregnancy*, did you take a class or classes to prepare for childbirth and learn what to expect during labor and delivery?

No
Yes

26. During *your most recent pregnancy*, did a home visitor come to your home to help you prepare for your new **baby?** A home visitor is a nurse, a health care worker, a social worker, or other person who works for a program that helps pregnant women.

No
Yes

Insertion point for Standard question(s) V13, V14, V15

27. During *your most recent pregnancy*, were you on WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children)?

No
Yes

Insertion point for Standard question(s) B7-B8

28. During *your most recent* pregnancy, were you told by a doctor, nurse, or other health care worker that you had gestational diabetes (diabetes that started during *this* pregnancy)?

No

Yes

Insertion point for Standard question(s) N7, N6

Insertion point for Standard question(s) N9

Insertion point for Standard Question(s) N8, N5

Insertion point for Standard question(s) N1–N4

Insertion point for Standard question(s) L4–L7

The next questions are about smoking cigarettes around the time of pregnancy (before, during, and after).

29. Have you smoked any cigarettes in the *past 2 years*?

No → Go to Question 33

Yes

30. In the *3 months before* you got pregnant, how many cigarettes did you smoke on an average day? A pack has 20 cigarettes.

41 cigarettes or more

21 to 40 cigarettes

11 to 20 cigarettes

6 to 10 cigarettes

1 to 5 cigarettes

Less than 1 cigarette

I didn't smoke then

31. In the *last 3 months* of your pregnancy, how many cigarettes did you smoke on an average day? A pack has 20 cigarettes.

41 cigarettes or more

21 to 40 cigarettes

11 to 20 cigarettes

6 to 10 cigarettes

1 to 5 cigarettes

Less than 1 cigarette

I didn't smoke then

Insertion point for Standard question AA6

Insertion point for Standard question AA1

32. How many cigarettes do you smoke on an average day *now*? A pack has 20 cigarettes.

- 41 cigarettes or more
- 21 to 40 cigarettes
- 11 to 20 cigarettes
- 6 to 10 cigarettes
- 1 to 5 cigarettes
- Less than 1 cigarette
- I don't smoke now

Insertion point for Standard question(s) AA7

Insertion point for Standard question(s) U1-U2

The next questions are about drinking alcohol around the time of pregnancy (before and during).

33. Have you had any alcoholic drinks in the *past 2 years*? A drink is 1 glass of wine, wine cooler, can or bottle of beer, shot of liquor, or mixed drink.

- No → Go to Question 36
- Yes

34. During the *3 months before* you got pregnant, how many alcoholic drinks did you have in an average week?

- 14 drinks or more a week
- 7 to 13 drinks a week
- 4 to 6 drinks a week
- 1 to 3 drinks a week
- Less than 1 drink a week
- I didn't drink then

Insertion point for Standard question(s) JJ1

35. During the *last 3 months* of your pregnancy, how many alcoholic drinks did you have in an average week?

- 14 drinks or more a week
- 7 to 13 drinks a week

- 4 to 6 drinks a week
- 1 to 3 drinks a week
- Less than 1 drink a week
- I didn't drink then

Insertion point for Standard question(s) JJ2

Pregnancy can be a difficult time for some women. The next questions are about things that may have happened *before* and *during* your most recent pregnancy.

36. This question is about things that may have happened during the *12 months before your new baby was born*. For each item, check **No if it did not happen to you or **Yes** if it did. (It may help to look at the calendar when you answer these questions.)**

No Yes

- a. A close family member was very sick and had to go into the hospital
- b. I got separated or divorced from my husband or partner
- c. I moved to a new address
- d. I was homeless or had to sleep outside, in a car, or in a shelter
- e. My husband or partner lost his job
- f. I lost my job even though I wanted to go on working
- g. My husband, partner, or I had a cut in work hours or pay.
- h. I was apart from my husband or partner due to military deployment or extended work-related travel
I argued with my husband or partner more than usual
My husband or partner said he didn't want me to be pregnant
- i. I had problems paying the rent, mortgage, or other bills
- j. My husband, partner, or I went to jail
- k. Someone very close to me had a problem with drinking or drugs
- l. Someone very close to me died

Insertion point for Standard question(s) P14, P17, P15–P16

Insertion point for Standard question(s) BB1 and Z7

37. During the *12 months before you got pregnant* with your new baby, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?

- No
- Yes

Insertion point for Standard question(s) Z5, Z3,

38. During *your most recent* pregnancy, did your husband or partner push, hit, slap, kick, choke, or physically hurt you in any other way?

No

Yes

Insertion point for Standard question(s) Z6, Z4

The next questions are about your labor and delivery.

Insertion point for Standard question(s) K13, K14

Insertion point for Standard question(s) K5

39. When was your new baby born?

Month/Day/Year

Insertion point for Standard question(s) K9-K10

Insertion point for Standard question(s) K8, K3, K7, K6

Insertion point for Standard question(s) K15

40. By the end of *your most recent* pregnancy, how much weight had you gained? Check ONE answer and fill in blank if needed

I gained _____ pounds

I didn't gain any weight, but I lost _____ pounds

My weight didn't change during my pregnancy

I don't know

Insertion point for Standard question(s) DD12-DD16

AFTER PREGNANCY

The next questions are about the time since your new baby was born.

41. After your baby was delivered, was he or she put in an intensive care unit (NICU)?

No

Yes

I don't know

42. After your baby was delivered, how long did he or she stay in the hospital?

- Less than 24 hours (less than 1 day)
- 24 to 48 hours (1 to 2 days)
- 3 to 5 days
- 6 to 14 days
- More than 14 days
- My baby was not born in a hospital
- My baby is still in the hospital → **Go to Question 45**

Insertion point for Standard question(s) K11, K12

43. Is your baby alive now?

- No → *We are very sorry for your loss. Go to Question 50*
- Yes

44. Is your baby living with you now?

- No → **Go to Question 49**
- Yes

Insertion point for Standard question(s) B4

45. Did you ever breastfeed or pump breast milk to feed your new baby, even for a short period of time?

- No → **Go to Question 48**
- Yes

Insertion point for Standard question(s) B1

46. Are you currently breastfeeding or feeding pumped milk to your new baby?

- No
- Yes → **Go to Question 48**

47. How many weeks or months did you breastfeed or pump milk to feed your baby?

- Weeks
- OR**
- Months
- Less than 1 week

Insertion point for Standard question(s) B2

Insertion point for Standard question(s) B3

Insertion point for Standard question(s) B10, B11

Insertion point for Standard question(s) B5–B6

Insertion point for Standard question(s) H2, H5-H7

Insertion point for Standard question(s) H1, H3, H4

Insertion point for Standard question(s) J1

Insertion point for Standard question(s) S13, F2

If your baby is still in the hospital, go to Question x.

48. In which *one* position do you most often lay your baby down to sleep now? Check ONE answer

On his or her side

On his or her back

On his or her stomach

Insertion point for Standard question(s) F1, F3

Insertion point for Standard question(s) X10, X6

Insertion point for Standard question(s) X3, X5

Insertion point for Standard Question X9

Insertion point for Standard question X7

Insertion point for Standard question X8

Insertion point for Standard question(s) X1–X2

Insertion point for Standard question X4

Insertion point for Standard Question(s) X11-X12

Insertion point for Standard question(s) T4–T5

Insertion point for Standard question(s) T1, T3, T2

Insertion point for Standard question(s) T6-T7

49. Since your new baby was born, has a home visitor come to your home to help you learn how to take care of yourself or your new baby? A home visitor is a nurse, a health care worker, a social worker, or other person who works for a program that helps mothers of newborns.

No
Yes

Insertion point for Standard question(s) V16-V18

50. Are you or your husband or partner doing anything *now* to keep from getting pregnant? Some things people do to keep from getting pregnant include using birth control pills, condoms, withdrawal, or natural family planning.

No
Yes → **Go to Question 52**

51. What are your reasons or your husband's or partner's reasons for not doing anything to keep from getting pregnant *now*? Check ALL that apply

I am not having sex
I want to get pregnant
I don't want to use birth control
I am worried about side effects from birth control
My husband or partner doesn't want to use anything
I have problems getting birth control when I need it
I had my tubes tied or blocked
My husband or partner had a vasectomy
I am pregnant now
Other → Please tell us:

If you or your husband or partner is not doing anything to keep from getting pregnant *now*, go to Question 53.

52. What kind of birth control are you or your husband or partner using *now* to keep from getting pregnant? Check ALL that apply

Tubes tied or blocked (female sterilization, Essure[®], Adiana[®])
Vasectomy (male sterilization)
Birth control pill
Condoms
Injection (Depo-Provera[®])
Contraceptive implant (Implanon[®])
Contraceptive patch (OrthoEvra[®]) or vaginal ring (NuvaRing[®])

- IUD (including Mirena® or ParaGard®)
- Natural family planning (including rhythm method)
- Withdrawal (pulling out)
- Not having sex (abstinence)
- Other → Please tell us:

Insertion point for Standard question(s) E2

53. Since your new baby was born, have you had a postpartum checkup for yourself? A postpartum checkup is the regular checkup a woman has about 4-6 weeks after she gives birth.

- No
- Yes

Insertion point for Standard question(s) L9

Insertion point for Standard question(s) L16

Insertion point for Standard question(s) O1–O3

54. Since your new baby was born, how often have you felt down, depressed, or hopeless?

- Always
- Often
- Sometimes
- Rarely
- Never

55. Since your new baby was born, how often have you had little interest or little pleasure in doing things?

- Always
- Often
- Sometimes
- Rarely
- Never

Insertion point for Standard question(s) M12, M21 (must be used together)

56. What kind of *health insurance* do you have *now*? Check ALL that apply

- Private health insurance from my job or the job of my husband, partner, or parents
- Private health insurance purchased directly from an insurance company

Medicaid (required: *state Medicaid name*)

State-specific option (Other government plan or program such as SCHIP/CHIP or health reform exchange program)

State-specific option (Other government plan or program not listed above such as state MCH program, indigent program or family planning program, etc.)

State-specific option (TRICARE or other military health care)

State-specific option (IHS or tribal)

Some other kind of health insurance => Please tell us _____

I do not have health insurance *now*

NOTE: For the insurance questions, states should add specific plan names wherever possible.

Insertion point for Standard question(s) DD17, DD18, DD19, DD20

Insertion point for Standard question DD21

OTHER EXPERIENCES

The next questions are on a variety of topics.

[STATE-SPECIFIC SECTION (Standards without insertion points and state-developed questions)]

The last questions are about the time during the *12 months before* your new baby was born.

Insertion point for Standard Question(s) P18

57. During the *12 months before* your new baby was born, what was your yearly total household income before taxes? Include your income, your husband's or partner's income, and any other income you may have received. *All information will be kept private* and will not affect any services you are now getting.

\$0 to \$15,000

\$15,001 to \$19,000

\$19,001 to \$22,000

\$22,001 to \$26,000

\$26,001 to \$29,000

\$29,001 to \$37,000

\$37,001 to \$44,000

\$44,001 to \$52,000

\$52,001 to \$56,000

\$56,001 to \$67,000

\$67,001 to \$79,000

\$79,001 or more

Note: *States can add additional categories as long as the categories are collapsible back to the existing core categories (i.e. may add upper or lower ranges beyond what is provided or split out existing categories into sub-categories)*

58. During the 12 months before your new baby was born, how many people, including yourself, depended on this income?

Number of People

59. What is today's date?

Month/Day/Year

Please use this space for any additional comments you would like to make about your experiences around the time of your pregnancy or the health of mothers and babies in [State].

Thanks for answering our questions!

Your answers will help us work to make [State] mothers and babies healthier.