

Appendix A - Survey

PROM or PREM questions	Score	N	n (%)
Social network			
How many people do you have near you that you can readily count on for help in time of difficulty such as to watch over children or pets, give rides to the hospital or store, or help when you are sick?		645	
	0		8 (1.12)
	1		48 (6.78)
	2		333 (47.03)
	3		256 (36.16)
Health-related quality of life a half year after delivery.			
1. How would you rate your health?		645	
Excellent	5		78 (12.09)
Very good	4		163 (25.27)
Good	3		244 (37.83)
Fair	2		130 (20.16)
Poor	1		3 (0.47)
2. How would you rate your quality of life?		645	
Excellent	5		106 (16.43)
Very good	4		174 (26.98)
Good	3		226 (35.04)
Fair	2		119 (18.45)
Poor	1		20 (3.10)
3. How would you rate your physical health?		645	
Excellent	5		69 (10.70)
Very good	4		160 (24.81)
Good	3		224 (34.73)
Fair	2		151 (23.41)
Poor	1		41 (6.36)
4. How would you rate your mental health, mood, and your ability to think?		645	
Excellent	5		93 (14.42)
Very good	4		150 (23.26)
Good	3		190 (29.46)
Fair	2		155 (24.03)
Poor	1		57 (8.84)
5. How would you rate your satisfaction with your social activities and relationships?		645	
Excellent	5		90 (13.95)
Very good	4		167 (25.89)
Good	3		200 (31.01)
Fair	2		150 (23.26)
Poor	1		38 (5.89)
6. Rate how well you carry out your usual social activities and roles.		645	

Excellent	5	81 (12.56)	
Very good	4	174 (26.98)	
Good	3	214 (33.18)	
Fair	2	146 (22.64)	
Poor	1	30 (4.65)	
7. To what extent are you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries or moving a chair?		645	
Completely	5	435 (67.44)	
Mostly	4	111 (17.21)	
Moderately	3	64 (9.92)	
A little	2	28 (4.34)	
Not at all	1	7 (1.09)	
8. How often have you been bothered by emotional problems, such as feeling anxious, depressed or irritable?		645	
Never	5	107 (16.59)	
Rarely	4	188 (29.15)	
Sometimes	3	215 (33.33)	
Often	2	108 (16.74)	
Always	1	27 (4.19)	
9. How would you rate your fatigue on average?		645 (0.00)	
None	5	31 (4.81)	
Mild	4	155 (24.03)	
Moderate	3	237 (36.74)	
Severe	2	178 (27.60)	
Very severe	1	44 (6.82)	
10. How would you rate your pain on average? (0=no pain; 10 = worst imaginable pain)		645	
	0	5	279 (43.26)
	1-3	4	227 (35.19)
	4-6	3	88 (13.64)
	7-9	2	49 (7.60)
	10	1	2 (0.31)
Mental health status (screening)			
How often have you been bothered by the following problems during 2 weeks in the period a half year after delivery?			
1. Little interest or pleasure in doing things.		645	
Not at all	0	368 (57.05)	
Several days	1	209 (32.40)	
More than half the days	2	42 (6.51)	
Nearly every day	3	26 (4.03)	
2. Feeling down, depressed or hopeless.		645	
Not at all	0	364 (56.43)	
Several days	1	207 (32.09)	
More than half the days	2	43 (6.67)	
Nearly every day	3	31 (4.81)	
Mental health status (follow up)			

We would like to know how you felt a half year after delivery. Please check the answer that comes closest to how you felt in the period a half year after delivery. In case you worry about your answers or other issues, please contact your general practitioner. he or she can help you.

1. I have been able to see the funny side of things		86	
As much as I always could	0		14 (16.28)
Not quite so much	1		22 (25.58)
Definitely not so much	2		43 (50.00)
Not at all	3		7 (8.14)
2. I have looked forward with enjoyment to things		86	
As much as I ever did	0		9 (10.47)
Rather less than I used to	1		27 (31.40)
Definitely less than I used to	2		42 (48.84)
Hardly at all	3		8 (9.30)
3. I have blamed myself unnecessarily when things went wrong		86	
Yes. most of the time	3		37 (43.02)
Yes. some of the time	2		39 (45.35)
Not very often	1		7 (8.14)
No. never	0		3 (3.49)
4. I have been anxious or worried for no good reason		86	
No. not at all	0		7 (8.14)
Hardly never	1		7 (8.14)
Yes. sometimes	2		42 (48.84)
Yes. very often	3		30 (34.88)
5. I have felt scared or panicky for no very good reason		86	
Yes. quite a lot	3		18 (20.93)
Yes. sometimes.	2		38 (44.19)
No. not much	1		21 (24.42)
No. not at all	0		9 (10.47)
6. Things have been getting on top of me		86	
Yes. most of the time I haven't been able to cope at all	3		30 (34.88)
Yes. sometimes I haven't been coping as well as usual	2		41 (47.67)
No. most of the time I have coped quite well	1		14 (16.28)
No. I have been coping as well as ever	0		1 (1.16)
7. I have been so unhappy that I have difficulty sleeping		86	
Yes. most of the time	3		10 (11.63)
Yes. quite often	2		37 (43.02)
Not very often	1		27 (31.40)
No. not at all	0		12 (13.95)
8. I have felt sad or miserable		86	
Yes. most of the time	3		13 (15.12)
Yes. quite often	2		48 (55.81)
Not very often	1		21 (24.42)
No. not at all	0		4 (4.65)
9. I have been so unhappy that I have been crying		86	

Yes. most of the time	3	26 (30.23)
Yes. quite often	2	30 (34.88)
Only occasionally	1	26 (30.23)
No. never	0	4 (4.65)
10. The thought of harming myself has occurred to me		86
Yes. quite often	3	2 (2.33)
Sometimes	2	15 (17.44)
Hardly ever	1	11 (12.79)
Never	0	58 (67.44)
Urinary incontinence (screening)		
A half year after delivery. Have you leaked urine by accident?	645	228 (35.35)
Urinary incontinence (follow up)		
1. How often did you leak urine?		226
Never	0	4 (1.77)
About one a week or less often	1	109 (48.23)
Two or three times a week	2	59 (26.11)
About one a day	3	19 (8.41)
Several times a day	4	34 (15.04)
All the time	5	1 (0.44)
2. We would like to know how much urine you think you leaked. How much urine did you usually leak (whether you were wearing protection or not)?		226
None	0	5 (2.21)
A small amount	2	198 (87.61)
A moderate amount	4	20 (8.85)
A large amount	6	3 (1.33)
3. How much did leaking urine interfere with your everyday life? 0 = not at all and 10 = a great deal.		226
	0	32 (14.16)
	1	55 (24.34)
	2	37 (16.37)
	3	28 (12.39)
	4	15 (6.64)
	5	16 (7.08)
	6	11 (4.87)
	7	17 (7.52)
	8	10 (4.42)
	9	2 (0.88)
	10	3 (1.33)
4. When did you leak urine?	N/A	226
Never		4 (1.77)
Before you can get to the toilet		26 (11.50)
When you cough or sneeze		108 (47.79)
When you are asleep		2 (0.88)
When you are physically active/exercising		55 (24.24)
When you have finished urinating and are dressed		(3.98)

For no obvious reason		20	(8.85)
All the time		2	(0.88)
Anal incontinence (screening)			
A half year after delivery. have you leaked stool or passed gas by accident?		645	166 (25.74)
Anal incontinence (follow up)			
1. How often did you have accidents to solid. well-formed stool?		165	
Never	0	156	(94.55)
Less than once per month	1	6	(3.64)
Less than one/week & greater than once/month	2	1	(0.61)
Less than once/day & greater than once/month	3	1	(0.61)
Once a day or more than once a day	4	1	(0.61)
2. How often did you have accidents to liquid stool/diarrhea?		165	
Never	0	155	(93.94)
Less than once per month	1	2	(1.21)
Less than one/week & greater than once/month	2	2	(1.21)
Less than once/day & greater than once/month	3	0	(0.00)
Once a day or more than once a day	4	6	(3.64)
3. How often did the gas escape without your knowledge or control?		165	
Never	0	135	(81.82)
Less than once per month	1	16	(9.70)
Less than one/week & greater than once/month	2	9	(5.45)
Less than once/day & greater than once/month	3	3	(1.82)
Once a day or more than once a day	4	2	(1.21)
4. How often did you wear a pad/depends or change underwear?		165	
Never	0	13	(7.88)
Less than once per month	1	48	(29.09)
Less than one/week & greater than once/month	2	40	(24.24)
Less than once/day & greater than once/month	3	38	(23.03)
Once a day or more than once a day	4	26	(15.76)
5. How much did the above answers alter your lifestyle or activities?		165	
Never	0	145	(87.88)
Less than once per month	1	7	(4.24)
Less than one/week & greater than once/month	2	7	(4.24)
Less than once/day & greater than once/month	3	3	(1.82)
Once a day or more than once a day	4	3	(1.82)
Pain with intercourse			
How much has pain affected your satisfaction with your sex life in the period a half year after delivery?		645	
Have not had pain	0	259	(40.16)
Not at all	1	113	(17.52)
A little bit	2	123	(19.07)
Somewhat	3	83	(12.87)

Quite a bit	4	47 (7.29)
Very much	5	20 (3.10)
Role confidence		
How confident did you feel about looking after your baby a half year after delivery?		645
Very confident	5	211 (32.71)
Confident	4	263 (40.78)
Somewhat confident	3	91 (14.11)
Not very confident	2	54 (8.37)
Not at all confident	1	26 (4.03)
Birth experience		
1. I came through childbirth virtually unscathed		645
Strongly agree	4	303 (46.98)
Agree	3	235 (36.43)
Neither agree or disagree	2	49 (7.60)
Disagree	1	35 (5.43)
Strongly disagree	0	23 (3.57)
2. I thought my labour was excessively long		645
Strongly agree	0	98 (15.19)
Agree	1	74 (11.47)
Neither agree or disagree	2	109 (16.90)
Disagree	3	197 (30.54)
Strongly disagree	4	167 (25.89)
3. The delivery room staff encouraged me to take decisions about how I wanted my birth to progress		645
Strongly agree	4	204 (31.63)
Agree	3	225 (34.88)
Neither agree or disagree	2	131 (20.31)
Disagree	1	51 (7.91)
Strongly disagree	0	34 (5.27)
4. I felt very anxious during my labour and birth.		645
Strongly agree	0	68 (10.54)
Agree	1	82 (12.71)
Neither agree or disagree	2	111 (17.21)
Disagree	3	199 (30.85)
Strongly disagree	4	185 (28.68)
5. I felt well supported by staff during my labour and birth		645
Strongly agree	4	337 (52.25)
Agree	3	208 (32.25)
Neither agree or disagree	2	52 (8.06)
Disagree	1	31 (4.81)
Strongly disagree	0	17 (2.64)
6. The staff communicated well with me during labour.		645
Strongly agree	4	329 (51.01)
Agree	3	217 (33.64)
Neither agree or disagree	2	48 (7.44)

Disagree	1	36 (5.58)
Strongly disagree	0	15 (2.33)
7. I found giving birth a distressing experience.	645	
Strongly agree	0	86 (13.33)
Agree	1	143 (22.17)
Neither agree or disagree	2	133 (20.62)
Disagree	3	197 (30.54)
Strongly disagree	4	86 (13.33)
8. I felt out of control during my birth experience.	645	
Strongly agree	0	94 (14.57)
Agree	1	131 (20.31)
Neither agree or disagree	2	120 (18.60)
Disagree	3	170 (26.36)
Strongly disagree	4	130 (20.16)
9. I was not distressed at all during labour.	645	
Strongly agree	4	199 (30.85)
Agree	3	166 (25.74)
Neither agree or disagree	2	97 (15.04)
Disagree	1	119 (18.45)
Strongly disagree	0	64 (9.92)
10. The delivery room was clean and hygienic.	645	
Strongly agree	4	433 (67.13)
Agree	3	177 (27.44)
Neither agree or disagree	2	26 (4.03)
Disagree	1	8 (1.24)
Strongly disagree	0	1 (0.16)
Satisfaction with care		
How satisfied are you with the results of your care during your pregnancy and the birth of your baby?		
	645	
Very unsatisfied	0	10 (1.55)
Unsatisfied	1	24 (3.72)
Neither satisfied nor dissatisfied	2	141 (21.86)
Satisfied	3	304 (47.13)
Very satisfied	4	166 (25.74)
Confidence as an active participant in healthcare decisions and shared decision making.		
1. Where you given information about your choices for maternity care?		
	645	
No	0	45 (6.98)
To some extent	1	156 (24.19)
Yes	2	444 (68.84)
2. Did you have a chance to participate in the decisions about what care or treatment you received?		
	645	
No	0	82 (12.71)
To some extent	1	148 (22.95)
Yes	2	415 (64.34)

3. Where you given enough information to help you decide about your care?		645	
No	0		53 (8.22)
To some extent	1		113 (17.52)
Yes	2		479 (74.26)
4. Where you given information at the right time to help you decide about your care?		645	
No	0		51 (7.91)
To some extent	1		116 (17.98)
Yes	2		478 (74.11)
5. Was the given information by the care providers understandable?		645	
No	0		10 (1.55)
To some extent	1		60 (9.30)
Yes	2		575 (89.15)
6. Did you get enough time to make your choices?		645	
No	0		48 (7.44)
To some extent	1		93 (14.42)
Yes	2		504 (78.14)
7. Did you have confidence and trust in the staff caring for you?		645	
No	0		10 (1.55)
To some extent	1		68 (10.54)
Yes	2		567 (87.91)
8. Did the healthcare providers listen to you?		645	
No	0		26 (4.03)
To some extent	1		114 (17.67)
Yes	2		505 (78.29)
Continuity of care			
1. How often did you know who was in charge to take care of you?		645	
Always	4		136 (21.09)
Most of the time	3		242 (37.52)
Sometimes	2		137 (21.24)
Never	1		88 (13.64)
This question does not apply to my situation. I had one care providers for the whole process of care.	0		45 (6.98)
2. Did your new care provider know enough of your situation?		645	
Always	4		187 (28.99)
Most of the time	3		267 (41.40)
Sometimes	2		115 (17.83)
Never	1		23 (3.57)
This question does not apply to my situation. I had one care providers for the whole process of care.	0		53 (8.22)
3. Did the recommendations of different care providers correspond?		645	
Always	4		145 (22.48)
Most of the time	3		262 (40.62)

Sometimes	2	153 (23.72)
Never	1	32 (4.96)
This question does not apply to my situation. I had one care providers for the whole process of care.	0	53 (8.22)
Pain relief		
Did your healthcare providers discuss your preferences and opportunities for pain relief during delivery on forehand (and advantages and disadvantages of the options) ?		645
No	0	73 (11.32)
A little	1	130 (20.16)
Yes	2	442 (68.53)
Were the options for pain relief you were offered satisfying?		645
Very unsatisfied	0	10 (1.55)
Unsatisfied	1	29 (4.50)
Neither satisfied nor dissatisfied	2	143 (22.17)
Satisfied	3	290 (44.96)
Very satisfied	4	173 (26.82)
Partner involvement		
My partner was sufficiently involved during visits.		645
Strongly agree	5	231 (35.81)
Agree	4	293 (45.43)
Neither agree or disagree	3	57 (8.84)
Disagree	2	15 (2.33)
Strongly disagree	1	8 (1.24)
This does not apply to my situation.	0	41 (6.36)
Care providers paid enough attention to my partner during childbirth.		645
Strongly agree	5	187 (28.99)
Agree	4	302 (46.82)
Neither agree or disagree	3	84 (13.02)
Disagree	2	36 (5.58)
Strongly disagree	1	8 (1.24)
This does not apply to my situation.		(4.34)