# **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