**Supplementary Material 2**

**The Pregnancy Perceptions Questionnaire**

**Think about pregnancy for a minute**

Pregnancy makes you think and feel different things. Here’s a list of thoughts you might have when thinking about pregnancy (yours or someone else’s). Check near each one how much it fits your thoughts about pregnancy.

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| **Perfectly describes my thoughts** |  |  |  |  |  | **Didn’t even consider it** |
| **7** | **6** | **5** | **4** | **3** | **2** | **1** |
|  |  |  |  |  |  |  |

1. \_\_\_ thoughts about limitations and difficulty in the woman’s life
2. \_\_\_ fear for the woman’s health because of the pregnancy/labor
3. \_\_\_ thoughts about changes in family relations (siblings, parents…)
4. \_\_\_ thoughts about task distribution
5. \_\_\_ feelings of fear/worry
6. \_\_\_ feelings of pleasure/happiness/dreams coming true
7. \_\_\_ thoughts about egoistic motives for having a child
8. \_\_\_ thoughts about taste changes and morning nauseas
9. \_\_\_ baby dreams/imagining the baby
10. \_\_\_ feelings of embarrassment/confusion
11. \_\_\_ thoughts about sharing the environment the news and social reactions
12. \_\_\_ thoughts about social pressure to get pregnant
13. \_\_\_ thoughts about the biological need to reproduce and pass the genes
14. \_\_\_ thoughts about confidence about the father’s identity
15. \_\_\_ feeling of ownership over the baby
16. \_\_\_ thoughts about “building a nest” for the baby and preparing for him
17. \_\_\_ thoughts about positive evaluation from the environment
18. \_\_\_ feelings of seriousness/responsibility
19. *thoughts about maternal/paternal instinct (deleted)*
20. \_\_\_ ambivalence
21. \_\_\_ thoughts about physical changes in appearance
22. \_\_\_ feeling of life change

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| **Perfectly describes my thoughts** |  |  |  |  |  | **Didn’t even consider it** |
| **7** | **6** | **5** | **4** | **3** | **2** | **1** |
|  |  |  |  |  |  |  |

1. \_\_\_ thoughts about damage to career
2. \_\_\_ thoughts about need to protect the woman and be careful
3. \_\_\_ pregnancy is dangerous to the fetus
4. \_\_\_ feeling of curiosity/expectation
5. *\_\_\_ thoughts about “the fruit of love”, the fetus as a part of the partner (deleted)*
6. \_\_\_ thoughts about what you should do before the baby is born (chores, travel…)
7. \_\_\_ thoughts about medical checkups for the woman
8. \_\_\_ thoughts about getting attention from the spouse
9. *\_\_\_ thoughts about pregnancy as a sign for health (deleted)*
10. \_\_\_ thoughts about changes and development
11. \_\_\_ thoughts about doctors, hospitals, etc.
12. \_\_\_ thoughts about labor complications
13. \_\_\_ pregnancy is dangerous for the woman
14. \_\_\_ need to act in favor of the fetus (diet, drinking, smoking)
15. \_\_\_ thoughts about mood changes
16. \_\_\_ thoughts about excitement
17. \_\_\_ feelings of calmness/inner peace/gentleness
18. \_\_\_ thoughts about a foreign object inside
19. \_\_\_ thoughts about the future
20. \_\_\_ thoughts about religious commandments
21. \_\_\_ thoughts about celebrating the woman – the woman is the most important
22. \_\_\_ thoughts about needing and giving help from and to the environment
23. \_\_\_ feeling of confidence/power
24. \_\_\_ the miracle of childbirth
25. \_\_\_ fear for the fetus’ health

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| **Perfectly describes my thoughts** |  |  |  |  |  | **Didn’t even consider it** |
| **7** | **6** | **5** | **4** | **3** | **2** | **1** |
|  |  |  |  |  |  |  |

1. \_\_\_ thoughts about the world where the baby is born
2. \_\_\_ thoughts about passing values to the next generation
3. \_\_\_ thoughts about drastic changes in life
4. \_\_\_ thoughts about self-actualization
5. \_\_\_ thoughts about pain/weakness
6. *Superstitions (deleted)*
7. *feeling of surprise (deleted)*
8. \_\_\_ thoughts about life after the birth (depression, functioning)
9. \_\_\_ feeling of pride/creating life
10. \_\_\_ feeling of loss of freedom for the baby
11. \_\_\_ thoughts of functioning as parents
12. \_\_\_ feeling of seriousness/responsibility: the baby needs the woman
13. \_\_\_ uncertainty
14. \_\_\_ pregnancy is like a disease
15. \_\_\_ fears of labor itself (pain, etc.)
16. *\_\_\_ guilt (deleted)*
17. \_\_\_ thoughts about physical discomfort
18. \_\_\_ thoughts about economic sacrifices
19. \_\_\_ thoughts about relationship stability
20. \_\_\_ thoughts about actual preparations for the labor
21. \_\_\_ thoughts about medical checkups for the fetus