# **Questionnaire**

**1.Age\***

* + - 20 or under
		- 21-30
		- 31-40
		- 41 or over

**2. Inhabitancy\***

* + - Countryside
		- City (up to 100,000 inhabitants)
		- City (over 100,000 inhabitants)

**3. Education\***

* + - Basic
		- Vocational
		- Secondary
		- Higher

**4. How many times have you given birth?\***

* + - 0
		- 1
		- 2
		- 3
		- 4
		- 5 or more

**5** **How did you give birth to your children?**

* + - Caesarean section
		- Vaginal delivery
		- Vaginal delivery and caesarean section
		- Not applicable

**6. Please indicate the type of pregnancy in which you are/were\***

* + - Single
		- Plural

**7. Did you give birth prematurely (between weeks 23 and 37 of pregnancy)?**

* + - Yes
		- No
		- Not applicable

**8. Have you participated in childbirth school?\***

1. Yes
	* + No
		+ No, but I’m going to

**9. What is the main source of your knowledge on delivery?\***

* + - Pregnancy books
		- Magazines for pregnant women
		- Internet forums
		- Childbirth schools
		- Internet blogs
		- Information from family and friends
		- Information from gynaecologist
		- Other

**10. Are/were you afraid of pain related to childbirth? \***

* + - Definitely yes
		- Rather yes
		- Rather no
		- Definitely no
		- I don’t know

**11. Did you have episiotomy during vaginal delivery?**

* + - Yes
		- No
		- I don’t know
		- Not applicable

 **12. Do you want/did you want to avoid episiotomy during vaginal delivery?**

* + - Yes
		- No
		- I don’t know

**13. Do you prepare/have you prepared for the birth without episiotomy by using a crotch massage technique during pregnancy?**

* + - Yes
		- No
		- I don’t know
		- Not applicable

**14. Do you prepare/have you prepared for the birth without episiotomy by using Aniball?**

* + - Yes
		- No
		- I don’t know
		- Not applicable

**15. Do you think that vaginal birth can be more painful for a woman than caesarean section?**

* + - Yes
		- No
		- I don’t know

**16. Which methods of pain relief during labour, in your opinion, seem to be effective?**

* + - Partner support
		- Spine massage
		- Breathing techniques
		- Music
		- Scream
		- Change of position
		- Labour in water
		- Epidural
		- Other

**17. Do you think that vaginal birth can be safer for a woman than caesarean section?**

* + - Yes
		- No
		- I don’t know

**18. Do you think that the contact of a child with the mother's bacterial flora during vaginal birth can be important for the development of the child’s immune system? \***

* + - Yes
		- No
		- I don’t know

**19. Do you think that during vaginal delivery there is a higher risk of new-born’s hypoxia?**

* + - Yes
		- No
		- I don’t know

**20. Do you think that after vaginal birth it is more likely that there will be problems with urinary incontinence and defecation?\***

* + - Yes
		- No
		- I don’t know

**21. Do you think that vaginal delivery may have a negative impact on the satisfaction of sexual life?**

 🗌 Yes

* + - No
		- I don’t know

**22. Do you think that women who have given birth through caesarean section are perceived worse by society?\***

* + - Yes
		- No
		- I don’t know

**23. Do you agree that after a caesarean section a scar arises on the uterus that may complicate further pregnancies?\***

* + - Yes
		- No
		- I don’t know

**24. Czy uważa Pani, że po cięciu cesarskim kobieta wolniej wraca do pełnej sprawności fizycznej niż po porodzie siłami natury?**

* + - Yes
		- No
		- I don’t know

 **25. Do you think that after caesarean section you can’t give birth vaginally in future?**

* + - Yes
		- No
		- I don’t know

**26. Do you think that after caesarean section you can have bigger problems with lactation?\***

* + - Yes
		- No
		- I don’t know

**27. Do you think that children born by caesarean section have a predisposition to allergies?\***

* + - Yes
		- No
		- I don’t know

**28. Why are you afraid of vaginal delivery?**

**(you can choose more than one)**

* + - Pain
		- Vaginal birth ending with caesarean section
		- Defecation during delivery
		- Episiotomy
		- Infant complications due to his/her disability
		- Nothing
		- I don’t know

**29. According to you, which of these indications are absolute to caesarean section? (you can choose more than one )**

* + - Hypertension
		- Obesity
		- Tokophobia (fear of childbirth)
		- Caesarean delivery in the family
		- Big sight defect
		- Passed caesarean section