MOTHERS and BABIES SKILLS UTILIZATION

The purpose of this questionnaire is to get a better understanding of the different ways women use the tools that they learned from the Mothers and Babies Course.

1.a) Over the past month, how often have you kept track of your mood?
   □ Every day  □ Most of the days  □ Half of the days  □ A few times  □ Not at all
   (b) How helpful was it for you to keep track of your mood?
      □ Not helpful at all  □ Somewhat helpful  □ Very helpful
   (c) How much did you enjoy keeping track of your mood?
      □ Not enjoyable at all  □ Somewhat enjoyable  □ Very enjoyable

2.a) Over the past month, how often have you engaged in pleasant activities?
   □ Every day  □ Most of the days  □ Half of the days  □ A few times  □ Not at all
   (b) How helpful was it for you to do pleasant activities?
      □ Not helpful at all  □ Somewhat helpful  □ Very helpful
   (c) How much did you enjoy doing pleasant activities?
      □ Not enjoyable at all  □ Somewhat enjoyable  □ Very enjoyable

3.a) Over the past month, how often have you overcome obstacles to doing pleasant activities?
   □ Every day  □ Most of the days  □ Half of the days  □ A few times  □ Not at all
   (b) How helpful was it for you to overcome obstacles to doing pleasant activities?
      □ Not helpful at all  □ Somewhat helpful  □ Very helpful
   (c) How much did you enjoy overcoming obstacles to doing pleasant activities?
      □ Not enjoyable at all  □ Somewhat enjoyable  □ Very enjoyable

4.a) Over the past month, how often have you played with your baby?
   □ Every day  □ Most of the days  □ Half of the days  □ A few times  □ Not at all
   (b) How helpful was it for you to play with your baby?
      □ Not helpful at all  □ Somewhat helpful  □ Very helpful
   (c) How much did you enjoy playing with your baby?
      □ Not enjoyable at all  □ Somewhat enjoyable  □ Very enjoyable

5.a) Over the past month, how often have you used thought interruption to reduce harmful thoughts?
   □ Every day  □ Most of the days  □ Half of the days  □ A few times  □ Not at all
   (b) How helpful was it for you to use thought interruption?
      □ Not helpful at all  □ Somewhat helpful  □ Very helpful
   (c) How much did you enjoy using thought interruption?
      □ Not enjoyable at all  □ Somewhat enjoyable  □ Very enjoyable

6.a) Over the past month, how often have you used worry time to reduce harmful thoughts?
   □ Every day  □ Most of the days  □ Half of the days  □ A few times  □ Not at all
   (b) How helpful was it for you to use worry time?
      □ Not helpful at all  □ Somewhat helpful  □ Very helpful
   (c) How much did you enjoy using worry time?
      □ Not enjoyable at all  □ Somewhat enjoyable  □ Very enjoyable
7.a) Over the past month, how often have you used time projection to imagine a better time in the future?
   □ Every day  □ Most of the days  □ Half of the days  □ A few times  □ Not at all
   (b) How helpful was it for you to use time projection?
      □ Not helpful at all  □ Somewhat helpful  □ Very helpful
   (c) How much did you enjoy using time projection?
      □ Not enjoyable at all  □ Somewhat enjoyable  □ Very enjoyable

8.a) Over the past month, how often have you used self-instruction to give yourself helpful directions?
   □ Every day  □ Most of the days  □ Half of the days  □ A few times  □ Not at all
   (b) How helpful was it for you to use self-instruction?
      □ Not helpful at all  □ Somewhat helpful  □ Very helpful
   (c) How much did you enjoy using self-instruction?
      □ Not enjoyable at all  □ Somewhat enjoyable  □ Very enjoyable

9.a) Over the past month, how often have you had positive contact with others?
   □ Every day  □ Most of the days  □ Half of the days  □ A few times  □ Not at all
   (b) How helpful was it for you to have positive contact with others?
      □ Not helpful at all  □ Somewhat helpful  □ Very helpful
   (c) How much did you enjoy having positive contact with others?
      □ Not enjoyable at all  □ Somewhat enjoyable  □ Very enjoyable

10.a) Over the past month, how often have you talked to or contacted someone who has been a positive support to you and your baby?
    □ Every day  □ Most of the days  □ Half of the days  □ A few times  □ Not at all
    (b) How helpful was it for you to contact someone who has been a positive support?
        □ Not helpful at all  □ Somewhat helpful  □ Very helpful
    (c) How much did you enjoy contacting someone who has been a positive support?
        □ Not enjoyable at all  □ Somewhat enjoyable  □ Very enjoyable

11.a) Over the past month, have you met a new person or persons who can provide support for you and your baby?
     □ 1-2 people  □ 3-4 people  □ 5 or more people  □ Not at all
     (b) How helpful was it for you to meet a new person who can provide support?
         □ Not helpful at all  □ Somewhat helpful  □ Very helpful
     (c) How much did you enjoy meeting a new person who can provide support?
         □ Not enjoyable at all  □ Somewhat enjoyable  □ Very enjoyable

12.a) Over the past month, how often have you made a request to someone, using assertive communication?
     □ Every day  □ Most of the days  □ Half of the days  □ A few times  □ Not at all
     (b) How helpful was it for you to make a request to someone, using assertive communication?
         □ Not helpful at all  □ Somewhat helpful  □ Very helpful
     (c) How much did you enjoy making a request to someone, using assertive communication?
         □ Not enjoyable at all  □ Somewhat enjoyable  □ Very enjoyable